



ST. JOHN THE BAPTIST ORTHODOX CHURCH



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

Father Dave Urban, *Pastor*
Very Reverend Father John Brancho, *Pastor Emeritus*
Subdeacon Ryan Ferko
Timothy Martin, Reader
Subdeacon Ryan Ferko, Stephen Brancho, & John Radick, *Cantors*
Lawrence Martin, *Parish Council President*
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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, MARCH 5 #TheGreatFast

Venerable Leo bishop of Catania in Sicily (ca. 780)
Procession of Icons (*Bring an icon to church*)
4:30 pm Sunday of Orthodoxy Service at St. George

WEDNESDAY, MARCH 8 #TheGreatFast

6:00 pm Liturgy of the Presanctified Gifts
with community meal following

THURSDAY, MARCH 9 #TheGreatFast

FEAST OF THE 1ST & 2ND FINDINGS OF THE HEAD OF ST JOHN

FRIDAY, MARCH 10 #TheGreatFast

9:30am Liturgy of the Presanctified Gifts

SUNDAY, MARCH 12 #TheGreatFast

DAYLIGHT SAVINGS TIME BEGINS
Venerable Procopius the Confessor (ca. 750)
9:30 Divine Liturgy
Tone 6; Liturgical Color: **Purple**
4:00 pm Deanery Lenten Mission in Ambridge

TUESDAY, MARCH 14 #TheGreatFast

7:00pm Blessing of Our New Church (Allison Park)

WEDNESDAY, MARCH 15 #TheGreatFast

6:00 pm Liturgy of the Presanctified Gifts *on the North Side* with community meal following

FRIDAY, MARCH 17 #TheGreatFast

10:00 am Last Liturgy on the North Side with Metropolitan Gregory: Liturgy of the Presanctified Gifts with deconsecration following

RELOCATION UPDATE

**** Motion Passed** - On February 22, 2023, the following motion was unanimously approved by the St. John the Baptist Parish Council:

For St. John the Baptist Church to purchase the Duncan Avenue property for \$330,000 and to include in the sale our church properties in an as is condition.

***** and Approved** - On February 25, the APCOG approved the change in contract and are ready to close!
Glory to God! Slava Bohu!

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***** Here is the Transition Schedule from the**

North Side to the North Hills:

Monday, March 13 – Closing on the property

Tuesday, March 14 starting at 9 am – Mini Moving Morning (*starting on the North Side*)

Tuesday, March 14 at 7 pm – Blessing of our New Church in Allison Park

Wednesday, March 15 starting at 9 am – Mini Moving Morning (*starting on the North Side*)

Wednesday, March 15 at 6 pm – Presanctified Liturgy and meal on the North Side

Thursday, March 16 starting at 9am – Mini Moving Morning (*starting on the North Side*)

Friday, March 17 at * 10 am * – Last Liturgy on the North Side with Metropolitan Gregory: Liturgy of the Pre-Sanctified Gifts followed by the deconsecration

“THE VOICE” Our Parish Monthly Newsletter

John the Baptist said, “I am the voice of one crying in the wilderness, ‘Make straight the way of the Lord,’ (Jn 1:23)

1st Sunday of Lent
MARCH 5th



GREAT LENT BEGINS WITH FORGIVENESS VESPERS

SUNDAY of ORTHODOXY

Epistle: Hebrews 11:24-26, 32-12:2
Gospel: John 1:43-51

Bring an icon to church for a procession.

2nd Sunday of Lent
MARCH 12th



ST GREGORY PALAMAS

Epistle: Hebrews 1:10-2:3
Gospel: Mark 2:1-12

Bring a prayer rope to be blessed today!
Use it and pray the Jesus Prayer each day this week.

3rd Sunday of Lent
MARCH 19th



VENERATION OF THE HOLY CROSS

HALF WAY TO PASCHAI

Epistle: Hebrews 4:14-5:6
Gospel: Mark 8:34-9:1

Wear your cross to church and kiss the cross each morning with a bow!

Saturday, March 18 at 9 am – Major moving day with moving the pews. All hands on deck!

