

“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!

Christ is risen! (*responded with: Indeed He is risen!*)

Christos voskrese! (*Voistinu voskrese!*)

We are happy that you have joined us today! It is our pleasure to have you in our presence this morning. We wish God's Blessings to all who are with us today and pray that you come again soon! Please see Fr. Dave if you have any questions in regards to our worship or Orthodoxy.

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UPCOMING SERVICES

SUNDAY, APRIL 26, 2026

VOL. XI

3rd Sunday of Pascha: Sts. Myrrh-Bearing Women, righteous Joseph of Arimathea and Nicodemus

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SUNDAY, MAY 3

4th Sunday of Pascha: Sunday of the Paralytic

9:20 am Paschal Canon;

9:30 pm Divine Liturgy Worship Service

Epistle: Acts 9:32-42; Gospel: John 5:1-15

Liturgical Color: **White**

TUESDAY, MAY 5

6:30 am Feast Day Vespers

Lesser Blessing of Water

WEDNESDAY, MAY 6

FEAST OF MID-PENTECOST & FEAST OF ST. GEORGE

9:20 am Paschal Canon

9:30 pm Divine Liturgy Worship Service

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There is no kneeling in prayer for 50 days (until Pentecost) and omit the prayer “O Heavenly King” (replacing with Christ is risen 3 times) as we anticipate the Holy Spirit

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PASCHAL GREETING:

(*use instead of ‘hello’, before ‘good morning’, etc.*)

Christ is risen!

(*responded with: Indeed He is risen!*)

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SUNDAY’S SCRIPTURE READINGS

Epistle: Acts 6:1–7

Seven Chosen to Serve

6 Now in these days when the disciples were increasing in number, the Hellenists murmured against the Hebrews because their widows were neglected in the daily distribution. 2 And the twelve summoned the body of the disciples and said, “It is not right that we should give up preaching the word of God to serve tables. 3 Therefore, brethren, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we may appoint to this duty. 4 But we will devote ourselves to prayer and to the ministry of the word.” 5 And what they said pleased the

whole multitude, and they chose Stephen, a man full of faith and of the Holy Spirit, and Philip, and Proch'orus, and Nica'nor, and Timon, and Par'menas, and Nicola'us, a proselyte of Antioch. 6 These they set before the apostles, and they prayed and laid their hands upon them.

7 And the word of God increased; and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

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Gospel: Mark 15:43–16:8

43 Joseph of Arimathe'a, a respected member of the council, who was also himself looking for the kingdom of God, took courage and went to Pilate, and asked for the body of Jesus. 44 And Pilate wondered if he were already dead; and summoning the centurion, he asked him whether he was already dead. 45 And when he learned from the centurion that he was dead, he granted the body to Joseph. 46 And he bought a linen shroud, and taking him down, wrapped him in the linen shroud, and laid him in a tomb which had been hewn out of the rock; and he rolled a stone against the door of the tomb. 47 Mary Mag'dalene and Mary the mother of Joses saw where he was laid.

The Resurrection of Jesus

16 And when the sabbath was past, Mary Mag'dalene, and Mary the mother of James, and Salo'me, bought spices, so that they might go and anoint him. 2 And very early on the first day of the week they went to the tomb when the sun had risen. 3 And they were saying to one another, “Who will roll away the stone for us from the door of the tomb?” 4 And looking up, they saw that the stone was rolled back—it was very large. 5 And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. 6 And he said to them, “Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, he is not here; see the place where they laid him. 7 But go, tell his disciples and Peter that he is going before you to Galilee; there you will see him, as he told you.” 8 And they went out and fled from the tomb; for trembling and astonishment had come upon them; and they said nothing to any one, for they were afraid.

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PRAYER CORNER

For the Health of...

Patti, Melissa, Mary, Evelyn, Beverly, Theresa, Janet, Matthew, Trona, Mioara, Tatiana, Anthony, Valerie, Angelo, Craig, Timothy, Jason, Barbara, Paul, Juliana, 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...

+Eleanor Bullied (4/22), +Octavian Manole (4/18) ...*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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LIVING THE ORTHODOX FAITH

Who were the myrrh-bearing women?

- Mary Magdalene
- Mary, the mother of James (“the lesser”) and Joses
- Mary, the wife of Cleopas & Saint Joseph’s sister
- Martha of Bethany, Sister of Lazarus
- Mary of Bethany, Sister of Lazarus
- Joanna the wife of Chuza, the steward of Herod Antipas
- Salome, the mother of James and John, the sons of Zebedee & daughter of Saint Joseph
- Susanna
- And other Myrrh-bearers whose names are not known.

