



# Saint John the Baptist Orthodox Church

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



Reverend Dave Urban, *Pastor*  
Very Reverend John Brancho, *Pastor Emeritus*  
Timothy Martin, *Reader*  
Matthew Peifer, Stephen Brancho, & John Radick, *Cantors*  
Matthew Peifer, *Church Council President*  
[www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-of-Northside-Pittsburgh-169297619784149](http://www.facebook.com/pg/St-John-the-Baptist-Orthodox-Church-of-Northside-Pittsburgh-169297619784149)

2688 California Avenue  
Pittsburgh, Pa 15212  
\*\*\* New Church Number \*\*\* 412-748-0148 \*\*\*  
OrthodoxPittsburgh1932@gmail.com  
[www.OrthodoxPittsburgh.com](http://www.OrthodoxPittsburgh.com)

Fast - Free Week  
**JANUARY 28th**



TRIODION WEEKS

## Publican and the Pharisee

Reading: 2 Timothy 3: 10-15  
Gospel: Luke 18: 10-14

Trust in God, not yourself!  
Ask for His help before  
every task this week!

9:30 am – Divine Liturgy Tone 1 Liturgical Color: **Gold**  
*Additional collection for our community outreach / A Fast Free Week*

## SERVICES, SAINTS, AND READINGS FOR THE WEEK

Annual House Blessings Continue

Wednesday, January 31 – 7pm Church Council Meeting

Thursday, February 1 – 9:30am Moleben to St. Nectarios

*The Holy Mystery of Confession is available following every service.*

Monday	Blessed Maximus of Totma (Vologda), fool-for-Christ (1650)	2 Peter 1:20-2:9	Mark 13:9-13
Tuesday	Venerable Anthony the Great (356)	2 Peter 2:9-22	Mark 13:14-23
Wednesday	St Athanasius the Great (373) & St Cyril (444), of Alexandria	2 Peter 3:1-18	Mark 13:24-31
Thursday	Venerable Macarius the Great of Egypt (390)	1 John 1:8-2:6	Mark 13:31-14:2
Friday	Venerable Euthymius the Great (473)	1 John 2:7-17	Mark 14:3-9
Saturday	Venerable Maximus the Confessor (662)	2 Timothy 3:1-9	Luke 20:45-21:4

\*\*\* A Fast Free Week! \*\*\*

Normal Fast Week  
**FEBRUARY 4th**



## The Prodigal Son Returns!

Reading: 1 Corinthians 6: 12-20  
Gospel: Luke 15: 11-32

Schedule a Confession.  
Use up/freeze meats this week.

9:30 am – Divine Liturgy Tone 2 Liturgical Color: **Gold**

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## A Warm Welcome To Our Visitors!

**Glory Be To Jesus Christ! (Glory Be Forever!)**

**Slava Isusu Christu! (Slava na v'iki!)**

**We are happy** that you have joined us today! **Please join us downstairs** for coffee and a bite to eat. It is our pleasure to have you in our presence this morning and we wish God's Blessings to all who visit with us today and hope you stop in again soon!

**If you have any questions** in regards to our worship or Orthodoxy, please see Fr. Dave and he will gladly answer any of your questions to the best of his ability. He looks forward to meeting you!

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

### This Bulletin Is Offered:

If you wish to sponsor a Bulletin *In Memory of* someone or *In Honor of* (anniversary, birthday, new job, etc.), please do so by signing up on the sheet on the table in the Vestibule of the Church or by contacting Fr. Dave. An additional stewardship offering to the Church is requested.

## LOOKING AHEAD LOCALLY

Tuesday, February 6 – 9:30am Akathist to St Xenia of St Petersburg

Saturday, February 10 – 9:30am Divine Liturgy and Panachida for All Soul's Saturday (I)

Sunday, February 11 – Sunday of the Last Judgment / Meat Fare Sunday / Additional collection for our Capital Improvement Fund / Pre-Lenten Breakfast

Monday, February 12 – 9:30am Divine Liturgy for the Feast of the Three Holy Hierarchs

Thursday, February 15 – 9:30am Divine Liturgy for the Feast of the Meeting of our Lord in the Temple

Sunday, February 18 – Youth Sunday / Chees Fare Sunday / Forgiveness Sunday Prayers following Liturgy

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++



## BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions for this section to Father by Wednesday.)



**2018 Annual House Blessings** – If you are not already scheduled for your house blessing, please contact Fr Dave to set something up.

