

“THE WEEKLY FORERUNNER” *Our Parish Weekly Bulletin*

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

A WARM WELCOME TO OUR VISITORS!

Glory to Jesus Christ! (*responded with: Glory forever!*)
Slava Isusu Christu! (*Slava na viki!*) We are happy that you have joined us today! It is our pleasure to have you in our presence this morning and we wish God’s Blessings to all who visit with us today and hope you stop again soon! Please see Fr. Dave if you have any questions in regards to our worship or Orthodoxy.

UPCOMING SERVICES

SUNDAY, AUGUST 14 #DormitionFast

FEAST OF THE PROCESSION OF THE CROSS (in 1164)
Lesser Blessing of Water and Blessing of Honey
Home Blessings Begin; Dormition Fast Begins

MONDAY, AUGUST 15 #DormitionFast

Canceled 9:30 am Akathist

WEDNESDAY, AUGUST 17 #DormitionFast

9:30 am Paraklis to the Theotokos

THURSDAY, AUGUST 18 #DormitionFast

7:00 pm Feast Day Vespers

FRIDAY, AUGUST 19 FEAST OF THE TRANSFIGURATION

9:30 am Festal Divine Liturgy & Blessing of Grapes
and First-Fruits (and vegetables)

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SUNDAY, AUGUST 21 #DormitionFast

10th Sunday after Pentecost

St. Emilian the Confessor, bishop of Cyzicus (820)

9:30 am Divine Liturgy

Epistle: 1 Corinthians 4:9-16

Gospel: Matthew 17:14-23

Tone 1; Liturgical Color: **Blue**

Blessing of Grapes and First-Fruits (and vegetables)

MONDAY, AUGUST 22 #DormitionFast

9:30 am Paraklis to the Theotokos

TUESDAY, AUGUST 23 #DormitionFast

10:00 am Funeral for +Donna (Wetzel) Jedlicka

WEDNESDAY, AUGUST 24 #DormitionFast

7:00 pm Moleben to the Theotokos

SATURDAY, AUGUST 27 #DormitionFast

7:00 pm Feast Day Vespers

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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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Live-Broadcast – If you are unable to attend church services, please pray along with our Cathedral online:

www.acrod.org/organizations/cathedral/live/

RELOCATION UPDATE

*** Meeting and Inspection

This past Monday, Larry, Bob, Fr Dave, and our realtor met with folks from the Allison Park Church. They agreed to allow us to have our inspection prior to making our counter offer. An inspection of the Duncan Avenue property was performed this past Thursday. After the report is sent to us, the Parish Council will meet and put together our counter offer.

May God continue to guide our journey!

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BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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**** #Dormition Fast** – This is our lead-in to the great Feast of the Dormition of the Theotokos. This 2-week Fast (from **Aug 14-27**) is one of the four fasting periods of the year when we are called to a special time of increasing our prayer, fasting, and charity. Increase your prayer by coming to confession (offered after any of the services).

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**** August: The Month of Special Blessings!** – Plan ahead for the many special blessings that are prescribed by the church in August: Lesser Blessing of Water and Blessing of Honey (**8/14**), Blessing of the First-Fruits (& vegetables) (**8/19 & 21**), and Blessing of Flowers & Herbs (**8/28**). BRING IN honey, fruit/vegetables, and flowers/herbs this month!

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***** Sunday School Teachers** are needed. Please contact Fr. Dave or a Parish Council Member if you are interested

ST. JOHN THE BAPTIST ORTHODOX CHURCH

Father Dave Urban, *Pastor* +++ 2688 California Avenue, Pittsburgh, Pa 15212

www.OrthodoxPittsburgh.com +++ 412-748-0148 (*Talk or Text*) +++ OrthodoxPittsburgh1932@gmail.com

**** Home Blessings** – Our Annual Home Blessings will begin TODAY, **Sunday, August 14** after the Lesser Blessing of Water. Fr. Dave is looking forward to visiting every home this August, September, or October. Schedule with him today.

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The Blessing of the First Fruits – On **Friday** and **Sunday** following the Divine Liturgy, we will bless our ‘first fruits’ from our gardens (*or from the grocery store*). **Everyone** is encouraged to bring in a bowl, basket, or bushel of fruits and/or vegetables!