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Spiritual Vitamin:

"These women, the myrrh-bearers, had followed Jesus, ministering to Him, and were present even unto the time of the dangers. Wherefore also they saw all; how He cried, how He gave up His spirit on the cross, how the rocks were rent, and all the rest.

And these women first see Jesus; and that female sex that was most condemned by the men of the age, these first enjoy the sight of the blessings, this most shows their courage - That when the disciples had fled, these were present."

+St. John Chrysostom

Homily 88 on Matthew 27, 4th Century

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BULLETIN BOARD ANNOUNCEMENTS

**** Paschal Notes** – * The prayer to the Holy Spirit, “O Heavenly King”, is **not said** at home or in church during this season until the Feast of the Decent of the Holy Spirit: Pentecost. Instead, we say or sing the Paschal Tropar, “Christ is risen from the dead, trampling down...” (*three times*) until the Feast of Ascension. * For 40 days from Pascha (Easter) until Ascension, we greet each other by saying, “Christ is risen!” and respond with “Indeed, He is risen!”. (*Some translations use “Truly, He is risen!”*.) * During the 50 days from Pascha to Pentecost, we **do not kneel in prayer or make prostrations** in church or at home in keeping with the joyful and festal character of the season. We begin to kneel (and prostrations) again with the Kneeling Prayers of Pentecost that Sunday evening.

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**** Calling All Graduates** – Please notify Fr. Dave of your graduation information by **May 10**. Ideally, Graduate Sunday will be at the end of May or early June

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***** Blessing of Graves** – In following church tradition, we annually bless graves at the cemeteries after Pascha (and before Ascension, but not limited to that window of time). This year, this will be offered by request only. Please contact Fr. Dave to schedule a time to meet at the cemetery where your loved one is buried. May their memory be eternal! Christ is risen!

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COFFEE SOCIAL STEWARDS

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

April 26: ? , ? , (*possible freezer clean-out?*)

May 3: ? , ? , ? , ?

May 10 (*Mother’s Day*): ? , ? , ? , ?

*** Upcoming Orthodox Food Festivals:

- **May 5-10** – St Nicholas (419 S Dithridge St., *Oakland* Pittsburgh) *Greek*
- **May 9** – St Vladimir (73 South 18th St., *South Side* Pittsburgh) *Ukrainian*

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***** Family Camp at Camp Nazareth** – This is an awesome way to introduce young children to staying at camp as families will have an entire cabin to themselves! Families are invited to come enjoy all that Camp has to offer at this year’s Family Camp from **Friday to Sunday, June 5 - 7** at Camp Nazareth (339 Pew Road, Mercer, PA 16137). The theme this year is “Traveling with Your Family: Lessons from Joshua’s “Hike” to the Promised Land”. The schedule will include services, meals together, games and activities, hiking, evening events, Ropes Course activities, keynote speakers and learning together, as well as plenty of free-time. Online Registration is open at campnazareth.org. See Fr. Dave or any of the college students for more information. Please also see Fr. Dave if financial assistance is needed.

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***** Family Day at Camp Nazareth** will be on **Sunday, June 7**. Divine Liturgy will be at 10 am followed by a delicious brunch and all kinds of games and activities for kids and adults alike! Pricing for lunch is: Adults: \$10, Children 5-12: \$6, under 5: free. *A Family Price of \$30 includes 2 parents and all children under age 13*. This is a great way to start out the summer! There is no registration for Family Day. Come one! Come all! Contact Fr. Dave with any questions. *If You Have Never Been To Camp Before – Please Plan To Go For Liturgy And Lunch*

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**** 2026 National ACRY Family and Friends Weekend** - This year’s Memorial Day Weekend National ACRY gathering will be in Cleveland, OH from **May 22-25**. It will feature Golfing, Bowling, trips to the Rock n Roll Hall of Fame, the Cleveland Aquarium, Museum of Illusion, or Museum of Art, dancing, a Hierarchical Divine Liturgy, and the Grand Banquet. Three Raffles are being run to help defray the cost.

- Cash Bash Raffle: \$20/ticket, prizes every day in May 2026.
- Meat Raffle: \$1000 worth of Meat. \$20/ticket, only 250 tickets sold. Raffle goes off on June 1.
- Weekend Giveaway: \$20/ticket. Only 250 tickets sold. Win a Weekend at the 2026 Friends and Family Weekend in Cleveland Ohio, May 22–25

Purchase tickets in the hall. Deadline is **TODAY, April 26**.