Sunday, March 19 – First Liturgy in Allison Park (*with the portable Altar and possibly in the Church Hall*)

Week of March 20 – Moving the iconostasis, stained glass windows, and last miscellaneous items.

Friday, March 24 – Last day to get items moved.

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May God continue to guide our journey to 2201 Duncan Avenue, Allison Park, PA 15101

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Did You Know??? We will *not* be taking a loan from a bank to make this move north! May God bless you in your generosity!

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Date Choices – With Pascha around the corner, our transition to the North Hills is going to happen quicker than planned back in the fall. Thankfully, the Friday *Last Liturgy* fit into the Metropolitan's schedule and the North Hills Church liked the 2-week plan.

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Luncheon – Details are still being ironed out, but we will have a luncheon in the hall following the Last Liturgy. Please sign up on the sheet in the hall for planning purposes.

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Construction Committee – Please contact Fr. Dave or Larry Martin if you are interested in being added to the *Construction Committee*.

BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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**** Great Lent 2023: Our Journey To Pascha** – Please reach out to Fr. Dave with your questions about this important fasting period that has arrived.

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**** 48-Days to the Great Day** – This Daily Lenten Meditation book was sent to our Diocesan households. IF you did not receive this book, please let Fr. Dave know ASAP.

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*** Sunday of Orthodoxy Service** - The Orthodox Clergy Brotherhood of Greater Pittsburgh is hosting the annual Sunday of Orthodoxy Service and Celebration **TODAY** at 4:30 pm at St. George Cathedral (3400 Dawson St, Pittsburgh, PA 15213)

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***** Bread** - Please contact Fr. Dave if you are interested in making bread for Friday morning (3/17) when we welcome Metropolitan Gregory.

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***** Cross Flower Wreath** – If you are interested in making the flower wreath for the Holy Cross for Sunday, March 19th, please let Fr. Dave know. (Or if you are interested in learning how...)

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**** Anderson Candy Sale** - The booklets are in the church hall for this year's candy sale. Orders are due by **March 24th**. Please see Tim Martin with any questions.

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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 home will be ready for the new ones in a few weeks!*

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***** Suggested Lenten Reading** – This year's suggested book for the Great Fast is **"The Trial of Job"** by Patrick Reardon. Forgive me for the last minute decision! (I was debating between a few books...) It can be found online from Ancient Faith at

<https://store.ancientfaith.com/the-trial-of-job/> or search elsewhere online. *"The Book of Job always constituted essential and formative reading about the ways of the soul. Yet, for some reason, the figure of Job is elusive to us possibly because he seems so comfortably distant; or perhaps because he seems so frightfully close. What Fr. Patrick Reardon achieves with this book is to render Job comprehensible (to those of us who are still lay readers of scripture), tangible (to those who have not yet tasted the way of darkness and despair), and accessible (to those who have already experienced any form of brokenness and broken-heartedness). Ultimately, all of us identify with one or another aspect of Job's life. As life inevitably informs and as this book intuitively confirms, one cannot sing Psalms without having read Job!" -Fr. John Chryssavgis*

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Read the Psalter - Our diocese has shared a calendar for reading the Book of Psalms throughout the Great Fast. This is a wonderful way to increase our prayer during this time! The Book of Psalms in our Orthodox Study Bible is perfect to use for this occasion. If you wish, you can search "Psalter" or "Psalms" at <https://store.ancientfaith.com/> for other wonderful translations to use. Copies of the schedule are available in the hall.

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**** 31 Books of March Sale^{XL}** – The Ancient Faith Store will most likely be offering different books 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! (Contact Fr Dave with any questions.) Visit: store.ancientfaith.com/31-books-of-march/

If You Are Looking To Add A Couple Dollars To Your Order To Get Free Shipping, Please Call or Text Father Dave As He Has A Couple Suggestions That Would Be Helpful To Our Church.

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**** Food Drive** – Thank you to everyone who brought in items for our annual February Food Drive for St. Cyril of the White Lake Food Pantry on Pittsburgh's South Side. If Anyone Would Like To Delivery Them, Please Let Fr. Dave Know.

