

“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

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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, APRIL 6, 2025** vol. X  
Forefeast of the Annunciation  
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) Liturgy of St. John  
**WEDNESDAY, APRIL 9** #TheGreatFast  
6:00 pm Presanctified Liturgy & fellowship meal  
? Movie “Man of God” to follow (or on Friday)  
**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 and Easter Basket discussion  
11 am – 1 pm Confessions heard  
+ + +  
**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  
Tone 1; Liturgical Color: **Gold**  
Youth Sunday  
12:00 pm Bridegroom Matins  
**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 Anointing (Unction)  
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  
Children’s Egg Hunt

OUR 2025 JOURNEY TO PASCHA

*Created by Fr. Jonathan Bannon*

SUNDAYS

THEMES & READINGS

HOW TO PARTICIPATE:

5th Sunday of Lent  
**APRIL 6th**



**ST MARY of EGYPT**

Epistle:  
Gospel:

Hebrews 9:11-14  
Mark 10:32-45

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

FLOWERY (PALM) SUNDAY!

**APRIL 13th**  
GREAT WEEK BEGINS



GREAT AND HOLY WEEK

**ENTRY OF OUR LORD INTO JERUSALEM**

Epistle:  
Gospel:

Philippians 4:4-9  
John 12:1-18

Place your palm branches  
and pussywillows behind  
an icon at home  
and in your car!

BULLETIN BOARD ANNOUNCEMENTS

\*\*\* **Great Lent 2025** – We are in the last week of the Great Fast. Consider the following Inspiring words by Fr. Jonathan Bannon 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, the holiest week of the year, 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.  
**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 Liturgy** this week will be here at St. John’s on Wednesday. (*All 3 North Hills parishes will have services at their own churches*)

\*\*\* **Flowery Sunday 2024** – Our sister parish of St. Andrew’s Orthodox Church (56 Glenn Way, McKees Rocks, PA 15136) will offer a delicious traditional Palm Sunday Romanian Fish Dinner on **Sunday, April 13** from 1 to 3 pm. Pre-order is required for this eat-in or take-out meal by **TODAY April 6** to [events.standrewchurch@gmail.com](mailto:events.standrewchurch@gmail.com). The menu includes • Fish roe spread • Mashed beans • Potato salad • Olives • Vegetable spread (zacusca) • Fried fish • Peas • Rice with vegetables • Apple strudel/cake • Sarailie/baklava • Biscuit salami • Bread • Juice. Cost is \$40 per portion or \$140 for four portions. Contact Fr. Dave with any questions.

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\*\*\* **Movie “Man of God”** – The last segment of the movie about St. Nectarios will be shown following either the Wednesday Presanctified or Friday’s Akathist. Plan to come and stay for the movie.

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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?

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\*\*\* **Youth Sunday** – April’s Youth Sunday is being transferred to the 2<sup>nd</sup> Sunday, April 13 (Palm Sunday).

WEDNESDAY’S EVENINGS IN LENT

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

April 9: (*meatless*) \_\_\_\_\_?

April 16: (*meatless*) \_\_\_\_\_?

\*\*\* **Fasting Before Holy Anointing** – It is common around the world to fast prior to the Mystery of Holy Anointing (Unction). Please follow the minimum 3-hour fast as we do prior to the Liturgy of the Presanctified Gifts before coming to the Unction service on Holy Wednesday. We will have a community meal afterwards.

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\*\*\* **Red Eggs** – The suggestion was made (last year) to hard boil red eggs for the parish during Holy Week after one of the services. In your cooking at home – please save any RED ONION peels or BEET skins for us to naturally dye the eggs. Also – if you are able to bring any home-grown eggs to the church, please let Fr. Dave know as soon as you can.

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\*\* **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 Vespers 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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\*\*\* **Pot-Luck Paschal Meal** – Our next community pot-luck meal will be following the services on Pascha. All families are encouraged to sign up and bring something to share.

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\*\*\* **Blessing of Graves** – Our annual grave blessings at the N.S. cemeteries will be on **April 27**. We will celebrate a Panachida after Liturgy and then head to the North Side after the coffee social. \*\*\* *If your loved ones are not at one of the two cemeteries on the North Side, please schedule a time with Fr. Dave to meet (if possible) before the Feast of Ascension.*

\*\*\* **Panachida Offerings** – Reminder: Panachidas (Memorial Services for the Departed) cannot be served on the Major Feast Days of our Lord including Palm Sunday and Holy Pascha (as well as Lazarus Saturday).