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OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 733
Candle Stewardship:	\$ 182
Envelope Stewardship:	\$ 475

Total Collections: **\$ 1380**

Capital Improvement Fund: **\$ 15**

Participating Souls at - *Sunday Liturgy: 43*

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

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Paschal Greeting in Church Slavonic:

Christos voskrese! (*Voistinu voskrese!*)

If you are greeted in a language you are unfamiliar with, translate, respond in English, then learn the response

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Paschal Greeting in Greek:

Χριστός Ανέστη
Christós anésti! Krees-TOHS Ah-NEH-stee
(Αληθώς Ανέστη
Alithós anésti! Ah-lee-THOS Ah-NEH-stee)



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**** NEW DATE SCHEDULED Caring for Others through Visitation Ministry**

– A ministry of caring is an important part of parish life. Join us on **Sunday, June 28** during the coffee social in the MPR (Multi-Purpose Room) for a 20-minute presentation with our guest presenter, Amy Armanious. She will lead us on ways to reach out in love to those in our church families who are homebound, coping with challenging health conditions, and/or experiencing other life difficulties. No need to sign up - just come and learn how God is opening your heart and mind to *Visitation Ministry*. We will discuss how we can make a difference through such activities as prayer, making phone calls to those who live alone, creating small gifts for the homebound, baking cookies, delivering soup, mailing cards to those who need an encouraging word, home visitation, and much more! This ministry is a way for individuals to live out the great commandment “Love one another.” Come and see where God is leading you in the giving of your time & talent. We need all - young and old - for this new outreach ministry!

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**** Yum-Raising** - A different candy fundraiser is running online for the church. Click [THIS LINK](#) from the online bulletin to see various options that are out there for purchase *throughout the year!* (contact Tim or Fr. Dave if the link does not work)

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**** Journey to Orthodoxy** – Congratulations and God’s choicest blessings to Tyler (Isaac) Duda who was received into the Orthodox Faith and our parish family **on Holy Saturday**. May God grant to His newly-illuminated servant, Tyler (Isaac), Many Years of Peace, Health, Happiness and Salvation! Blessings also to his sponsor, Cindy Pavilonis. Many Years! Mnohaja L’ita!

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**** Registration is Open!** You can now register your child (aged 8-18) for Camp Nazareth this summer. The Pittsburgh week is **July 26 – August 1**. Don’t delay! *If financial assistance is needed, please let Fr. Dave know.* Let’s get our kids to camp!

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**** Jack R. Scherer Memorial Fundraiser for Mental Health Awareness & Suicide Prevention** – On **Sunday, September 6**, the family is hosting a fundraiser at 1:00 at Deer Lakes Park Minnow Pavilion. There will be a Chinese Auction and 50/50 raffle along with Corn Hole tournament (\$5 entry fee), bounce house, face-painting, ice cream truck and entertainment. Food will arrive at 2:00 and include Appetizers and a variety of main course options. *Proceeds benefit The American Foundation for Suicide Prevention & Deer Lakes High School for a scholarship, in Jack’s name, for excellence in Chemistry and Math.* Please help us make this event a success! (Please contact Fr Dave if you wish to donate a Gift basket for the auction.) Check donations can be made payable to: The Jack R. Scherer Memorial Fund. Also, contributions can be made through their GoFundMe account: Support The Jack R, Scherer Memorial Fund.

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Paschal Greeting in Spanish:

¡Cristo ha resucitado!
(¡En verdad ha resucitado!)

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**** THANK YOU** to everyone who brought something in for our Pot-Luck Paschal Meal or helped in anyway preparing over the past few weeks for the Feast of Feasts! Many Years to you!

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**** Grass Maintenance** – Please contact Fr. Dave if you are interested in being a part of a rotation of folks who will maintain the grass throughout the summer.

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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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Live-Broadcast – If you are unable to attend church services, please pray along with our Cathedral online (*WHICH BROADCASTS MORE THAN JUST SUNDAY MORNING SERVICES*): www.acrod.org/directorios/cathedral/live/

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

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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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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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Paschal Greeting in Italian:

Cristo è risorto! (È veramente risorto!)

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Paschal Greeting in French:

Le Christ est ressuscité!
(En verite il est ressuscité!)

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Paschal Greeting in Arabic:

El Messieh kahn! (Hakken kahn!)

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Paschal Greeting in Slovak:

Christos vstal z mŕtvych!
(Vpravde vstal z mŕtvych!)

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Paschal Greeting in Gaelic:

Taw creest ereen! (Taw shay ereen guhdyne!)

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Paschal Greeting in Japanese:
Harisutosu fukkatsu! (ハリストス復活)
Jitsu ni fukkatsu! (実に復活)

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CHRIST IS RISEN FROM THE DEAD,
TRAMPLING DOWN DEATH BY DEATH
AND UPON THOSE IN THE TOMBS BESTOWING LIFE!