House blessings will continue through Saturday, February 18. Fr Dave is interested in visiting and catching up with everyone this Theophany season!

+++ +++ +++



### All-Soul Saturday (Zadušna Subota)

\*\*\* Please note the schedule change –

The All-Soul Saturday Liturgies and Panachidas for 2018 will be on **Feb. 10<sup>th</sup>**,

**Feb. 24<sup>th</sup> (transferred)**, **Mar. 3<sup>rd</sup>**, **Mar. 17<sup>th</sup>**

**(Panachida only)**, and **May 26<sup>th</sup>**. On these days,

we especially pray for the departed loved ones of our families. If you are not working on a Saturday,

come to church and pray with us, light a candle, and

remember your departed loved ones. Please inform

Fr Dave if there are any additions to be made to the

Commemoration Diptychs (Hramoty) from last year.

+++ +++ +++

**Weekly Candle Intentions/Memorials** were offered last week by Jane Barrett; Julie Potoski; Tim Martin; Melanie Shuster; Barbara Kirish; Olga Radick; Eleanor Sanger; Joanne Nelson; Theresa Sharpless; Cindy Pavilonis; Patty Watson.

***"I am the light of the world; he who follows Me will not walk in darkness, but will have the light of life."*** - John 8:12

**The Eternal Lamp** was offered last week by John Gaydos, Jr., in Memory of Mother, Catherine. May Her Memory Be Eternal! Vičnaya Pamjat!

+++ +++ +++

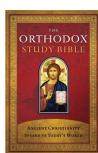


**Souper Bowl of Caring** – On **Sunday, February 4<sup>th</sup>** we will kick off our February Community Outreach collection for St Cyril of White Lake Food Pantry at St Mary's Orthodox Church on the South Side. Please bring in unexpired canned soups on that Sunday!

+++ +++ +++

**Pre-Lenten Breakfast** – will be on **Sunday, February 11<sup>th</sup>**, Meatfare Sunday, immediately after the Divine Liturgy.

+++ +++ +++



**Donors needed for Orthodox Study Bibles** – An initiative has been started to have Orthodox Study Bibles available for use before or after services in the Church. We are asking that donors offer a bible anonymously, in memory of someone, or on behalf of a group. More details coming soon...

+++ +++ +++

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

### ORTHODOXY AROUND DA 'BURGH



**The International Soup Sampling** to benefit IOCC (*International Orthodox Christian Charities*) will be on **Saturday, February 3<sup>rd</sup>** from 11am-2pm at Holy Cross Greek Orthodox Church in Mt. Lebanon across from the Galleria Mall (123 Gilkeson Rd., Pittsburgh, Pa 15228). *Sample 5 homemade soups for \$10 and then take a quart home for a \$10 donation.*

Youth Groups & Children's Ministries from all jurisdictions will be assembling health kits starting at 11:30. All area youth are invited! Donations are needed to purchase bulk health kit supplies. To sponsor kits, call Nick Terezis at 724-282-5198. You can register to purchase soup at: [iocc.org/Pittsburgh](http://iocc.org/Pittsburgh)

+++ +++ +++

**The Pan-Orthodox Choir of Pittsburgh** have begun weekly rehearsals on Saturdays for the upcoming 2018 Sunday of Orthodoxy Vespers. *The choir cordially invites new singers from every parish to join with them in this inspiring experience.* The two-hour rehearsals will be held at St Nicholas Orthodox Church, 320 Munson Ave, McKees Rocks PA 15136 beginning at 11:00 am. The choir sings music from every tradition. For more information write to [OrthodoxChoirPgh@gmail.com](mailto:OrthodoxChoirPgh@gmail.com).

