



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

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4th Sunday of Lent

MARCH 18th



ST JOHN of the LADDER

Reading: Hebrews 6:13-20
Gospel: Mark 9: 17-31

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

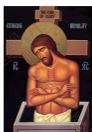
9:30 am – Divine Liturgy of St. Basil the Great Tone 8

Liturgical Color: **Purple**

YOUTH Sunday / Panachida for +His Eminence, Metropolitan Nicholas Smisko (3/13/11)

3pm - Pittsburgh Deanery Lenten Missions at St Michael's (146 3rd Ave., Rankin, PA 15104)

SERVICES, SAINTS, AND READINGS FOR THE WEEK



Wednesday, March 21 – 9:30am Selections from the Great Canon of Repentance of St Andrew /
7pm – Presanctified Liturgy at the Hampton Inn (2622 Wexford Bayne Rd, Sewickley, PA 15143)

Friday, March 23 – 9:30am Akathist Hymn to the Theotokos

Saturday, March 24 – **8:30am** Parish Spring Clean Up / 11a-1p Mystery of Holy Confession

The Holy Mystery of Confession is available following every service.



** Mon	Icon of the Most Holy Theotokos Czestochova	Is. 37:33-38:6	Gen. 13:12-18	Prov. 14:27-15:4
** Tue.	The Holy Hieromartyrs of Cherson (4th c.)	Isaiah 40:18-31	Genesis 15:1-15	Proverbs 15:7-19
** Wed	Venerable Theophylactus of Nicomedia (845)	Isaiah 41:4-14	Genesis 17:1-9	Prov. 15:20-16:9
** Thu.	The Holy Forty Martyrs of Sebaste (320)	Isaiah 42:5-16	Gen. 18:20-33	Prov. 16:17-17:17
** Fri.	Martyr Codratus (258)	Isaiah 45:11-17	Genesis 22:1-18	Prov. 17:17-18:5
** Sat.	St Euthymius of Novgorod, wonderworker (1458)		Hebrews 9:24-28	Mark 8:27-31

**** The Great Fast (Lent) - Let us imitate Christ and the Saints and fast as they did!**

5th Sunday of Lent

MARCH 25th



ST MARY of EGYPT

Reading: Hebrews 9: 11-14 & Heb 2:11-18
Gospel: Mark 10: 32-45 & LK 1:24-38

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

9:30 am – Divine Liturgy of St. Basil the Great Tone 1

Liturgical Color: **Purple**

Additional Collection for our Community Outreach

3pm - Pittsburgh Deanery Lenten Missions on the North Side

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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!

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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

Wednesday, March 28 – 9:30am Lenten Sixth Hour with the reading of the Kathisma (*Book of Psalms*)
7pm – Presanctified Liturgy at the Hampton Inn (2622 Wexford Bayne Rd, Sewickley, PA 15143)

Friday, March 30 – 9:30am Moleben to the Holy Cross

HOLY WEEK SCHEDULE (All services will be on the North Side)

Saturday, March 31 – 9:30am Lazarus Saturday Divine Liturgy followed by Palm Cross making /
11a-1p Mystery of Holy Confession

Sunday, April 1 – Feast of Palm (flowery) Sunday with blessing of Palms and Pussy Willows

Monday, April 2 – 7pm Liturgy of the Presanctified Gifts

Tuesday, April 3 – 7pm Liturgy of the Presanctified Gifts

Wednesday, April 4 – 7pm Mystery of Holy Unction / ***Final day for Confessions before Pascha

Thur., April 5 – 9:30am Vespertal Liturgy of St Basil / 7pm 12 Passion Gospels (*Matins of Good Friday*)

Friday, April 6 – 9:30am Royal Hours / 7pm Vespers and Procession of the Holy Shroud

Saturday, April 7 – 9:30am Vespertal Liturgy of St Basil / 7pm Resurrection Matins followed by the Blessing of Paschal Baskets

Pascha, the Feast of Feasts, the Resurrection of our Lord Jesus Christ - Sunday, April 8 –
9:30am Paschal Divine Liturgy



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BULLETIN BOARD ANNOUNCEMENTS

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

Weekly Candle Intentions/Memorials were offered last week by Tim Martin; Viola Peifer; Melanie Shuster; Mary Jane Hudak; Olga Radick; Eleanor Sanger; Jane Barrett; Julie Potoski; Roberta Kruchkevich; Joanne Nelson; Theresa Sharpless; Melanie Paieski; 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, Sr., in Memory of Wife, Catherine and by John Gaydos, Jr., in Memory of Mother, Catherine. May Her Memory Be Eternal! Vičnaya Pamjat!