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**** Fellowship Meals** - Got Soup? A 't'radition in many Orthodox parishes is to have soup (or other light meal) following the Liturgy of the Presanctified Gifts during the Great Fast. We will have this meal after our Wednesday evening services. A sign up sheet is in the church hall for those interested in bringing in food.

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**** Many Years! and Congratulations** to Ashley (Wertz) and Derek Andrekovich who yesterday were united together in the Mystery of Holy Matrimony. Through the prayers of Saints Adrian & Natalia and all Holy Martyrs, May God grant you many years!

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Speaking With Your Priest - Please know you can call me anytime if there is something troubling you. It is not a sign of weakness to share something that may be heavy on your heart or mind. As a priest and Father to our parish, I am here for you. Please call if you need someone to listen or to pray with you. Every heart has a cross and you do not need to carry it alone. Please also call if you have an idea for the growth of our parish. I am praying for you and am grateful for your prayers. With love in Christ, Fr. Dave



OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 61
Candle Stewardship:	\$ 107
Envelope Stewardship:	\$ 199
Community Outreach:	\$ 50

Total Collections: \$ 417

Relocation Fund: \$ 50

In faith that God provides: "And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, 'He scatters abroad, he gives to the poor; his righteousness endures for ever.'" – 2 Cor. 9:8-9

February Financial Report:

General Stewardship = \$ 3078.72

(includes \$ 374.72 from online stewardship)

***Expenses = \$ 6106**

Net Deficit = \$ 3027.28

Relocation Fund = \$ 175

Capital Improvement Fund = \$ 85

Average at Sunday Divine Liturgies: 23

**details listed on the church hall bulletin board*

Fiscal Year-to-Date Financial Report:

(September through last month)

General Stewardship = \$ 37,250

***Expenses = \$ 37,254**

Net Deficit = \$ 4

**details listed on the church hall bulletin board*

Average at Sunday Divine Liturgies: 25

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Tim Martin; John Radick; Fred and Juliana Anton; Rich and Renee Mirilovich; Eleanor Sanger; Kathy Schrmack; Patty Watson; Cindy Pavilonis

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Christ Cross Candles were offered last week anonymously in memory of departed family and friends of St. John the Baptist Church. May Their Memory Be Eternal! Vičnaya Pamyat!

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Theotokos Cross Candles were offered last week anonymously for the health of our parish community of St. John the Baptist Church.

**** Lenten Coin Boxes** – *"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."* (Mt 28:19) Coin boxes are available in the Church Hall to collect your spare change throughout the Great Fast for our Community Outreach next month (OCMC). More information is available at www.ocmc.org. *"Let them do good, that they may be rich in good works, ready to give, willing to share"* (1 Tim 6:18)

stmaryorthodoxchurch.net/stcyrilfoodpantry.html

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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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***** Paschal Commemorations** – We offer you the opportunity to sponsor items to be used during Holy Week and Pascha as Special Intentions: *anonymously, for the health of OR in memory of departed loves ones.* Please sign up on the sheet in the Vestibule by **Palm Sunday (April 17)** and give an *additional free-will stewardship offering* to the Church.

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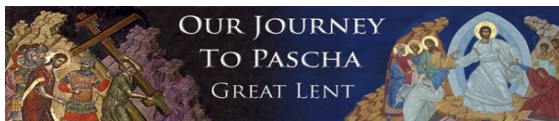
Bulletin Sponsor – If you wish to sponsor a bulletin In Honor of (nameday, birthday, anniversary, etc.) or In Memory of someone, please sign up on the sheet in the vestibule or by contacting Fr. Dave (email, text, or call). An additional stewardship offering to the Church is requested. *Remember, sponsoring a bulletin in memory of someone does not replace having a Panachida (short Memorial Service) for them.*

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Mystery of Confession – Father is available to hear Confessions after every service

Calendar - Future Services are updated online at: www.orthodoxpittsburgh.com/parish-calendar (Please see Fr. Dave if you want a printed copy)