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***** Coat Drive** - Do you have a clean coat or two that you have not worn since before our last coat drive but it is still in good condition? We are now collecting clean coats and jackets to donate to the Neighborhood Resilience Project (NRP) [*Formerly FOCUS Pittsburgh (who provide Food, Occupation, Clothing, Understanding, and Shelter to those who are in need)*]. Please place your clean coat(s) on the coat rack in the hall during the month of August.

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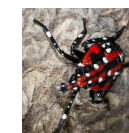
**** Garage Sale will be September 16-17, 2022** – Our new dates are set for a 2-day garage sale. Please bring your donations to the hall and place them on the tables. (*Proceeds from the Garage Sale will go to offset some of the costs of our 90th Anniversary Luncheon in October.*)

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**** 90th Anniversary Luncheon** tickets will be \$30 per person. Also, someone has graciously donated towards the favors on the tables. Thank you! May God grant you many Years!

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*** Sitter Requested** - Janice Kerr, a parishioner from the Homestead parish who lives in Aliquippa, is in need of a sitter for her husband Don who recently suffered a stroke and cannot be left alone. Janice needs some help for a few hours a week to sit with Don when she has appointments. She will compensate the sitter for their time. If interested, call Janice at 724-457-7712.



***** Spotted Lanternfly** – Did you know that the North Side is considered a ‘quarantine zone’ for the high numbers of the invasive Spotted Lanternfly? Please kill this invader if you see

them! At this time, they are very harmful to trees, flowers, and plants. (For example, they may have taken over one of our pussywillow trees.) Last weekend, Fr. Dave killed 25 of them.

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**** Trek4Missions** - Please join us for our 3rd annual OCMC Trek4Missions held from **Monday, August 8 to Sunday, September 18!** This event is the Orthodox Christian Mission Center's largest virtual fundraiser that challenges participants to be physically active while raising awareness and financial support for our mission work to unite the world to Jesus Christ and His Church.

The Trek4Missions is an opportunity for individuals and parish communities to unite and demonstrate our commitment to Christ's Great Commission “to make disciples of all nations” (Matthew 28:19). Plan to walk, run, ride your bike, and more to show your support for Christ's call to each of us.

If anyone is interested in spearheading and leading a local team (last year's team name was **Pittsburgh Forerunners**), please contact Fr. Dave so that we can begin together on August 8th. Talk to your teammates from last year and get the band back together! Everyone who registers will receive a free Trek4Missions t-shirt! There are no fees to register.

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***** Did you get behind?** - If you by chance got behind in your weekly (or monthly) stewardship offerings to the church, please *catch up* as August is the end of our “fiscal” year-end. Through your generosity, let's continue to stay “in the black” and “above water”.

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OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 40
Candle Stewardship:	\$ 108
Envelope Stewardship:	\$ 653
Community Outreach:	\$ 45
Total Collections:	\$ 846
Capital Improvement:	\$ 10
Relocation Fund:	\$ 10

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Mary Jane Hudak; Cindy Pavilonis; Kathy Schmack; Shuster Family; Patty Watson

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The Eternal Lamp was offered last week by Matthew Peifer In Memory Of his parents, +Jack and +Viola Peifer. May Their Memory Be Eternal!

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On-Line Giving is available from our parish website to donate to the: *General Stewardship Fund, Capital Improvement Fund, and/or Relocation Fund.* The best option is to come to church and give your offering to God in His Temple (2nd best is to mail it in to Tim Martin, 2225 McAleer Rd., Sewickley, PA 15143). If you miss coming to church for a week, online giving allows you another option to “catch up” on your weekly stewardship. You can also set up a recurring donation online. For our parish to continue it’s ministries, outreach, and general bill paying, your generosity and stewardship is needed.

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Bulletin Sponsor – If you wish to sponsor a bulletin In Honor of (nameday, birthday, anniversary, etc.) or In Memory of someone, please sign up on the sheet in the vestibule or by contacting Fr. Dave (email, text, or call). An additional stewardship offering to the Church is requested.