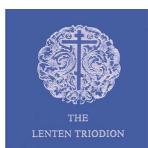
+++ +++ +++



**A Journey through Serbian Song & Dance: "Ruku pod ruku"** - **Saturday, February 17<sup>th</sup>**, 7pm at the University of Pittsburgh, Bellefield Hall. Featuring performances by: \*Sumadija Serbian Folk Dance Ensemble (from Milwaukee, WI), Academy of Serbian Folk Dancing Association "Miroslav Bata Marcetic" (Toronto, Canada), and Carica Milica Choir (Pittsburgh, PA). Tickets for the concert are \$15. Tickets for the concert and the post-concert reception at the Serb Club are \$20. (23% of our online ticket sales profits go towards LifeLine Humanitarian Organization - Chicago!) Tickets may be purchased at: [www.talentshadows.events/event/sumadija-and-academy-of-serbian-folk-dance](http://www.talentshadows.events/event/sumadija-and-academy-of-serbian-folk-dance). For further information and questions, please call Aleksandra Sretenović at 440-520-9064.

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

### ORTHODOX WORD OF THE WEEK



**TRIODION** – The **Lenten Triodion** is the service book of the Orthodox Church that provides the texts for the divine services for the pre-Lenten weeks of preparation, the Great Fast, and Holy Week. *The Lenten Triodion* is the title of a classic and popular English book translated with an extensive and helpful introduction by Metropolitan Kallistos and Mother Mary; it provides many (but not all) of the texts necessary to observe the great fast. In Greek and Slavonic it is simply called the *triodion*. It is called the *Triodion* because the canons appointed for Matins during this period are composed of three odes each. The weeks of preparation, and especially the Sunday gospel readings, serve to exercise the mind, whereas the fasting of Great Lent focuses on the body, and Holy Week's services exercise the spirit.

#### Our Stewardship Gift To God

Stewardship/Dues: \$ 626  
Candles/Small C./Eternal Lamp/C. box: \$ 235  
Envelopes: Sunday/Feast Day/Special: \$ 265

**Total Collections: \$ 1126**

*Collection for the Saints: "On the first day of the week let each one of you lay something aside, storing up as he may prosper." 1 Cor 16:2*

#### Parish Stewardship Opportunities...

*As you wish that men would do to you, do so to them.*  
(Luke 6:31)

- Bring in a bag of CALCIUM CHLORIDE
- Take a Coffee Social week
- Offer your time to help with possible snow
- Donate towards a Study Bible

#### Coffee Social Steward Schedule

February 4: **Lynn Mainolfi**  
February 11: **Pre-Lenten Breakfast**  
February 18: **Open / "Pot Luck"**

*The Divine Liturgy concludes at the final blessing, but the liturgy continues downstairs as we gather in love and fellowship with our parish family and visiting neighbors. (Everyone is also encouraged to help clean up after.) Thank you to all those who support and keep this critical ministry alive in our parish!*

#### 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](http://www.facebook.com/acroddiocese)  
Twitter: [twitter.com/acrodnews](http://twitter.com/acrodnews)  
You Tube: [youtube.com/acroddiocese](http://youtube.com/acroddiocese)

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## LIVES OF THE SAINTS

Source: [www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar](http://www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar) © 1996-2001 by translator Fr. S. Janos

### The Monk John the Tent-Dweller

Commemorated on January 28/15

The Monk John the Tent-Dweller was the son of rich and illustrious parents living in Constantinople during the V Century, and he received a fine education. He loved to read spiritual books, and having perceived the vanity of secular life, he preferred "rather than the broad path one that was narrow and infirm and extremely rigorous". Having persuaded his parents to give him a Gospel, he set out secretly to Bithynia. At the monastery "Unceasing Vigilance" he received monastic tonsure. The young monk began to asceticise with zeal, astonishing his brethren with unceasing prayer, humble obedience, strict abstinence and perseverance at work.



settled at the gates of his parental home. The parents sent him food from their table, for the sake of Christ. For three years, oppressed and insulted, he lived in a tent (hut), enduring cold and frost, unceasingly conversing with the Lord and the holy Angels. Always with him was the Gospel, given him by his parents, and from which he unceasingly gathered out sayings of life eternal. Before his death the Lord appeared in a vision to the monk, revealing that the end of his sorrows was approaching and that after three days he would be taken up into the Heavenly Kingdom.