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THE ANGEL EXCLAIMED TO HER, "FULL OF
GRACE, REJOICE O PURE VIRGIN. AGAIN I SAY
REJOICE, YOUR SON IS RISEN FROM HIS THREE
DAYS IN THE TOMB, AND HE HAS RAISED ALL THE
DEAD. LET ALL PEOPLE REJOICE!"

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O SHINE, O SHINE, O NEW JERUSALEM: FOR THE
GLORY OF THE LORD IS RISEN UPON YOU. O ZION,
SING WITH JOY AND REJOICE. AND YOU, PURE
MOTHER OF GOD, REJOICE IN THE RESURRECTION
OF YOUR SON.

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ONLINE BONUSES

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

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* **Online Community** - Please email Fr. Dave at
OrthodoxPittsburgh1932@gmail.com to receive the weekly
bulletin (along with other announcements) via email each week.

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LIVING THE ORTHODOX FAITH

The Courage of Joseph and the Myrrh-Bearing Women
By [Fr. Stavros Akrotirianakis](#) - April 21, 2026

Christ is Risen!

Today's Gospel reading combines the Tenth Gospel Passage of Holy Thursday evening's service of the Twelve Gospels along with the Gospel reading of the Resurrection that we read at midnight on Pascha. This combined passage from the Gospel of Mark combines the burial of Jesus with His Resurrection.

When I reflect on this passage, the first word that comes to mind is "courage." It took courage for Joseph of Arimathea to ask Pilate for the Body of Jesus to bury it. It took courage for the three women to go to the tomb of Jesus early on the first day of the week.

Let's first look at Joseph. Joseph, we are told that he was a respected member of the Council. This was the same Council of Jewish leaders that demanded the crucifixion of Jesus. By making an overture toward support of Jesus, he risked loss of reputation, expulsion from the Council and perhaps even his own death. Joseph has the title "noble." Which not only comes from the courage he took to go to Pilate, but I also think it was a noble thing that he "*was also himself looking for the Kingdom of God.*" Joseph, like Thomas whom we discussed last week, is a very refreshing figure because to me he is so real. There are lots of circumstances where we probably feel like Joseph—we want to do the right thing but wonder what the reprisal will be. Or we wonder how public we should be with our Christianity. Or even taking a stand that isn't popular. It did take courage for Joseph to go to Pilate and ask for the body of Jesus.

The journey of the three women early on the first day of the week was an act of courage as well. Back then, the cities didn't have streetlights, so walking around in darkness with the light of a torch was very scary. Robbers or people seeking to do harm could be anywhere and here were three women walking by themselves. In addition, the city was filled with soldiers, now on high alert after the crucifixion. Had they been accosted by one of the soldiers and asked where they were going, the answer of going to the tomb of Jesus could have been met with hostility. Even if they got to the tomb, they still faced the daunting task of how to remove a stone that had been sealed over the entrance. Their journey was fraught with danger and uncertainty. Indeed it took courage for them to go to the tomb. When we think of our faith, do we think about the word courage? Do we ever think it requires courage to be a Christian? Do we ever step out of our comfort zone as Christians and take courage in our witness for Christ? Do we regularly step out of our comfort zone to help someone else, either with time or with money? Do we reach out to the "least of our brethren"? That takes courage.

The lesson of today is that we should have the courage of Joseph and the myrrh-bearing women in how we conduct ourselves as Christians. Not every day will be easy. Not every challenge will be easy. It takes courage to do something when you don't know what the outcome will be. But here is also where trust in God comes in. A quote from Deuteronomy 31:6 comes to mind: "*Be strong and of courage, do not fear or be in dread of them; for it is the Lord your God who goes with you; He will not fail you or forsake you.*"

The Angel standing at the sepulcher cried out and said to the ointment-bearing women: The ointments are appropriate for mortal men, but Christ has been shown to be a stranger to decay. So go and cry aloud, The Lord has risen and granted the world His great mercy. (Another Apolytikion, Feast of the Sunday of the Myrrh-Bearing Women, Trans. by Fr. Seraphim Dedes)

Be courageous. In faith, in love, in service, and in your Christian convictions.

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Paschal Greetings from Around the World

The **Paschal greeting** is a custom among Orthodox Christians, consisting of a greeting and response. Instead of "hello" or its equivalent, one is to greet another person with "Christ is Risen!". The response is "Truly, He is risen!" (or "Indeed, He is risen!"). This greeting is used during liturgical services and informally at other times, starting with the [feast of Pascha](#) and

lasting until [Ascension](#) – the period known as the *Paschal season* or *Paschaltide*.

In practice, this greeting is typically used only with people that one already knows are Orthodox. In some cultures (for example in Russia), it was also customary to exchange a triple kiss after the greeting. Orthodox Christians often compile lists of the greeting in various languages, as it is used around the world, and these are sometimes recited in church or in other formal settings as an act of Orthodox unity across languages and cultures.