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VISIT OUR DIOCESE ON-LINE

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

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SUNDAY’S SCRIPTURE READINGS

Epistle: 1 Corinthians 3:9-17

⁹For we are God’s fellow workers; you are God’s field, God’s building. ¹⁰According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. ¹¹For no other foundation can any one lay than that which is laid, which is Jesus Christ. ¹²Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw— ¹³each man’s work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. ¹⁴If the work which any man has built on the foundation survives, he will receive a reward. ¹⁵If any man’s work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. ¹⁶Do you not know that you are God’s temple and that God’s Spirit dwells in you? ¹⁷If any one destroys God’s temple, God will destroy him. For God’s temple is holy, and that temple you are.

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Gospel: Matthew 14:22-34

Jesus Walks on the Water

²²Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. ²³And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, ²⁴but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. ²⁵And in the fourth watch of the night he came to them, walking on the sea. ²⁶But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” and they cried out for fear. ²⁷But immediately he spoke to them, saying, “Take heart, it is I; have no fear.” ²⁸And Peter answered him, “Lord, if it is you, bid me come to you on the water.” ²⁹He said, “Come.” So Peter got out of the boat and walked on the water and came to Jesus; ³⁰but when he saw the wind, he was afraid, and beginning to sink he cried out, “Lord, save me.” ³¹Jesus immediately reached out his hand and caught him, saying to him, “O man of little faith, why did you doubt?” ³²And when they got into the boat,

the wind ceased. ³³And those in the boat worshiped him, saying, “Truly you are the Son of God.”

Jesus Heals the Sick in Gennesaret

³⁴And when they had crossed over, they came to land at Gennes’aret.

Spiritual Vitamin:

TITLES OF THE MOTHER OF GOD IN THE ORTHODOX CHURCH

PANAGIA (“MOST-HOLY”)

The Mother of God is named Most Holy because she is the perfect example of cooperation between God and man’s free will: “Behold the handmaid of the Lord; be it unto me according to thy word.”

MOST-PURE

She was sinless, except for the inherited sin of all humanity, of which she was purified through the conception of the Son of God.

MOST-BLESSED, GLORIOUS LADY

The Church honors the Mother of God, because she made possible the coming of God the Son into the world, which means salvation would have been impossible without her obedience to God’s will.

THEOTOKOS (“BIRTH-GIVER OF GOD”)

Theotokos is the Greek word meaning “Birth-Giver of God”. This name was approved at the 3rd Ecumenical Council in Ephesus (in 431) in order to combat the heresy of Nestorius.

EVER-VIRGIN

The Mother of God is Ever-Virgin, more precisely she remained a virgin before, during, and after giving birth to our Lord Jesus Christ.

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A Prayer to the Theotokos

(Strive to pray this ten times a day during the Dormition Fast)

Hail Mary, full of grace, O Virgin Birthgiver of God, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have given birth to Christ, the Savior and deliverer of our souls.

LIVES OF THE SAINTS

The Feast To The All-Merciful Saviour And The MostHoly Mother Of God

Commemorated on August 14/1

The Feast to the All-Merciful Saviour and the MostHoly Mother of God was established on the occasion of portents from icons of the Saviour, the MostHoly Mother of God and the Venerable Cross during the time of a battle of holy Prince Andrei Bogoliubsky (1157-1174) with the Volga Bulgars in 1164.

This is the first of three feasts of the All-Merciful Saviour, celebrated in August. The second – is the Transfiguration (Preobrazhenie, Metamorphosis) of our Lord God and Saviour Jesus Christ (Comm. 6 August). The third – is the Transfer from Edessa to Constantinople of the Not-Wrought-by-Hand Image of the Lord Jesus Christ (Comm. 16 August, during the Afterfeast of the Dormition of the MostHoly Mother of God). These three feasts, as it were, connect together the Dormition-Uspenie Fast.

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PRAYER CORNER

For the Health of... Joshua, George, John, Emily, Beverly, Kelly, Michelle, Paul, Kathleen, Joanne, Marie, Barbara, Brian, Kristina, Sean, Julia, Susan, Juliana, Fredrick, Kenneth, Michael, and Roberta

...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...

+Donna (Wetzel) Jedlicka (8/9)

...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God’s Memory.