Only then did the saint show his parents the Gospel, which they had given him shortly before he had left his parental home. The parents recognised their son. With tears of joy they hugged him simultaneously with tears of sorrow, in that he had endured privation for so long at the very gates of his parental home. Saint John gave final instructions to his parents to bury him on the spot where stood his tent, and to put in the grave the beggar's rags that he wore during life.

The saint died in the mid V Century, when he was not yet 25 years of age. On the place of his burial the parents built a church to God and alongside it an house of hospitality for strangers. In the XII Century the head of the saint was taken by Crusaders to Besacon (in France), and the other relics of the saint were taken to Rome

After six years he began to undergo temptations: thoughts about his parents, about their love and fondness, about their sorrow – all this began to overtake the young ascetic.

Saint John disclosed his situation to the hegumen and he asked to be released from the monastery, and he besought the brethren not to forget him in their prayers, hoping that by their prayers he would with the help of God, both see his parents and overcome the snares of the devil. The hegumen gave him his blessing.

Saint John returned to Constantinople in the clothes of a beggar, and known to no one. He

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## SUNDAY'S SCRIPTURE READINGS

**Epistle:** 2 Timothy 3:10-15

<sup>10</sup>Now you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, <sup>11</sup>my persecutions, my sufferings, what befell me at Antioch, at Ico'nium, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. <sup>12</sup>Indeed all who desire to live a godly life in Christ Jesus will be persecuted, <sup>13</sup>while evil men and impostors will go on from bad to worse, deceivers and deceived. <sup>14</sup>But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it <sup>15</sup>and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus

+++ +++ +++

**Gospel:** Luke 18:10-14

<sup>10</sup>"Two men went up into the temple to pray, one a Pharisee and the other a tax collector. <sup>11</sup>The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. <sup>12</sup>I fast twice a week, I give tithes of all that I get.' <sup>13</sup>But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' <sup>14</sup>I tell you, this man went down to his house justified rather than the other; for every one who exalts himself will be humbled, but he who humbles himself will be exalted."

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## SPIRITUAL VITAMINS FOR THE WEEK

### SUNDAY

"The practices of this Pharisee are worthy examples to follow. His good deeds (fasting and giving tithes) are the primary weapons against the passions of lust and greed (adultery and extortion). However, without a humble and repentant heart, these outward practices are worthless and lead only to pride and judgment of others. Note that he prays with himself, for God is absent where there is boasting." – *Orthodox Study Bible, Luke 18:11-12*

### MONDAY

"The big secret of the spiritual life is to live by the strength of God and not by our own strengths, to have Christ in ourselves." - *Elder Sergei of Vanves*

### TUESDAY

"Someone is tested through the trials of life. It is there that you see if he has real love, a true spirit of sacrifice. And when we say that someone has the spirit of sacrifice, we mean that at the time of danger he does not consider himself but thinks of the others." – *Elder Paisios of Mount Athos*

### WEDNESDAY

"Thousands of times we sin and Christ forgives us, as long as we repent sincerely."  
- Elder Paisios of Mount Athos

### THURSDAY

"should we fall, we should not despair and so estrange ourselves from the Lord's love. For if He so chooses, He can deal mercifully with our weakness. Only we should not cut ourselves off from Him or feel oppressed when constrained by His commandments, nor should we lose heart when we fall short of our goal...let us always be ready to make a new start. If you fall, rise up. If you fall again, rise up again. Only do not abandon your Physician, lest you be condemned as worse than a suicide because of your despair. Wait on Him, and He will be merciful, either reforming you, or sending you trials, or through some other provision of which you are ignorant." + St. Peter of Damascus

### FRIDAY

"When God recedes in order to educate us, this brings great sadness, humility and even some measure of despair to the soul. The purpose of this is to humble the soul's tendency to vanity and self-glory, for the heart at once is filled with fear of God, tears of thankfulness, and great longing for the beauty of silence." +St. Diadochus of Photiki