Language	Greeting	Response
Aleut:	Khristus anahgrecum!	Alhecum anahgrecum!
Aleut:	Khris-tusax agla-gikux!	Agangu-lakan agla-gikux!
Albanian:	Krishti U Ngjall!	Vertet U Ngjall!
Alutuq:	Khris-tusaq ung-uixtuq!	Pijii-nuq ung-uixtuq!
Amharic:	Kristos tenestwal!	Bergit tenestwal!
Anglo-Saxon:	Crist aras!	Crist sodhlice aras!
Arabic:	El Messieh kahm!	Hakken kahm!
Armenian:	Kristos haryav ee merelotz!	Orhnia eh harootyunuh kristosee!
Bulgarian:	Hristos voskrese!	Vo istina voskrese!
Byelorussian:	Khrystos uvaskros!	Saprawdy uvaskros!
Chinese:	Helisituosi fuhuole!	Queshi fuhuole!
Coptic:	Pchristos aftooun!	Alethos aftooun!
Czech:	Vstal z mrtvých Kristus!	Vpravdě vstal z mrtvých!
Danish:	Kristus er opstanden!	Ja, sandelig opstanden!
Dutch:	Christus is opgestaan!	Ja, hij is waarlijk opgestaan!
English:	Christ is risen!	Indeed He is risen!
Estonian:	Kristus on üles tõusnud!	Ta on tõesti üles tõusnud!
Ethiopian:	Christos t'ensah em' muhtan!	Exai' ab-her eokala!
Finnish:	Kristus nousi kuolleista!	Totisesti nousi!
French:	Le Christ est ressuscité!	En verite il est ressuscité!
Gaelic:	Taw creest ereen!	Taw shay ereen guhdyne!
Georgian:	Kriste aghsdga!	Cheshmaritad aghsdga!
German:	Christus ist auferstanden!	Wahrlich Er ist auferstanden!
Greek:	Christos anesti!	Alithos anesti!
Hawaiian:	Ua ala hou 'o Kristo!	Ua ala 'I 'o no 'oia!
Hebrew:	Ha Masheeha houh quam!	Be emet quam!
Hungarian:	Krisztus feltamad!	Valoban feltamad!
Ibo (Nigeria):	Jesu Kristi ebiliwo!	Ezia o' biliwo!
Indian (Malayalam):	Christu uyirthezhunnettu!	Theerchayayum uyirthezhunnettu!
Indonesian:	Kristus telah bangkit!	Benar dia telah bangkit!
Italian:	Cristo e' risorto!	Veramente e' risorto!

Language	Greeting	Response
Japanese:	Harisutos Fukkatsu!	Jitsu ni Fukkatsu!
Korean:	Kristo gesso!	Buhar ha sho nay!
Latin:	Christus resurrexit!	Vere resurrexit!
Latvian:	Kristus ir augsham sales!	Teyasham ir augsham sales vinsch!
Norwegian:	Christus er oppstanden!	Sandelig han er oppstanden!
Polish:	Khristus zmartwyckwstal!	Zaprawde zmartwyckwstal!
Portuguese:	Cristo ressuscitou!	Em verdade ressuscitou!
Romanian:	Hristos a inviat!	Adevărat a înviat!
Russian:	Khristos voskrese!	Voistinu voskrese!
Sanskrit:	Kristo'pastitaha!	Satvam upastitaha!
Serbian:	Hristos vaskrse!	Vaistunu vaskrse!
Slovak:	Christos vstal z mrtvych!	Vpravde vstal z mrtvych!
Spanish:	Cristo ha resucitado!	En verdad ha resucitado!
Swahili:	Kristo amefufukka!	Kweli amefufukka!
Swedish:	Kristus är uppstånden!	Han är sannerligen uppstånden!
Syriac:	M'shee ho dkom!	Ha koo qam!
Turkish:	Hristos diril - di!	Hakikaten diril - di!
Ugandan:	Kristo ajukkide!	Kweli ajukkide!
Ukrainian:	Khristos voskres!	Voistinu voskres!
Welsh:	Atgyfododd Crist!	Atgyfododd yn wir!