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Congratulations! to John Gaydos & Ashley Boots and their families on the birth of **Noella Robin Gaydos** born 12:45am March 14th (7 lb 14 oz).

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Congratulations! to Fr Joseph and Paři Svetlana Birthisel and their families on the birth of **Frederick Emmanuel** born March 6th (8 lb 13 oz).

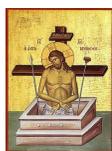
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"Preserve her and this child which she has borne. Cover her with the shelter of thy wings from this day until her final end, through the prayers of the most Holy Theotokos and of all the saints. Amen" – from *Prayers for a Woman on the First Day after Childbirth*

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Church & Grounds Spring Maintenance will be **Saturday, March 24th** beginning at **8:30am** (with breakfast). Please sign up in the church hall, as we want to have enough food available, if you are able to share your time and talent on this day as we clean up what God has shared with us. Contact Kathy Schrmack (kschrmack@verizon.net) if you have any questions. *"Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the reward of the inheritance. It is the Lord Christ whom you serve."* – Col. 3:23-24

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Mystery of Confession will be heard following every service and on Saturdays during the Great Fast from **11am-1pm**. The side gate and side door will be open. Other times are available by appointment.

Please contact Fr Dave to arrange this. *Confessions will only be heard through Holy Wednesday.*

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Palm Crosses – On **Saturday, March 31st**, we will be making crosses out of the palms. This activity is geared towards the youth, but all are welcome to come!

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Paschal Commemorations – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as commemorations: *anonymously, in memory of departed loved ones, OR for the health of loved ones.* If you are interested in making any of these commemorations, please sign up on the sheet in the Vestibule **by Palm Sunday (April 1)** and give an *additional free-will stewardship offering* to the Church.

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Our Stewardship Gift To God

Stewardship/Dues: \$ 776
Candles/Small C./Eternal Lamp/C. box: \$ 186
Envelopes: Sunday/Feast Day/Special: \$ 245
Wednesday Presanctified: \$ 200

Total Collections: \$ 2207

Capital Improvement Fund: \$ 257

Collection for the Saints: "On the first day of the week let each one of you lay something aside,

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31 Books of March Sale – The Ancient Faith Store is offering a different book for 50% off each day of the month of March! Visit the site daily or sign up for their emails and keep an eye out for a book that will help you along your Spiritual Journey! Visit: www.store.ancientfaith.com

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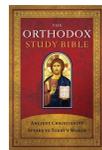
Palms & Pussywillows – We are collecting in the Church Hall our Palms and Pussywillows from prior years. These will not be simply thrown away, but they will respectfully be taken care of. *Please bring yours in so that your house will be ready for the new ones in a few weeks!*

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Pascha cover-dish coffee social – Just a quick reminder/request that we are all asked to participate and bring something in for the coffee social following the Feast of Feasts.

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Donors wanted for Orthodox Study Bibles – A half-dozen Orthodox Study Bibles are available for donors to offer anonymously, in memory of someone, or on behalf of a group. A minimum \$30 stewardship donation to the Church is requested.



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Coffee Social Steward Schedule

March 25: **Open / "Pot Luck"**

April 1: **Open / "Pot Luck"**

April 8: **Pascha Cover-Dish Surprises**

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!

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Parish Stewardship Opportunities...

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

- Help with the Spring Clean Up **Saturday**
- Offer a Paschal Commemoration
- Donate towards a Study Bible
- Sponsor a Coffee Social / Presanctified Meal
- Attend additional services

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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
You Tube: youtube.com/acroddiocese

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ORTHODOXY AROUND DA 'BURGH

Support Orthodox Church "Fish Fry's" – This time of year many churches sell food on Friday's to help support their missions. Please consider visiting one of our sister parishes:

- **St. George**, New Kensington – 11a-5p – www.SaintGeorgeOrthodox.org
- **St. Mary**, South Side, Pittsburgh – 11a-7p – <http://stmaryorthodoxchurch.net>
- **Holy Trinity**, at the Serbian Club, South Side, Pittsburgh – 11a-7p – <https://htsoc.com>
- **St. John the Baptist**, Ambridge – Food and Bake Sale ONLY **March 30th** 10a-3p

* If you know of another one to be listed here, please Father know.

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Diocesan Senior Retreat – "I consider the days of old, I remember the years long ago... I will call to mind the deeds of the Lord." (Psalm 77:5) The inaugural Senior Citizen's retreat at Camp Nazareth will take place from **April 23-28, 2018!** All our Seniors, age 65 and older, are called to join Bishop Gregory at the Camp for 3 days of worship, fellowship, learning, fun, time for reflection and relaxation, and time spent together in fellowship in order to be spiritually rejuvenated. The Retreat is being offered with you, our Seniors, specifically in mind. Register online at our Diocesan website: www.acrod.org. There you will also find other necessary information about the Retreat. Alternately, you may print the Registration Form and send it in via mail. (Please let Fr Dave know if you need one.)