### SATURDAY

"When the demons inflict us with a thought of pride, then you should remember the shameful thoughts which they flung at to you, and thus you should humble yourself. Then again, when you are subjected to corrupt thoughts, remember those thoughts of pride and be victorious over them by the use of this method so that you neither lose hope because of the impure thoughts, nor become proud because of the good ones." +Holy Martyr Peter of Damascus

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

## LIVING ORTHODOXY

### 14 New Year's Resolutions for Orthodox Christians *(last in a series)*

From the Blog, *Roads from Emmaus*, by Fr Damick  
*[continued from last week]* ...here are some suggestions for Orthodox Christians resolving to change for the better in the New Year, things every Orthodox Christian can do.

1. **get serious about coming to church (more)...**
2. **come to church on time...**
3. **tithe**
4. **pray at home.**
5. **sing along at church. and stand more.**
6. **memorize a psalm.**
7. **encourage your priest.**
8. **invite someone to church.**
9. **visit a monastery.**
10. **read the old testament.**

Yes, we should read the whole Bible, but the truth is that most Orthodox Christians are crypto-Marcionites—we don't know almost anything about the Old Testament. Marcion was a 2nd century heretic who taught that the Old Testament was a book for Jews and had nothing to do with Christians. He was really wrong. The Old Testament is about the thousands of years of preparation before the coming of Jesus Christ. It is what sets the stage for His appearance. Jesus is everywhere in the Old Testament, but you have to know how to look for Him.

The Old Testament is filled with all kinds of fascinating stories, prayers, songs, poetry, etc. But most of us have almost no idea that it has much other than Adam and Eve, Noah and Jonah. And we're probably a little fuzzy on some of those details.

But if God prepared the world for the coming of Jesus by what He did in the Old Testament, how can we think we'll be prepared for His coming into each of our own lives without any of that same preparation?

Want a plan that will get you through the whole Bible in one year? Here's one. There are others, too. *[Please see Fr Dave for a hardcopy.]*

If you need help getting through it all (especially because it's way bigger than the New Testament), why don't you ask your priest to start a Bible study going over some of the Old Testament books? He'll probably be smiling so much after he gets up off the floor in shock that he won't know what to do with himself.

So, that makes me think of something else.

#### 11. attend an adult education class.

It's actually kind of crazy how uneducated many Orthodox people are in their own faith. I sometimes hear the excuse that that stuff is just for seminarians and clergy, that it's too intellectual, too far above the heads of the average parishioner, etc. But the very same people can give you detailed information about what the rules and records in the Super Bowl are, what their least favorite politician has done to wreck the country, and what the latest gossip is on various celebrities, all in remarkable detail. But when it comes to what will last into eternity, we are suddenly the dumbest people on the face of the earth.

Don't sell yourself short. You are probably pretty smart about many things. **Why don't you use that same talent to get smart about your faith?**

It's also quite frankly true that most Protestants are far more educated about their Protestant faiths than Orthodox are about their own. Are we really supposed to believe that Protestants are just smarter? They're not. But they've developed a culture of education. A culture of education is not a uniquely Protestant thing. It's Orthodox, too. It's been part of our tradition for 2000 years. It's just that some of us have forgotten it. **It's time to bring it back.**

#### 12. volunteer / be a steward of your time.

Do something in your parish or in your community that **benefits other people without**

**giving you any kind of material gain.** And do it without expecting recognition. Your recognition will come from God in His Kingdom. You don't need it from anyone else.

Not only will selfless volunteering help you be grateful for all that God has given to you, but it will set an example of what a Christian is for your kids and your friends, and it will also help you to be humble, something we know is necessary for entrance into the Kingdom of Heaven.

**13. go to confession.**

There are lots of Orthodox Christians who go to confession only once a year—or maybe even never. Like people who never go to the doctor, what that means is that you think everything is perfectly fine and you need no help. Literally, it means that you do not think you need the gift of forgiveness that comes in the sacrament of absolution.