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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!

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

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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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\* **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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\* **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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**COFFEE SOCIAL STEWARDS**

*Please sign up by the kitchen or by contacting Fr. Dave*  
April 13: (meatless) Sr. ACRY – Group 1  
April 20: Community Pascha Pot-Luck  
April 27: \_\_\_\_\_?

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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!

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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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\*\*\* **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](mailto:azkcross@hotmail.com) (walk in guests are also welcome).

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**OUR STEWARDSHIP GIFTS TO GOD**

Stewardship Offerings:	\$ 1387
Candle Stewardship:	\$ 82
Envelope Stewardship:	\$ 520
Community Outreach:	\$ 60
<b>Total Collections:</b>	<b>\$ 2049</b>
<b>Capital Improvement Fund:</b>	<b>\$ 45</b>

*Participating Souls – Sunday Liturgy: 39  
Wednesday Presanctified: 17  
Friday Moleben: 8*

**Weekly Candle Intentions or Memorials** were offered last week by the Nelson Family; Lawrence Martin; Tim Martin; Rich and Renee Mirilovich; Sharon Peifer; Kathy Schrmack; Barbara Leone; Melanie Paieski ; Cindy Pavidonis

**March Financial Report:**

**General Stewardship = \$ 6316.64**  
*(includes \$ 367.64 from online stewardship)*

**\*Expenses = \$ 6653.69**

**Net Loss = \$ 337.05**

**Capital Improvement Fund = \$ 1833**

Average at Sunday Divine Liturgies: 43

*\*details listed on the church hall bulletin board*

**Fiscal Year-to-Date Financial Report:**

*(September through last month)*

**General Stewardship = \$ 43,062**

**\*Expenses = \$ 39,365**

**Net Gain = \$ 7,748**

Average at Sunday Divine Liturgies: 37

**APRIL COMMUNITY OUTREACH MINISTRY**

This month, through the efforts of our Sr. ACRY, we will be collecting donations for the **Orthodox Christian Mission Center (OCMC)**. This is the organization that puts out the Coin Boxes that we have been using through the Great Fast. Please bring in your coin boxes on Pascha. (There will also be an additional offering requested on our regular last Sunday of the month.) *“Let them do good, that they may be rich in good works, ready to give, willing to share”* (1 Tim 6:18)



## 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 (Pysanky)

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.)*



## SUNDAY’S SCRIPTURE READINGS

### Epistle: Hebrews 9:11-14

<sup>11</sup> But when Christ appeared as a high priest of the good things that have come, then through the greater and more perfect tent (not made with hands, that is, not of this creation) <sup>12</sup> he entered once for all into the Holy Place, taking not the blood of goats and calves but his own blood, thus securing an eternal redemption. <sup>13</sup> For if the sprinkling of defiled persons with the blood of goats and bulls and with the ashes of a heifer sanctifies for the purification of the flesh, <sup>14</sup> how much more shall the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify your conscience from dead works to serve the living God.

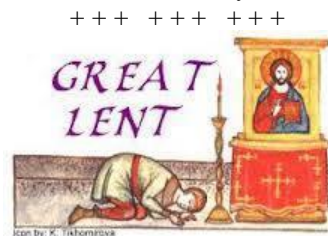
### Gospel: Mark 10:32-45

#### A Third Time Jesus Foretells His Death and Resurrection

<sup>32</sup> And they were on the road, going up to Jerusalem, and Jesus was walking ahead of them; and they were amazed, and those who followed were afraid. And taking the twelve again, he began to tell them what was to happen to him, <sup>33</sup> saying, “Behold, we are going up to Jerusalem; and the Son of man will be delivered to the chief priests and the scribes, and they will condemn him to death, and deliver him to the Gentiles; <sup>34</sup> and they will mock him, and spit upon him, and scourge him, and kill him; and after three days he will rise.”

#### The Request of James and John

<sup>35</sup> And James and John, the sons of Zeb’edee, came forward to him, and said to him, “Teacher, we want you to do for us whatever we ask of you.” <sup>36</sup> And he said to them, “What do you want me to do for you?” <sup>37</sup> And they said to him, “Grant us to sit, one at your right hand and one at your left, in your glory.” <sup>38</sup> But Jesus said to them, “You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?” <sup>39</sup> And they said to him, “We are able.” And Jesus said to them, “The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; <sup>40</sup> but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.” <sup>41</sup> And when the ten heard it, they began to be indignant at James and John. <sup>42</sup> And Jesus called them to him and said to them, “You know that those who are supposed to rule over the Gentiles lord it over them, and their great men exercise authority over them. <sup>43</sup> But it shall not be so among you; but whoever would be great among you must be your servant, <sup>44</sup> and whoever would be first among you must be slave of all. <sup>45</sup> For the Son of man also came not to be served but to serve, and to give his life as a ransom for many.”