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LIVES OF THE SAINTS

The Myrrh-Bearing Women

Commemorated on the Third Sunday of Pascha

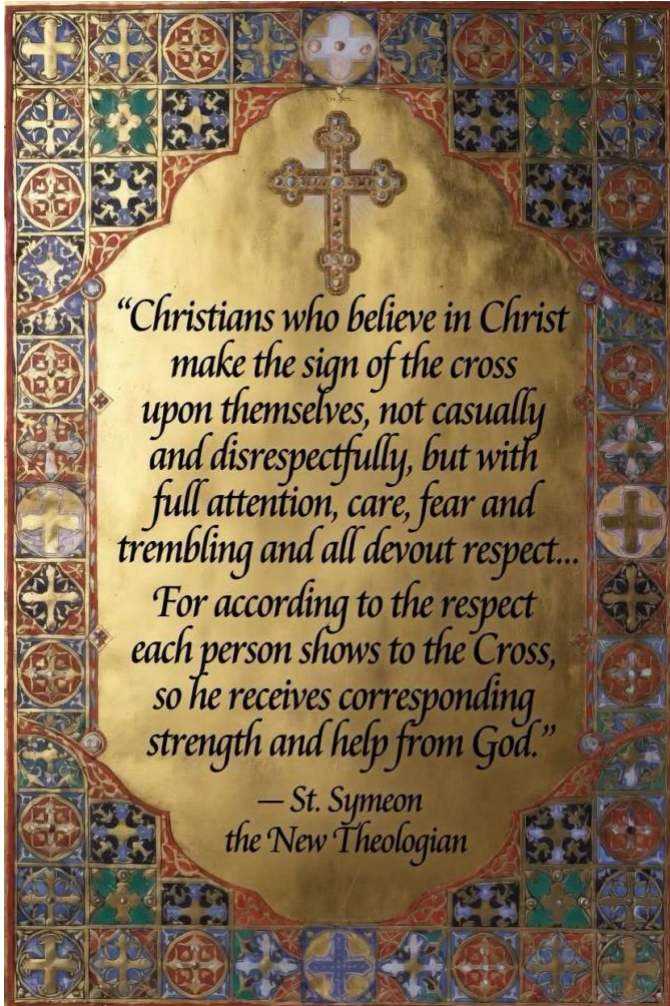
About the beginning of His thirty-second year, when the Lord Jesus was going throughout Galilee, preaching and working miracles, many women who had received of His beneficence left their own homeland and from then on followed after Him. They ministered unto Him out of their own possessions, even until His crucifixion and entombment; and afterwards, neither losing faith in Him after His death, nor fearing the wrath of the Jewish rulers, they came to the sepulchre, bearing the myrrh-oils they had prepared to anoint His body. It is because of the myrrh-oils, that these God-loving women brought to the tomb of Jesus that they are called the Myrrh-bearers. Of those whose names are known are the following: first of all, the most holy Virgin Mary, who in Matthew 27:56 and Mark 15:40 is called "the mother of James and Joses" (these are the sons of Joseph by a previous marriage, and she was therefore their step-mother); Mary Magdalene (celebrated July 22); Mary, the wife of Clopas; Joanna, wife of Chouza, a steward of Herod Antipas; Salome, the mother of the sons of Zebedee, Mary and Martha, the sisters of Lazarus; and Susanna. As for the names of the rest of them, the evangelists have kept silence (Matt 27:55-56; 28:1-10. Mark 15:40-41. Luke 8:1-3; 23:55-24:11, 22-24. John 19:25; 20:11-18. Acts 1:14).

Together with them we celebrate also the secret disciples of the Saviour, Joseph and Nicodemus. Of these, Nicodemus was probably a Jerusalemite, a prominent leader among the Jews and of the order of the Pharisees, learned in the Law and

instructed in the Holy Scriptures. He had believed in Christ when, at the beginning of our Saviour's preaching of salvation, he came to Him by night. Furthermore, he brought some one hundred pounds of myrrh-oils and an aromatic mixture of aloes and spices out of reverence and love for the divine Teacher (John 19:39). Joseph, who was from the city of Arimathea, was a wealthy and noble man, and one of the counsellors who were in Jerusalem. He went boldly unto Pilate and asked for the body of Jesus, and together with Nicodemus he gave Him burial. Since time did not permit the preparation of another tomb, he placed the Lord's body in his own tomb which was hewn out of rock, as the Evangelist says (Matt. 27:60).

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SPIRITUAL VITAMINS



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ADDITIONAL BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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** **Calling All Graduates** – Please notify Fr. Dave of your graduation information by **May 10**. Ideally, Graduate Sunday will be at the end of May or early June

High School Students: *your High School, any academic and/or athletic awards, and where you will attend in the Fall with your intended major in college (or undecided at this time).* Trade School, College, Graduate and Post-Graduate Students: *where you went, your field of study, and degree you will earn.*

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Upcoming Orthodox Food Festivals:

- **May 5-10** – St Nicholas (419 S Dithridge St., Pittsburgh) *Greek*
- **May 9** – St Vladimir (73 S. 18th St., Pittsburgh) *Ukrainian*
- **June 8-12** – All Saints (601 West McMurray Rd., Canonsburg) *Greek*
- **June 11-13** – Koimissis (2111 Davidson St., Aliquippa) *Greek*
- **June 15-19** – Holy Cross (123 Gilkeson Rd., Pittsburgh) *Greek*
- **June 26-28** – Holy Dormition (12 Washington Ave., Oakmont) *Greek*

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** **Third Hour** – If you would like to be in the rotation for chanting (or reading) the Third Hour prior to the Divine Liturgy (or have any questions about doing it), please see or contact Fr. Dave. *This does not need to be done by the Divine Liturgy Chanter.*

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* **Icon Workshops** – Archangel Icons-Michael Kapeluck is offering five Intensive Icon Workshops in 2026 (**April 20-24; May 18-22; June 15-19; July 13-17; August 17-21**). There will only be 6 students per workshop which are open to beginners as well as more experienced students. All workshops will take place in his studio in Carnegie, PA. Each workshop will create a 12”x16” icon using JoSonja acrylic techniques. Classes will also include prayer, discussions on technique, history, and theology of the icon. Students will also have access to the studio’s 300+ book library. The workshop fee is \$600 and includes 40 hours of instruction and all materials. (Meals are not included.) If you are interested, please contact Fr. Dave for more information or visit: www.archangelicons.com

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* **A new approach to the Coffee Social:** 4 people bring 1 item each. A modified sign-up sheet is now available. *(If someone wants to host the entire event, that is still an option – just sign your name through all 4 boxes.)* Also, the Kitchen Crew, led by Liz, will be the “point person” for signing up or any questions. **Please consider hosting a coffee social in honor of someone’s Nameday, Birthday, Anniversary, or in memory of a departed loved one near their anniversary.**

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* **Church School Participation** – Our Youth Ministry Leader, Kathy S., will be the main contact for parents to update the teachers on whether their kids will be at class. **Parents** – please update Kathy PRIOR TO each scheduled class (1st, 3rd, & 5th Sundays)

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ACRY NEWS

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* **Pop Can Tab Collection** – Join the National Jr. ACRY in supporting the Ronald McDonald House. A collection bin for *Can Tabs* has been placed in the vestibule near the bin for

repurposed Greeting Cards. During the next year, please help fill the container with your pop can tabs.

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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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Live-Broadcast – If you are unable to attend church services, please pray along with our Cathedral online (*WHICH BROADCASTS MORE THAN JUST SUNDAY MORNING SERVICES*):

www.acrod.org/directories/cathedral/live/

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

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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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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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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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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)* More information is available at www.ocmc.org.

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THIS MONTH’S SERVICE SCHEDULE

SUNDAY, APRIL 26

3rd Sunday of Pascha: Sts. Myrrh-Bearing Women, righteous Joseph of Arimathea and Nicodemus
9:20 am Paschal Canon
9:30 pm Divine Liturgy Worship Service

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Looking FURTHER Ahead...

Some 2025 dates of interest at St. John’s:

- **May 6** – Feast of Mid-Pentecost & of St. George
- **May 21** – Feast of the Ascension of Our Lord
- **May 30** – 5th All Soul’s Saturday
- **May 31** – Feast of Pentecost
- **Jun. 1-6** – Fast Free Week
- **May/Jun. ???** – Graduate Sunday
- **Jun. 5-7** – Family Camp at Camp Nazareth
- **Jun. 7** – Family Day at Camp Nazareth
- **Jun. 7** – 3rd Finding of the Head of St. John
- **Jun. 8** – Apostles’ Fast begins
- **Jul. 7** – Feast of the Nativity of St John
- **Jul. 12** – Feast of Saints Peter and Paul
- **Jul 26-Aug 1** - Pgh Deanery Camping Week at CN
- **Aug. 2** – Feast of the Holy Prophet Elias and Blessing of Chariots
- **Aug. 9 (or 16)** – Blessing of Students and Teachers
- **Aug 9-12** - Science & Nature Camp (age 8-18) @CN
- **Aug. 14** – Dormition Fast Begins, Lesser Blessing of Water, and Home Blessings Begin
- **Aug. 19** – Feast of the Transfiguration of our Lord and Blessing of Fruit and Vegetables
- **Aug. 23** – Blessing of Fruit and Vegetables
- **Aug. 28** – Feast of the Dormition and Blessing of Flowers and Herbs
- **Aug. 30** – Blessing of Flowers and Herbs
- **Aug. 30** – Parish Picnic at “The Cabin”

Please, Save the Dates!

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* **Outdoor Divine Liturgy and Annual Parish Picnic** – We will gather at *The Cabin* in North Park on **Sunday, August 30** for our end of summer outdoor Divine Liturgy Worship Service and picnic.