**ORTHODOXY AROUND THE
'BURGH AND OUR DIOCESE**



To assist the faithful in making the most of this holy season, additional resources have been added to our

Diocesan Website at:

www.acrod.org/prayercorner/lentenresources/
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Deanery Lenten Mission Schedule

Confessions starting at 3:30, Vespers at 4:00, and Fellowship Meal following

March 12 - St John's Ambridge

(450 Glenwood Dr., Ambridge, PA 15003)

March 19 - St John's East Pittsburgh

(211 Cable Ave., East Pittsburgh, PA 15112)

March 26 - St John's Northside

(2201 Duncan Avenue, Allison Park, PA 15101)

April 2 - St Michael's Rankin

(146 3rd Ave., Rankin, PA 15104)
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*** **Diocesan Lenten Retreat** will be held on **Saturday, April 1st** from 10a to 5p at St. Nicholas (903 Ann St., Homestead, PA 15120). Please sign up in the hall if you will be attending.
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55th Annual Ukrainian Easter Egg Sale – Sts. Peter and Paul Ukrainian Orthodox Church (Carnegie, PA) will host their Pysanky Sale on **Sunday, April 2** from 11 am to 4 pm. There will also be plenty of home-made Ukrainian Foods! Also... Easter Egg Workshop on **Saturday, March 12** from 9 to 12 or 1:30 to 4:30.
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Live-Broadcast – If you are unable to attend church services, please pray along with our Cathedral online:
www.acrod.org/directories/cathedral/live/

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

SUNDAY'S SCRIPTURE READINGS

Epistle: *Hebrews 11:24-26, 11:32-12:2*

²⁴By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, ²⁵choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. ²⁶He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. ³²And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—³³who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, ³⁴quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. ³⁵Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. ³⁶Others suffered mocking and scourging, and even chains and imprisonment. ³⁷They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated—³⁸of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. ³⁹And all these, though well attested by their faith, did not receive what was promised, ⁴⁰since God had foreseen something better for us, that apart from us they should not be made perfect.

The Example of Jesus

¹²Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, ²looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

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Gospel: *John 1:43-51*

Jesus Calls Philip and Nathanael

⁴³The next day Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." ⁴⁴Now Philip was from Beth-sa'ida, the city of Andrew and Peter. ⁴⁵Philip found Nathanael, and said to him, "We

have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." ⁴⁶Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." ⁴⁷Jesus saw Nathanael coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" ⁴⁸Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." ⁴⁹Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" ⁵⁰Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." ⁵¹And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

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LIVES OF THE SAINTS

SAINTED LEO

Commemorated on Mar 5 / Feb 20

Sainted Leo was bishop of the city of Catania, in Sicily. He was famed for his benevolence and charity, and his Christian love for the poor and the vagrant. The Lord granted him the gifts of healing of various illnesses, and also wonderworking. During the time when Saint Leo was bishop in Catania, there lived a certain sorcerer magician named Heliodorus, who impressed people with his fake miracles. This fellow was originally a Christian, but then he secretly rejected Christ and became a servant of the devil. Saint Leo often urged Heliodorus to be done with his wicked deeds and return to God, but in vain. One time Heliodorus got so impudent that, having entered into the church where the bishop was celebrating Divine-services, he by his sorcery sowed confusion and temptation there, trying to create a disturbance. Seeing the people beset by devils under the sorcerous spell, Saint Leo realised, that the time of gentle persuasions had passed. He calmly emerged from the altar and, grabbing the magician by the neck with his omophorion, he led him out of the church into the city-square. There he forced Heliodorus to own up to all his wicked deeds; he commanded a bon-fire be built, and without flinching he jumped together with

the sorcerer into the fire, while having on his omophorion. Thus they stood in the fire, until Heliodorus got burnt, while by the power of God Saint Leo remained unharmed. This miracle while still during his lifetime brought Saint Leo reknown. When he died, at his grave a woman with issue of blood received healing. The body of the saint was placed in a church of the holy Martyress Lucy, which he himself had built, and later on his relics were transferred into a church of Sainted Martin the Merciful, Bishop of Tours (Comm. 12 October).