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## PRAYER CORNER

**For the Health of...** Donna, Brian, Rhonda, Cynthia, Patrick, Melanie, Carlene, Jason, Denise, Lindsay, Linda, Bella, 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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### 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 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 (3/14), +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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**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]*

**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**

**EVEN SAINTS CAN MAKE MISTAKES: ST. MARY OF EGYPT**

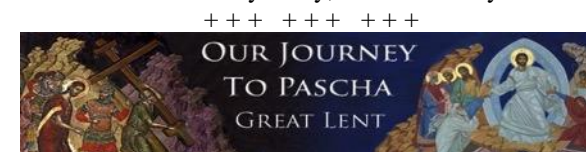
Did you know that even saints can make mistakes? Today we remember a very special saint who made A LOT of mistakes.

When Saint Mary of Egypt was a young woman, she did not even try to be a good person. She had many, many sins and didn't even care. But one day, she tried to go into a holy church in Jerusalem, and she felt a force that would not let her go in! She couldn't see anybody pushing her out, but as hard as she tried, she still could not enter the church.

St. Mary then knew that she had to change her life. She left Jerusalem to live in the desert, where she lived for 48 years! She spent her time there praying and asking God to forgive her. Finally, before she died, she received Holy Communion from a priest who found her in the desert.

Sometimes, when we think of the saints, we might think they were born perfect and were perfect all their lives! But then we know that only Christ lived a perfect life! Today, let's all remember that nobody is perfect. But God still wants us to try to be perfect, like He is! St. Mary of Egypt is a great example of somebody who changed her life so she could follow Christ.

We celebrate St. Mary today, the 5<sup>th</sup> Sunday of Lent.



**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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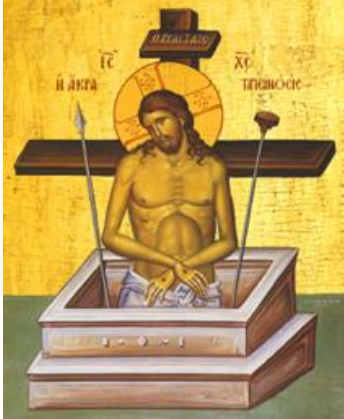
**A general guideline for the Great Fast is this:**

*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*

*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/](http://www.acrod.org/orthodox-christianity/articles/lent/)



*Icon of Christ's Extreme Humility*

**FASTING SUGGESTIONS:**

*(source unknown)*

FAST from self-concern and  
FEAST on compassion for others.

FAST from discouragement and  
FEAST on hope.

FAST from lethargy and  
FEAST on enthusiasm.

FAST from suspicion and  
FEAST on truth.

FAST from thoughts that weaken and  
FEAST on promises that inspire.

FAST from shadows of sorrow and  
FEAST on the sunlight of serenity.

FAST from idle gossip and  
FEAST on purposeful silence.

FAST from problems that overwhelm you and  
FEAST on prayer that sustains.

FAST from criticism and  
FEAST on praise.

FAST from self-pity and  
FEAST on joy.

FAST from ill-temper and  
FEAST on peace.

FAST from resentment and  
FEAST on contentment.

FAST from jealousy and  
FEAST on love.

FAST from pride and  
FEAST on humility.

FAST from selfishness and  
FEAST on service.

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**LIVES OF THE SAINTS**

**THE MONK ZAKHARII THE FASTER, OF PECHERSK**

Commemorated on April 6/March 24

The Monk Zakharii the Faster, of Pechersk, pursued asceticism in the Farther Caves in the XIII-XIV Cent. The strictness of his fasting reached such an extent, that he ate nothing baked nor boiled, and he consumed only greens (grasses) – and this only once a day at the setting of the sun. Demons trembled at the mere mention of the name Zakharii. Often the monk saw Angels, with which he merited life in Heaven. The identification of the monk Zakharii, Faster of Pechersk, with the son of the Kievan inhabitant John – Zakharii, who had given all his inheritance for the adornment of the Pechersk temple and become a monk at the monastery, – is unfounded. John before death had transferred his property for maintaining to his friend Sergei. This was during the time when the hegumen was the Monk Nikon (+ 1088, Comm. 23 March). Zakharii at the time was 5 years old. At age 15, that is – not later than the year 1098, he obtained his inheritance from Sergei, in order to give it to the monastery. However, the monk Zakharii – Faster of Pechersk, lived approximately 200 years later.