I don't know about you, but I'm a sinner. I mean, I sin every day. I have a problem. **I'm a sinner.** I need to confront my sins directly in confession. **And I want the sacrament of absolution that goes with it.**

I try to go once during each of the four fasts (though I will admit that I don't always keep my rule very well), and I always dread going before I go, because I don't like thinking about how I am a sinner. And then I always wonder what took me so long after I go. It's really wonderful, actually.

Thank God for confession.

**14. read a spiritual book.**

There are few things that get us into another story, another way of looking at life, like a good book. And a good spiritual book can help to retrain your mind to become like the mind of Christ. Most of us do not have the mind of Christ. We have the mind of something else. Our minds are filled with distractions, necessities and the cares of this world.

**But the extended meditation on what is good and true and beautiful that can come from a good spiritual book can help to change all that.** And you know what? That change helps to bring us peace. And that's something that each of us needs a whole lot more of.

Source: <https://blogs.ancientfaith.com/roadsfromemmaus/2014/12/14/14-new-years-resolutions-orthodox-christians/>

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++

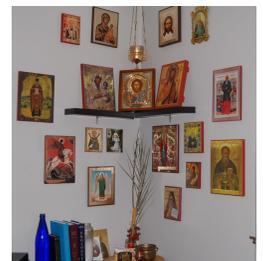
**PRAYER CORNER**

*Our Parish Prayer List for Special Intentions and Other Needs \**



**A Prayer For The Sick:** O Christ, You alone are prompt to defend us; quickly visit Your suffering servant *name*. Through the prayers of the Theotokos, deliver *him/her* from sickness and bitter pain. Heal *him/her* so that *he/she* may sing to You and always praise You for You alone love us. Amen.

+++ +++ +++



**For the Health of...** Mildred, Anna Mae, Julie, Jane, Eleanor D., Mark, Viola, Juliana, Katie, Kenneth, Michael, Roberta, Fredrick, Wendy, Gary, Barbara, Matthew, Patricia, Lino, Mary, Michael ...*through the prayers of St. Nectarios the Wonderworker; St. Luke, the Surgeon; and St. Panteleimon, the Healer.*

+++ +++ +++



**For the Special Intentions of...** Bishop Gregory, Stephen, David, Joshua, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Ameer, Andrea, Jason, Tyrone, Sarah, John S., *and our Church Council, Curators, and Relocation Committee:* Matthew, John, Timothy, Patricia, Theresa, Lawrence, Donald, Jane, Cynthia, Katherine, Eleanor, Kenneth, Gina, Robert, Jillian, Wendy, Olga, John, Melanie, Michael, John, Richard, John, Margaret, Sarah, Patricia, *and for those working towards our Community Outreach, Orthodox Christian Network (OCN) ...through the prayers of St. Nicholas the Wonderworker; St. John the Baptist; the Archangels Michael & Gabriel; and the Theotokos and Ever-Virgin Mary.*

+++ +++ +++

**Birthday Prayers for...** Allison Kretchek (1/29), Scott Robinson (1/30), Fr Dcn Marc Wisnosky (2/1) ...*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! Na Mnohaja I Blahaja L'ita!*

+++ +++ +++

**For those preparing for Marriage...** Nicole & Seminarian Nathaniel and Kristyn & Seminarian Vince ...*through the prayers of Sts. Adrian & Natalia & all Holy Martyrs.*

+++ +++ +++

**For Expectant Mothers...** Pañi Ileana, Ameer, Ashley, Katie, Meredith, Brittany, Harmonie, Aimee ...*through the prayers of St Anna, the mother of the Virgin Mary, & St Irene Chrysovalantou.*

+++ +++ +++

**For the soul of the newly departed...** +Helen Bires and +Vera Fetchina (*Fr. Andrew's mothers*) ...*May the Lord God grant them blessed repose where there is no pain sorrow or mourning. Eternal Memory!*

+++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++ +++



**DEVOTIONAL PRAYER OF THE WEEK:**

**Sticheron at Matins from the Lenten Triodion**

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