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LIVING ORTHODOXY

Synodikon of the 7th Ecumenical Council:

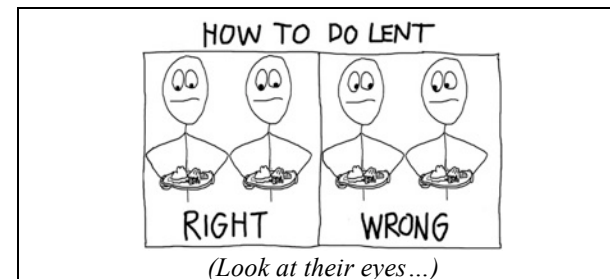
As the Prophets beheld, as the Apostles taught, as the Church received, as the Teachers dogmatized, as the Universe agreed, as Grace illumined, as the Truth revealed, a falsehood passed away, as

Wisdom presented, as Christ awarded, thus we declare, thus we assert, thus we proclaim Christ our true God and honor His saints in words, in writings, in thoughts, in sacrifices, in churches, in holy icons.

On the one hand, worshipping and reverencing Christ as God and Lord. And on the other hand, honoring and venerating His Saints as true servants of the same Lord.

This is the Faith of the Apostles! This is the Faith of the Fathers! This is the Faith of the Orthodox! This is the Faith which has established the Universe!

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MARCH SCHEDULE OF SERVICES

CLEAN WEDNESDAY, MARCH 1 #TheGreatFast
6:00 pm Liturgy of the Presanctified Gifts with community meal following

CLEAN THURSDAY, MARCH 2 #TheGreatFast
9:30am The Great Canon of Repentance

CLEAN FRIDAY, MARCH 3 #TheGreatFast
9:30am Liturgy of the Presanctified Gifts

ALL-SOULS SATURDAY, MARCH 4 #TheGreatFast
9:30am Divine Liturgy & Panachida (2nd of 5) (Zadušna Subota) **Please note the date change**
11 am – 1 pm Confessions Offered

SUNDAY, MARCH 5 #TheGreatFast
9:30 Divine Liturgy (and Church School)
Procession of Icons (Bring an icon to church)
4:30 pm Sunday of Orthodoxy Service at St. George

WEDNESDAY, MARCH 8 #TheGreatFast
6:00 pm Liturgy of the Presanctified Gifts with community meal following

THURSDAY, MARCH 9 #TheGreatFast
FEAST OF THE 1ST & 2ND FINDINGS OF THE HEAD OF ST JOHN

FRIDAY, MARCH 10 #TheGreatFast
9:30am Liturgy of the Presanctified Gifts

SUNDAY, MARCH 12 #TheGreatFast
DAYLIGHT SAVINGS TIME BEGINS
9:30 Divine Liturgy
4:00 pm Deanery Lenten Mission in Ambridge

TUESDAY, MARCH 14 #TheGreatFast
7:00pm Blessing of Our New Church (Allison Park)

WEDNESDAY, MARCH 15 #TheGreatFast
6:00 pm Liturgy of the Presanctified Gifts on the North Side with community meal following

FRIDAY, MARCH 17 #TheGreatFast
10:00 am Last Liturgy on the North Side with Metropolitan Gregory: Liturgy of the Presanctified Gifts with deconsecration following

All Services Going Forward Are In Allison Park

SUNDAY, MARCH 19 #TheGreatFast
9:30 Divine Liturgy, Youth Sunday, & Church School
4:00 pm Deanery Lenten Mission in East Pittsburgh

WEDNESDAY, MARCH 22 #TheGreatFast
6:00 pm Liturgy of the Presanctified Gifts with community meal following

FRIDAY, MARCH 24 #TheGreatFast
9:30am Liturgy of the Presanctified Gifts

ALL-SOULS SATURDAY, MARCH 25 #TheGreatFast
9:30am Divine Liturgy & Panachida (3rd of 5) (Zadušna Subota)

11 am – 1 pm Confessions Offered

SUNDAY, MARCH 26 #TheGreatFast
9:30 Divine Liturgy
4:00 pm Deanery Lenten Mission