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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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**Camp Nazareth Family Camp 2025: Friday, May 30 – Sunday, June 1**

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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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**2025 Sts. Joachim and Anna Senior Retreat**

Our Diocese is pleased to announce its sixth annual Sts. Joachim and Anna Senior Retreat which will take place at Camp Nazareth Retreat and Conference Center in Mercer, PA from May 2-4, 2025. The Retreat will feature keynote addresses by Very Rev. Nicholas Ferencz. You can read [Fr. Nik's biography here](#). His Eminence Metropolitan Gregory is inviting all our Diocesan Seniors, ages 55 and over, to join him for 2 days of fellowship, prayer, and fun. The Theme of the Retreat – **Matthew 22: The BIG Questions We should ALL want to Talk about and Answer!** The schedule will include worship, fellowship, learning, fun, time for reflection and relaxation, time spent with our Diocesan Hierarchy, and great activities!

Online Registration is now open!! Visit [2025 Senior Retreat](#) to register for the event. Visit [campnazareth.org](#) for more information. You may also call (724-662-4840) or email the Camp at [campnazareth@acrod.org](mailto:campnazareth@acrod.org) for more information. Don't miss out on our sixth annual Sts. Joachim and Anna Senior Retreat! Register today! Registration closes Friday, April 25, 2025.

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**Camp Nazareth Family Camp 2025: Friday, May 30 – Sunday, June 1**  
Our Diocese is pleased to announce its 11th annual Family Camp at Camp Nazareth this year in conjunction with Family Day. The event is exactly what it sounds like. Families “camping” together in the Camp cabins and participating in a weekend of services, games, discussions, activities and challenges that are all designed to help families deepen their relationship with God and with one another. This year’s theme – *The “Puzzle” that is Your Family... Discovering why God has put us Together!* Our families were given by God. He has joined the “pieces” of our family’s “puzzle” together. Come discover what all the “pieces” mean to your family and what they mean to a world in need of your family! The schedule includes time to pray together, have fun together, relax together and learn together. In addition, kids and parents will also have their own activities and discussions separate from one another as well. This years’ Keynote Speaker for the adults is Rev. Timothy Paproski, our parish priest at St. Nicholas Church in Warren, OH. This years’ leader for the kids is Pani Hailey Paproski. We are excited to have both of them as part of this years’ Family Camp! Come enjoy time with your family and with other Diocesan families in the beautiful environment of the Camp! Each year we have a wonderful time together! Come, be a part of it! Don’t miss out on this opportunity for you and your family. Space is limited, so be sure to register soon! Online Registration is NOW OPEN! Visit the the following link to register: [2025 Family Camp](#). Visit [campnazareth.org](#) for more information.

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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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**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)

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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](http://iocc.org/pgh). Questions? Contact Dean Stambolis at [DeanStambolis@verizon.net](mailto:DeanStambolis@verizon.net) or 412.874.9572.

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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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**CHURCH BUILDING UPDATE**

*Here is a brief update from the past few weeks:*  
✧ **\*\* 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. *The building committee and Parish Council continue to discuss our plan of action going forward with work in the church proper. Please be patient with us! Also, remember that for a project like the one that we are undertaking, work goes top down so the ceiling and walls will be done before the floor. As mentioned, please be patient with us!*

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**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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**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)

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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**  
\*\*\* **STEWARDS**, 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](mailto: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.

**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.*

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Stewardship of Treasure Guide													
Weekly offering to God through the Sunday Offertory - Will you take a step up?													
Weekly Income	Beyond a Tithe 15%	Tithe 12%	Upper Range Giving 10%	8%	7%	Middle Range Giving 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.

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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 Anointing (Unction)  
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 (*Plašćanitsa*)  
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.

“*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 Proskomedia (Preparation of the Bread and Wine for Communion). Prayer requests will remain for (about) 40 days unless requested otherwise. Please let Fr. Dave know if you wish to make additions or subtractions (in the case of answered prayers) to our prayer list.*

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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:* 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 (Flower) 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...**  
Lindsay (due in June), 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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