ONLINE BULLETIN BONUSES

Commitment vs. Convenience: The Dormition Fast

On August 14th we began the observance of the relatively brief Dormition Fast that prepares us for the celebration of the Great Feast of the Dormition of the Mother of God on August 28. And, as with every fast, we once again are **presented with a challenge and a choice**. In this instance, the Dormition Fast presents us with a choice between “convenience” and “commitment.” We can choose convenience because of the simple fact that to fast is decidedly inconvenient. It takes planning, vigilance, discipline, self-denial, and an overall concerted effort. It is convenient to allow life to flow on at its usual summer rhythm, which includes searching for that comfort level of least resistance. To break our established patterns of living is always difficult—something we would only contemplate with reluctance. So, one choice is to do nothing different during the Dormition Fast—or perhaps just doing something minimal, as a kind of token recognition of our life in the Church. Such a choice may not yield in terms of further growth in our life “in Christ.” It may, rather, mean a missed opportunity.

Yet, the choice remains **to embrace the Dormition Fast**, a choice that is decidedly “counter-cultural” and one that manifests a conscious commitment to an Orthodox Christian “way of life.” Such a commitment signifies that we are looking beyond what is convenient toward what is meaningful. It would be a choice in which we recognize our weaknesses, and our need precisely for the planning, vigilance, discipline, self denial and overall concerted effort that distinguishes the seeker of the “mind of Christ” which we have as a gift within the life of the Church. That is a difficult choice to make, and one that is perhaps particularly difficult within the life of a family with children who are often resistant to any changes. However, such a difficult choice has its “rewards,” and such a commitment will bear fruit in our families and in our parishes. (If embraced legalistically and judgmentally, however, we will lose our access to the potential fruitfulness of the fast and only succeed in creating a miserable atmosphere in

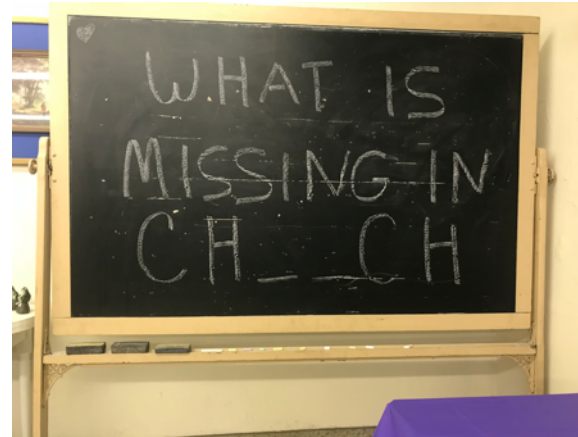
our homes.) It is a choice that is determined to seize a good opportunity as at least a potential tool that leads to spiritual growth.

Combining the “convenient” with our “commitment” within our contemporary social and cultural life is, to some degree, an option. We often don’t allow the Church to “get in the way” of our plans and goals, and that may be hard to avoid in the circumstances and conditions of our present “way of life.” It is hard to prevail in the never-ending “battle of the calendars.” The surrounding social and cultural milieu no longer supports our commitment to Christ and the Church. In fact, it is usually quite indifferent and it may even be hostile toward such a commitment. Though we may hesitate to admit it, we find it very challenging not to conform to the world around us. But it is never impossible to choose our commitment to our Orthodox Christian way of life over what is merely convenient – or simply desired. That may just be one of those “daily crosses” that the Lord spoke of – though it may be a stretch to call that a “cross.” This also entails choices, and we have to assess these choices with honesty as we look at all the factors that make up our lives. In short, it is very difficult – but profoundly rewarding – to practice our Orthodox Christian Faith today!

The heart of a sincere Orthodox Christian desires to choose the hard path of commitment over the easy (*and rather boring?*) path of convenience. During the Dormition Fast, we now have the God-given opportunity to escape the summer doldrums that drain our spiritual energy. With prayer, almsgiving and fasting, we can renew our tired bodies and souls. We can lift up our “drooping hands” in an attitude of prayer and thanksgiving. The Dormition of the Theotokos has often been called “Pascha in the summer.” It celebrates the victory of life over death—or of death as a translation into the Kingdom of Heaven. The Dormition Fast is our spiritually vigilant preparation leading up to that glorious celebration honoring the Mother of God and contemplate our own entrance into the Kingdom of God. “Behold, now is the acceptable time; behold; now is the day of salvation!” [2 Corinthians 6:2].