WEDNESDAY, MARCH 22 #TheGreatFast
6:00 pm Liturgy of the Presanctified Gifts with community meal following

FRIDAY, MARCH 24 #TheGreatFast
9:30am Liturgy of the Presanctified Gifts
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FEAST DAY FEATURES OF THE MONTH

First (4 C.) & Second (452) Discovery Of The Head Of The Prophet, Forerunner And Baptist John
Commemorated on February 24

After the cutting off of the Head of the Prophet, ForeRunner and Baptist John (Comm. 29 August), his body was buried by disciples in the Samaritan city of Sebasteia, and the venerable head was hidden by Herodias in an unclean place. Pious Joanna, wife of king Herod's steward Chuza (there is made mention about him by the holy evangelist Luke – Lk 8: 3), secretly took the holy head and placed it into a vessel and buried it on the Mount of Olives – in one of the properties of Herod. After many years this property passed into the possession of the dignitary Innocentius, who began to build a church there. When they dug a trench for the foundation, the vessel with the venerable head of John the Baptist was uncovered. Innocentius recognised the great holiness of it from the signs of grace occurring from it. Thus occurred the First Discovery of the Head. Innocentius preserved it with great piety, but before his own death, fearful so that the holy relic should not be abused by unbelievers, he again hid it in that same place, where it was found...Upon his death the church fell into ruin and was destroyed.

During the days of Equal-to-the-Apostles Constantine the Great (+ 337, Comm. 21 May), when the Christian faith began to flourish, the holy ForeRunner himself appeared twice unto two monks journeying to Jerusalem on pilgrimage to the holy places, and he revealed the location of his venerable

head. The monks uncovered the holy relic and, placing it into a sack of camel-hair, they proceeded homewards. Along the way they encountered an unnamed potter and gave him to carry the precious burden. Not knowing what he was carrying, the potter continued on his way. But the holy ForeRunner himself appeared to him and ordered him to flee from the careless and lazy monks, together with that which was in his hands. The potter concealed himself from the monks and at home he preserved the venerable head with reverence. Before his death he sealed it into a water-carrying vessel and gave it over to his sister. From that time the venerable head was successively preserved by pious Christians, until the priest Eustathios infected with the Arian heresy – came into possession of it. He seduced a multitude of the infirm, healed by the holy head, adding abundance to the heresy. When his blasphemy was uncovered, he was compelled to flee. Having buried the holy relic in a cave, near Emessus, the heretic intended to afterwards return and again take possession of it for disseminating falsehood. But God did not permit this. Pious monks settled into the cave, and then at this place arose a monastery. In the year 452 Saint John the Baptist in a vision to the archimandrite of this monastery Marcellus indicated the place of concealment of his head. This became celebrated as the Second Discovery. The holy relic was transferred to Emessus, and later to Constantinople.

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Icon of Christ's Extreme Humility

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 in the church. They are not performed during fasting periods and certain Feast Days. Please consult Fr. Dave ASAP for more details (*before* arrangements are made for the hall). It is critical that marriages are blessed in the church.

Church Funerals – are provided for practicing Orthodox Christians who are current in their spiritual responsibilities and their stewardship. Otherwise, burial is from the funeral home. The Church does not permit cremation.

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“The cremation of bodies is not a Christian act. It is a custom of modern times. The body of a Christian has been sanctified with the Grace of the Holy Spirit, and as such may not be burned. God did not create our bodies for burning.” - Elder Thaddeus of Vitovnica

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PRAYER CORNER AND DEVOTIONAL PRAYERS

*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 Health of... Sophia, Marjorie, David, Katherine, Robert, David, Karen, Anna Mae, David, Donna, George, Beverly, Kelly, Marie, Barbara, Brian, Kristina, Sean, Julia, Susan, Juliana, Fredrick, Kenneth, and Michael *...through the prayers of St. Nectarios the Wonderworker; St. Luke, the Surgeon; and St. Panteleimon, the Healer.*