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LIVES OF THE SAINTS

Source: www.orthodoxpittsburgh.com/parish-calendar/orthodox-calendar © 1996-2001 by translator Fr. S. Janos

The Monk John of the Ladder (Lestvichnik; Klimatikos; Climaticus)

Commemorated on the 4th Sunday of the Great Lent, and March 30

The Monk John of the Ladder (Lestvichnik; Klimatikos; Climaticus) is honoured by the Holy Church as a great ascetic and author of the reknown spiritual work called "The Ladder of Divine Ascent", whereby the monk likewise received the title "of-the-Ladder" [Lestvichnik (Slav.); Klimatikos (Grk.); Climaticus (Lat.)].

About the origins of the monk John there is almost no account preserved. Tradition suggests, that he was born about the year 570, and was the son of Saints Xenophones and Maria, – whose is celebrated by the Church on 26 January. The sixteen year old lad John arrived at the Sinai monastery. Abba Martyrios became instructor and guide of the monk. After four years of living on Sinai, Saint John Lestvichnik was vowed into monasticism. One of those present at the taking of vows, – Abba Stratigios, predicted, that he was set to become a great luminary in the Church of Christ. Over the course of 19 years the monk John pursued asceticism in obedience to his spiritual



father. After the death of abba Martyrios the monk John chose an hermit's life, settling into a wild place called Tholos, where he spent 40 years in deeds of silence, fasting, prayer and tears of penitence. It is not by chance that in "The Ladder" the monk John speaks thus about tears of repentance: "Just as fire burns and destroys firewood, so thus do pure tears wash away all impurity, both outer and inner". His holy prayer was strong and efficacious.

... "The Ladder", offers us an image of this saint's zealousness about his own salvation, which is necessary for each person who wishes to live piously. It is a written account of his thought, the collective fruit of many and also of his refined observation from his own soul and his own profound spiritual experience. It reveals itself as a guide and great help on the way to truth and good.

The steps of "The Ladder" – this proceeding from strength to strength on the path of man's proclivity to perfection, is not something suddenly but rather gradually to be reached, as in the saying of the Saviour: "The Kingdom of Heaven is taken by strength, and those utilising strength shalt delight of it" (Mt 11: 12).

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SUNDAY'S SCRIPTURE READINGS

Epistle: Hebrews 6:13-20

The Certainty of God's Promise

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

has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchiz'edek.

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Gospel: Mark 9:17-31

¹⁷And one of the crowd answered him, "Teacher, I brought my son to you, for he has a dumb spirit; ¹⁸and wherever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." ¹⁹And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." ²⁰And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. ²¹And Jesus asked his father, "How long has he had this?" And he said, "From

childhood. ²² And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us.” ²³ And Jesus said to him, “If you can! All things are possible to him who believes.” ²⁴ Immediately the father of the child cried out and said, “I believe; help my unbelief!” ²⁵ And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, “You dumb and deaf spirit, I command you, come out of him, and never enter him again.” ²⁶ And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, “He is dead.” ²⁷ But Jesus took him by the hand

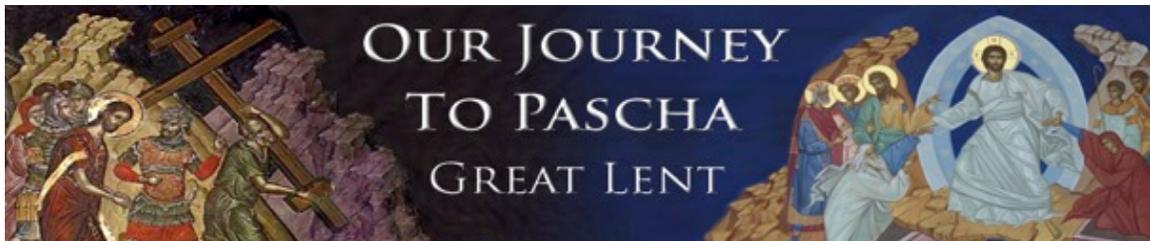
and lifted him up, and he arose. ²⁸ And when he had entered the house, his disciples asked him privately, “Why could we not cast it out?” ²⁹ And he said to them, “This kind cannot be driven out by anything but prayer.”

Jesus Again Foretells His Death and Resurrection

³⁰ They went on from there and passed through Galilee. And he would not have any one know it; ³¹ for he was teaching his disciples, saying to them, “The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise.”