<http://www.pravmir.com/commitment-vs-convenience-the-dormition-fast/>

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DEVOTIONAL PRAYERS FOR THE WEEK

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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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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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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SPIRITUAL CONSIDERATIONS

Father is available to meet Monday thru Friday from 8:30am to 3:00pm 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 Orthodox may receive a blessing from the chalice.

Lapsed Members – You are always welcome home and we want you back! Generally speaking, sincere participation in the Mysteries of Confession, Communion, and regular attendance at the divine services 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. 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 our 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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SECOND PRAYER CORNER

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

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A Prayer For The Sick:

O Christ, You alone are prompt to defend us; quickly visit Your suffering servant *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. David S., Fr. Myron, Dcn. Michael L., Laura & family, Carlene, Georgia, Eleanora, Mark, Michaleana, Dorell, Donald, Susan, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Andrea, Jason, Tyrone, Sarah, Ameer, Joshua, John, Kathryn, Rose, Charles, Justin *our diocesan seminarians:* Nicholas, Dylan, Thomas, Samuel, Timothy, Nicholas, Aydin, Subdeacon Seamus, Nicholas, *and our Church Council, Curators, and Relocation Committee:* Lawrence, Matthew, Timothy, Theresa, Rich, Gina, Robert, Jane, Mary Jane, Katherine, Kenneth, John, Wendy, Margaret, John, Patricia, John, Todd *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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August Namedays:

Patricia Watson - St Patricia (8/22)

Lawrence Martin - Blessed Laurence, fool-for-Christ at Kaluga (8/23)

Father’s sister, Suzanne Verbanick – Holy Martyress Susanna the Virgin (8/24)

Pañi Alexandra Urban - Saint Alexander (8/30 NC)

...May God grant them many and blessed years!

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August Birthdays:

Sharon (Lorenzi) Dzadony (8/2), Robert ‘Bobby’ Paieski (8/03), Steven Anton (8/4), Joseph Mainolfi, Jr. (8/4), Nicholas Dzambo (8/5), John Gaydos Jr. (8/6), Rylie Elle Winkler (8/7), Diane Labas (8/8), Killian Brozell (8/9), Michael Tongel (8/11), Nicole Martellotti (8/12), Lindsay Matolyak-Ferraz (8/12), Jim Schrmack (8/12), Jane Gaydos (8/13), Wade Winkler (8/14), Craig Bowser (8/16), Anthony Jesko (Jr) (8/16), Donna Horbal (8/17), Emma Martellotti (8/18), *Fr. Paul Herbert’s son-in-law*, Ernest Pido (8/20), Ana Karen Peña-Juarez (8/21), Maria Urban (8/21), Sophia Urban (8/21), Everly Marie Torchia (8/22), Igumen Patrick (8/23), Renee Mirilovich (8/24), Fr. Michael Kabel (8/27), Meredith Blobner (8/28), Adam Zak (8/28), Lucillia Mainolfi (8/29), Claudia (Herbert) Pido (8/29) *...May God allow them to grow in peace and love all the days of their lives and may He grant them many and blessed years!*

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For our Catechumens & Inquirers... Tyler, Susan *...through the prayers of St. Paul the Apostle, St. Mary Magdalene, & St. John Maximovitch.*

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For those preparing for Marriage... Francis & Alexandra, Nicole & Dustin *...through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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August Anniversaries:

Steve & Elaine Buhonick (8/6)

Robert & Gina Fall (8/6/17)

Ben & Tina Scherer (8/7/82)

Ana Karen & W. Dylan Mushinsky (8/22)

Sharon & Ryan Dzadony (8/25/12)

...through the prayers of St. Nicholas Planas

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For Pregnant Mothers... Caitlin (*due in September*), Mallory (*September*), Carly (*December*) *...through the prayers of St. Anna, the mother of the Virgin Mary, and St. Irene Chrysovalantou.*

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For those serving in the Armed Forces & Civil Authorities... Thomas R. Dzadovsky and Trevor Meegan *...through the prayers of St George, the Great-Martyr & Wonderworker.*

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

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LIVING ORTHODOXY

Ten Steps to a Better Prayer Life

If you want to improve your prayer life, start now. These ideas may seem of little significance, but can help you make leaps and bounds in the intensity and consistency of your prayer.