For the Special Intentions of... His All Holiness Patriarch Bartholomew, Metropolitan Gregory, Fr. David S., Fr. Myron, Dcn. Dean, Michael L., Laura & family, Carlene, Georgia, Eleanor, 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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March Namedays:

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

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March Birthdays:

Alisha Zak (3/1), Matthew Wensel (3/3), Christopher Kubis (3/6), Michael Shuster (3/6), Fr Daniel Mahler (3/6), ‘Randy’ Paieski (3/09), *Father’s nephew*, Michael Verbanick (3/9), *Father’s God-mother*, Andrea Babbie (3/10), Callum Brozell (3/10), Allen Dzambo (3/11), Noella Gaydos (3/14), Fr David Cochran (3/18), Ameer Francken (3/18), Pañi Alison Archer (3/21), Annie Jesko (3/24), Marianne Kubis (3/29), Kenneth Watson (3/29), Ben Anton (3/30) *...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, Cyril of Alexandria, St. John of Damascus, & St. John Maximovitch.*

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For those preparing for Marriage...

Francis & Alexandra, Nicole & Dustin *...through the prayers of Sts. Adrian & Natalia, Sts. Peter (David) & Febronia (Evphrosynia) the*

Wonderworkers, and all Holy Martyrs.

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March Anniversaries:

Lindsay & AJ Matolyak-Ferraz,
Wendy & Mark Martellotti

...through the prayers of St. Nicholas Planas

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For Pregnant Mothers... Erica (*due in April*), Lindsay, Nicole (*June*) *...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 *...through the prayers of St George, the Great-Martyr & Wonderworker.*

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For the souls of the newly departed...

Paul Shoemaker, Sr (2/27) *...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God’s Memory.*

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* 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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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.

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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 ...)

A Prayer Of Repentance (Psalm 50/51)

Have mercy upon me, O God, according to Your great mercy; And according to the multitude of Your compassions, blot out my transgressions. Wash me thoroughly from my iniquity, And cleanse me from my sin. For I acknowledge my iniquity, And my sin is continually before me. Against You only have I sinned, And done this evil before You. That You might be justified in Your words, And prevail when You judge. For behold, I was conceived in iniquities, And in sins did my mother bear me.

For behold, You have loved truth; The hidden and secret things of Your wisdom You have made clear to me. You shall sprinkle me with hyssop, and I shall be made clean; You shall wash me and I shall be made whiter than snow. You shall make me to hear joy and gladness, The bones which have been humbled shall rejoice. Turn Your face away from my sins, And blot out all my iniquities.

Create a clean heart in me, O God, And renew a right spirit within me. Cast me not away from Your presence, And take not Your Holy Spirit from me. Restore to me the joy of Your salvation, And with Your governing Spirit establish me. I shall teach transgressors Your ways, And the ungodly shall turn back to You.

Deliver me from blood-guiltiness, O God, who are the God of my salvation, My tongue shall rejoice in Your righteousness. O Lord, You shall open my lips, And my mouth shall declare Your praise.

For if You had desired sacrifice, I would have given it; With whole burnt offerings You shall not be pleased. A sacrifice to God is a broken spirit, A heart that is broken and humbled God will not despise. Do good, O Lord, in Your good pleasure to Zion; And let the walls of Jerusalem be built Then shall You be pleased with a sacrifice of righteousness, with oblation and whole burnt offerings; Then shall they offer bullocks upon Your altar.

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**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]

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A prayer for our Neighborhoods

by Archbishop Demetrius 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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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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ONLINE BULLETIN BONUSES

SUGGESTED GUIDELINES FOR THE GREAT FAST (GREAT LENT):

We are called to increase our *Prayer, Fasting, and Almsgiving* during this time...

PRAYER:

- ✘ Attend as many of the services as possible and be strengthened in community prayer.
- ✘ Come to the Mystery of Confession (*offered after every service, on most Saturdays during the Great Fast, or by appointment*).
- ✘ Approach the Chalice to receive the Holy Eucharist as often as possible.
- ✘ Also, add additional prayers to your personal *Prayer Rule* at home. (See the attached about reading the Book of Psalms during Great Lent.)