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LIVING ORTHODOXY



To assist the faithful in making the most of this holy season, additional resources have been added to our Diocesan Website. <http://acrod.org/prayercorner/lentenresources>.

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The Ladder of Divine Ascent

wisdom from John Climacus

The following short excerpts are from *The Ladder of Divine Ascent* by John Climacus, abbot of St. Catherine's Monastery in Sinai, Egypt during the 7th century. John Climacus is revered in many Eastern churches as a great teacher of spiritual wisdom. Orthodox monasteries throughout the centuries have read his Ladder of Divine Ascent during Lent.

Light, fire and flame

Love in its nature makes a human being like God, as far as is possible for a human being. The soul is intoxicated by the effects of it. Its characteristics are a fountain of faith, an abyss of patience, an ocean of humility.

Love is the complete repudiation of any unkind thought about one's neighbor, since, "Love thinks no evil" (1 Corinthians 13:5).

Love, unchangeable tranquility, and our adoption as children of God are different from each other only in name. As light, fire and flame are present in the selfsame operation, so are these three manifestations of the Spirit.

When someone is completely permeated with the love of God, the brightness of his soul is reflected by his whole personality as if in a mirror.

Therefore the one who loves God also loves his brother or sister. Indeed, the second love is the proof of the first.

Poison in your heart: the memory of insults

The memory of insults is the residue of anger. It keeps sins alive, hates justice, ruins virtue, poisons the heart, rots the mind, defeats concentration, paralyzes prayer, puts love at a distance, and is a nail driven into the soul.

If anyone has appeased his anger, he has already suppressed the memory of insults, while as long as the mother is alive the son persists. In order to appease the anger, love is necessary.

Remembrance of Jesus' passion will heal your soul of resentment, by making it ashamed of itself when it remembers the patience of the Lord.

Some people have wearied themselves and suffered for a long time in order to extract forgiveness. By far the best course, however, is to forget the offences, since the Lord says: "Forgive at once and you will be forgiven in generous measure" cf. Luke 6:37-38.

Forgetting offences is a sign of sincere repentance. If you keep the memory of them, you may believe you have repented but you are like someone running in his sleep.

Let no one consider it a minor defect, this darkness that often clouds the eyes even of spiritual people.

Repentance, baptismal renewal, daughter of hope

Nothing equals or excels God's mercies. Therefore, he who despairs is committing suicide. A sign of true repentance is the acknowledgment that we deserve all the afflictions, visible and invisible, that come upon us, and ever greater ones.

Repentance is the renewal of baptism. Repentance is a contract with God for a second life. A penitent is a buyer of humility.

Repentance is the daughter of hope and the renunciation of despair.

Repentance is reconciliation with the Lord by the practice of good deeds contrary to the sins. Repentance is purification of conscience. Repentance is the voluntary endurance of all afflictions.

Hypocrisy and lies, mother and daughter

Fire is produced from stone and steel; lying comes from loquacity and gossip. And the lie destroys love.

No one who has any sense would say that telling lies is not an important sin. The Holy Spirit has

severely condemned it. "You destroy those that speak lies," says David to God (Psalm 5: 7).

The mother of lying is hypocrisy, mother and also, often, its substance as well. Hypocrisy in fact works out the lie beforehand and then puts it into practice.

Those who possess the fear of God are the furthest from telling lies, because they have an honest judge, their own conscience.

As with all the passions, we ought to recognize various types of lying according to the damage done. One person tells lies from fear of punishment; another when no danger is threatening; another because of conceit; another for enjoyment; another to raise a laugh; and yet another to do harm to his neighbor.

A child does not know what a lie is, so his soul is free of malice. Someone who is elated with wine speaks the truth on all subjects, even without meaning to. In the same way, anyone who is inebriated with the spirit of penitence will never be able to tell lies.

Do not give up, but stand courageously

Let us charge into the good fight with joy and love without being afraid of our enemies. Though unseen themselves, they can look at the face of our soul, and if they see it altered by fear, they take up arms against us all the more fiercely. For the cunning creatures have observed that we are scared. So let us take up arms against them courageously. No one will fight with a resolute fighter.

Do not be surprised that you fall every day; do not give up, but stand your ground courageously. And assuredly, the angel who guards you will honor your patience.

He who really keeps account of his actions considers as lost every day in which he does not mourn, whatever good he may have done in it.

I consider those fallen mourners more blessed than those who have not fallen and are not mourning over themselves; because as a result of their fall, they have risen by a sure resurrection.