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* **North Hills Pan-Orthodox Anointing (Unction) Service** – Mark your calendars now for **Wednesday, September 16** for our Inaugural *North Hills Pan-Orthodox Mystery of Holy Anointing (Unction) Service*. More details will be coming – but get it on your calendar now. Let’s fill the church as we did for the combined Presanctified service!

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STEWARDSHIP SNIPPET



TIME, TALENT, AND TREASURES

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PARISH STEWARDSHIP OPPORTUNITIES:

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** **Ride Share** – We have received a couple requests from people interested in getting a ride to the church. Please contact Fr. Dave or Larry if you would be willing to drive someone to the church.

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Financial Reports	March	Fiscal Year
General Stewardship	\$ 6433.64	\$ 54,365
* Expenses	\$ 6111.20	\$ 47,239
Yield +/-	\$ 322.44	\$ 7,126
Capital Fund	\$ 2180.00	\$ 22,010
Sunday Average Participation	45	40

* detailed report is on the bulletin board in the hall

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Giving at the Church – The opportunities to give your stewardship treasures at SJB are to:

- ✘ hand your offering to the curator who sits at the desk in the vestibule (to the right after you enter),
- ✘ drop your offering in one of multiple baskets around the church, or
- ✘ place your offering in the box in the candle stand after saying your prayers when lighting 2 candles.

The ministries of the church cannot happen without your dedication and support.

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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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CHURCH BUILDING UPDATE

Here is a brief update from the past few weeks:

- ✘ * **River Rock** was spread around the periphery of the church during our maintenance morning.

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Glory to God for All Things!

Through your generosity and dedication, everything 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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2025-26 SJB PARISH COUNCIL OFFICERS

- President: Larry Martin
- Vice-President: Liz Radomsky
- Treasurer: Tim Martin, Reader
- Financial Secretary: Rich Mirilovich
- Recording Secretary: Gina Fall
- Chief Auditor: Bob Fall
- Auditors: Mary Jane Hudak, Ray Kilmer, Kim Opsitos, Matt Opsitos, and Kathy Schrmack

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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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Stewardship of Treasure Guide

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

Weekly Income	Beyond a Tithe	15%	12%	10%	Tithe	9%	8%	7%	Upper Range Giving	6%	5%	4%	3%	2%	1%	Middle Range Giving	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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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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ORTHODOXY AROUND DA ‘BURGH AND OUR DIOCESE

Check back later...

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FEAST DAY FEATURE

Check back later...

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ORTHODOX WORD OF THE WEEK

Check back later...

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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

Our Parish Prayer List for Special Intentions

This is to be used for the special intentions of our brothers and sisters in Christ and can be inserted as a prayer itself into our daily prayers. Please let Fr. Dave know if you wish to make additions or subtractions (in the case of answered prayers) to our Parish List. The words of the Gospel are true: it is good to pray for one another. Let this be a place where we lay out our concerns and beg the help of our brothers & sisters in Christ. (This prayer list is not limited to only Orthodox Christians.)

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A Prayer For The 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., Carolyn U., Stephanie B, Kevin, Michael L., Laura & family, Georgia, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Andrea, Jason, Tyrone, Sarah, Ameer, Joshua, John, Kathryn, Rose, Charles, Justin, David, Donna, George, *our diocesan seminarians:* Fr. Peter S, Dcn. Maximus C, Fr. Alexander H, Bradley S, Nicholas C, John B, John F, Spyridon R, Clay W, and Ignatios L, *and our Parish Council and Curators:* Lawrence, Elizabeth, Timothy, Rich, Robert, Gina, Mary Jane, Raymond, Kimberly, Matthew, 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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April Namedays:

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), Nicholas Thorn (4/9), 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), Christopher Ditmore (4/19), Lawrence

Martin (4/20), Max Anton (4/22), Donald James Gavulich (4/23), Fr Peter Paproski (4/24), Donna Tongel (4/24), Jaxson Maruscak (4/25), Fr Jonathan Bannon (4/29), Maryhelen Hoffman (4/29), Sharon Peifer (4/29)
...*May God grant them many and blessed years!*

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For our Catechumens & Inquirers...

Diana, Hekuran

...*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, Nicholas & Camile, Nicholas & Sienna
...*through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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April Anniversaries:

...*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 Pregnant Mothers...

Lauren (*due in September*) ...*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...

...*through the prayers of St George, the Great-Martyr & Wonderworker.*

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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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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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Paschal Greeting in Romanian:
Hristos a înviat! (*Adevărat a înviat!*)

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Paschal Greeting in Swahili:
Kristo amefufukka! (*Kweli amefufukka!*)

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