1. Designate A Prayer Space

Whether it is in the corner of your desk or a little stand in your room, it is important to have a place where you can put your Bible, Icons, etc. Dedicate the use of that space for God alone.

2. Acquire A Time

Incorporate prayer in your routine and set time aside to center your thoughts to God.

3. Acquire A Library

Start with a Bible, then get a small Orthodox Prayer Book, after that start collecting books. Here are some suggestions: ‘The Way of a Pilgrim’ (Monk of the Eastern Church), ‘Beginning to Pray’ (Metropolitan Anthony Bloom), ‘The Orthodox Way’ (Bishop Kallistos Ware), ‘Way of the Aesthetic’ (Tito Collander).

4. Assemble An Altar

In your prayer center gather icons (Christ, Theotokos, Guardian Angel and patron saint), service books, incense, votive light, a cross, a prayer rope, etc. Incorporate your five senses in prayer.

5. Pray

Speak from your heart. Learn prayers of the Church. Try the Jesus Prayer or the Lord's Prayer. Also incorporate your own prayers and thoughts.

6. Acquire A Spiritual Guide

This is a very important step. One should build a relationship with either a member of the clergy, monk or nun, who will become your spiritual guide. He/she will help guide and pace you to a balanced prayer life. The Sacrament of Confession can be arranged through your priest.

7. Fasting and Almsgiving

Fasting adds a dimension to your prayer life. Your fasting practice should be regulated to avoid physical and spiritual harm. As for alms, give where you see a need and trust that the Lord will provide.

8. Build On What You Already Have

If you already have a routine, build on it. If, for example, you pray before you go to sleep, it will be easier to read a chapter from the Bible before your bedtime prayers, than to set up some time during the day to read.

9. Sanctify All That You Do

You may have set aside a time and space for a prayer routine, but that doesn't mean you should separate your life into sacred and secular. Privately thank God for what you have at all times, and make Him aware of your every concern. Dedicate everything you do to Him.

10. Remember the power of the Life-giving Cross

The sign of the Cross is a reminder of Christ in our lives. Blessing oneself with the cross by holding the first two fingers of the right hand and thumb together represents the Holy Trinity. The last two fingers held to the palm represent the two natures of Christ – God and man. Orthodox Christians cross themselves from the head to the breast and from shoulder to shoulder, right to left. This unique and all embracing symbol shows that the cross is the inspiration, power and indeed the very content of our lives.

Source: <https://stpeterorthodoxchurch.com/prayer/>

2022 Home Blessings

How to prepare for your home blessing?

1. See Fr. Dave, email him (fr.sleepless@gmail.com), call or text him (412-748-0148) today with your preferred windows of time for him to visit.
2. Have a white cloth placed on the dining room or kitchen table, an icon and/or a cross, and a candle to be lit. (Fr Dave will provide the Holy Water for the blessing.)
3. Have a list of names of those who live in the home (including your pets) and a list of the departed members of your family and friends you wish to have prayed for during the service.
4. Have all TVs, radios, and cell phones turned off.
5. Have on the table anything to be blessed (such as an Icon, Cross, etc.).
6. Participation is important! Have everyone in the family gather around the table and join in the blessing. Invite neighbors and friends over to be a part of this beautiful tradition as well!
7. If you need to discuss a personal matter, this is a good time to do so!

Home blessings will take place from August 14 through October 14

It would be ideal if he could come on a weekday between 8:30am and 3:30pm. IF this is not possible, certain evening, Saturday, and Sunday times will be available. Fr Dave looks forward to spending this time with your family!

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STEWARDSHIP SNIPPET

As summer is here and many will be taking much deserved time away, please do not forget your parish church. Just like at home, the bills still need to be paid whether you are here or not. If you are going to be away from the parish for a week or more, please either mail your stewardship offering in, "catch up" the next time you come, or use the online button on the parish website. Your continued support of the parish is appreciated!

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

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