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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SPIRITUAL VITAMINS FOR THE WEEK

SUNDAY

O John, our leader and father, the Lord has placed you on high as a true guiding star of abstinence, lighting the ends of the earth with the truth of your virtue. – *Kondak for this Sunday of the Great Fast*

MONDAY

"For you to learn repentance depends not only on me, but more on you yourself. Repentance in its essence is humility. And you must humble yourself. Then humility will teach you true repentance." - *Archbishop Seraphim (Sobolev) of Bogucharsk*

TUESDAY

"God has endowed humankind with the knowledge to rectify our mistakes, and we are, each one of us, given the choice to what we will do." - *His All Holiness Ecumenical Patriarch Bartholomew*

WEDNESDAY

"For God to help, one must have a desire to struggle. And when we say a desire to struggle, we mean that one must be willing to make some effort to overcome his particular weakness. If God sees even a little true will, He provides abundant help for man, He sends His Grace in great abundance." +*Elder Paisios of Mount Athos*

THURSDAY

"Do not be deceived: 'Bad company ruins good morals.'" - *1 Corinthians 15:33*

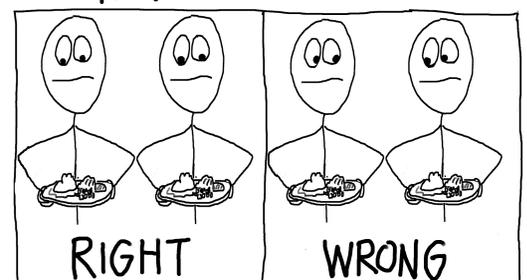
FRIDAY

"Drink Holy Water as often as possible. It's the best and most effective medicine. I say this not only as a bishop, but as a doctor, from my experience in medicine." +*St. Luke of Simferopol*

SATURDAY

"Christians, above all men, are forbidden to correct the stumbling of sinners by force...it is necessary to make a man better not by force but by persuasion. God gives the crown to those who are kept from evil, not by force, but by choice." +*St. John Chrysostom*

HOW TO DO LENT



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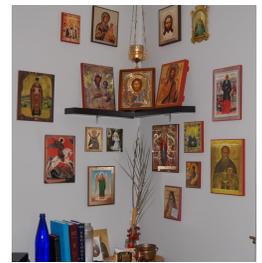
PRAYER CORNER

*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.

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For the Health of... Mildred, Anna Mae, Andrew, Julie, Jane, Eleanor D., Mark, Viola, Juliana, Fredrick, Katie, Kenneth, Michael, Roberta, Wendy, Gary, Barbara, Matthew, Patricia, Lino, Mary, Michael, Pañi Connie, Joseph, Anthony, David, Fr. James, Leah, Fr. John Baranik, Joshua, Eli, Samuel, Lucy, Fr. Thomas & everyone battling the flu ...through the prayers of *St. Nectarios the Wonderworker; St. Luke, the Surgeon; and St. Panteleimon, the Healer.*

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For the Special Intentions of... Bishop Gregory, Stephen, David, Joshua, Anastasia, Nicholas, Cassandra, Alexander, Nancy, Andrea, Jason, Tyrone, Sarah, John S., Ameer, Joshua, and Anthony 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, St. Cyril of the White Lake Food Pantry...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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Birthday Prayers for... Fr David Cochran (3/18), Ameer Francken (3/18), and Daniel Gavulich (3/23) ...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!*

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

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

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For our Catechumens & Inquirers...

...through the prayers of *St. Paul the Apostle, St. Mary Magdalene, and St. John Maximovitch.*

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For the soul of the newly departed...

...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. *Eternal Memory!*

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* This is to be used for the special intentions of our brothers and sisters and can be inserted as a prayer itself into our daily prayers. Please let Fr. Dave know if you would 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 Orthodox Christians.*

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DEVOTIONAL PRAYERS FOR THE GREAT FAST (LENT):

The Prayer of Saint Ephraim the Syrian

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

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

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



O God, be merciful to me, a sinner. [bow]
O God, cleanse me of my sins and have mercy on me. [bow]
O Lord, forgive me, for my sins are many. [bow]



Then the prayer again with only one prostration:

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

A Prayer for Strength

by St Ephrem of Syria (306-373)

Lord Jesus Christ, King of kings, You have power over life and death. You know even things that are uncertain and obscure, and our very thoughts and feelings are not hidden from You. Cleanse me from my secret faults, for I have done wrong and You saw it. You know how weak I am, both in soul and in body. Give me strength, O Lord, in my frailty and sustain me in my sufferings. Grant me a prudent judgment, dear Lord, and let me always be mindful of Your blessings. Let me retain until the end, Your grace that has protected me till now. Amen.