FASTING:

- ✘ The Great Fast begins tomorrow, March 8. This is a day of strict fasting (no meat or dairy products). Likewise, strict fast on Great & Holy Friday (4/22) and Great & Holy Saturday (4/23)
- ✘ The tradition of the Orthodox Church is a strict fast (*no meat or dairy products eaten*) by all of the faithful for the entire 40 days of the Great Fast and for all of Holy Week.
- ✘ If you cannot physically do this, adopt a fasting rule and stick to it for the duration of the Great Fast (*see Father for some guidance*). Here are a few examples:
 - a) strict fast on certain days of the week while keeping a meat fast on the others;
 - b) fast only from meat;
 - c) fast from meat for certain weeks (*Clean Week, Cross Week, and Holy Week*); or
 - d) fast from meat on Wednesdays, Fridays, and all of Holy Week (*April 18-23*).
- ✘ The more effort you put forth in your fasting, the more spiritually uplifting your Lenten Season will be!
- ✘ A minimum three (3) hour fast from all food and drink for those receiving Communion at the evening Pre-sanctified Liturgy (*the regular "midnight Fast" is called for the Liturgies of St. John Chrysostom & St. Basil the Great*)
- ✘ The sick and infirm are not bound by the fast at any time.
- ✘ Those requiring medications or certain prescribed diets are to follow their physician's instructions.
- ✘ Lastly, the Great Fast is not a "40 day diet program" or simply a "dietary adjustment" (or "label Lent").

ALMSGIVING:

- ✘ Find a way to give more of your time, talent, and treasures.
- A general guideline for the Great Fast is this:
 - Try to do more than last year.
- Please reach out if you have questions about this important fasting period that we are blessed with. May our journey to Pascha be a spiritually beautiful one! – *Fr. Dave*

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A Note About The Mystery Of Confession

Confessions will be heard in the first pew in front of the Icon of Christ. Confessions will be heard *following every* service, from **11am – 1pm** on most Saturdays during Great Lent (*the side door will be open*), and at other times by appointment: please contact Fr. Dave to arrange this. If you have a regular Spiritual Father, or wish to go to another Orthodox priest to have your confession heard, please let Fr. Dave know. Do not wait to plan for your confession! Confessions will only be heard *through Holy Wednesday*.

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Being an Orthodox Christian

The Orthodox Church is not just another organization, club or fraternal society. It is the Body of Christ, and a life-giving relationship with God. The Orthodox Church is a continuation of the Christian Church from the time of Christ until the present. As Orthodox Christians, we do not have a relationship with Christ in isolation, but alongside other Orthodox Christians. With these things in mind, Orthodox Christians are expected to:

- ✘ Strive daily to live a Christian life, according to the teachings of Our Lord in the Gospels, and the tradition of the Church.
- ✘ Regularly participate in the Divine Liturgy on Sundays (and on holy days as permitted by your employment).
 - *Those who are homebound and/or physically unable to attend services on a regular basis are asked to spiritually join in prayer on Sundays and holy days. The priest will visit with the Sacraments periodically throughout the year, as requested.*
- ✘ Regularly receive Holy Communion and participate in the Mystery of Holy Confession. (The minimum is no less than once a year for each, but at least four times a year is better.)
- ✘ Offer your whole life to Christ, and offer the “Three T’s” - time, talent and treasure - to sustain the church (your stewardship).
 - Participate in parish ministries and activities.
 - Volunteer to help.
 - Give monetary support.

- Our parish does not survive on stewardship, we “thrive” on this form of voluntary giving of who we are. If we are unable to donate monetarily, there are many other ways to give with time and talents.

If you have any questions about Stewardship or any of the above, please reach out to Fr Dave or Larry Martin (Parish Council President)

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Presanctified Liturgy Preparation - In order to properly prepare oneself the reception of the Holy Eucharist at the Presanctified Liturgies during the Lenten season, we should fast from food for at least three hours (around 3pm) but ideally from after lunch. If you have questions, please, see Father Dave.