

“THE WEEKLY FORERUNNER” *Our Parish Weekly Bulletin*
O Holy John, Prophet, Forerunner, and Baptizer of the Lord, pray to God for us!

ST. JOHN THE BAPTIST ORTHODOX CHURCH

Father Dave Urban, *Pastor* +++ 2201 Duncan Avenue, Allison Park, Pa 15101
 www.OrthodoxPittsburgh.com +++ 412-748-0148 (Talk or Text) +++ OrthodoxPittsburgh1932@gmail.com

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

ALL SERVICES ARE IN ALLISON PARK

SUNDAY, MARCH 26 #TheGreatFast
 Sainted Nicephoros
 4:00 pm Deanery Lenten Mission in RANKIN

WEDNESDAY, MARCH 29 #TheGreatFast
 6:00 pm Liturgy of the Presanctified Gifts
 with community meal following

FRIDAY, MARCH 31 #TheGreatFast
 9:30am Liturgy of the Presanctified Gifts

SATURDAY, APRIL 1 #TheGreatFast
 10 am Diocesan Retreat at St. Nicholas

SUNDAY, APRIL 2 #TheGreatFast
 Holy Martyress Photini (Svetlana)
 9:30 Divine Liturgy
 Tone 1; Liturgical Color: **Purple**
 4:00 pm Deanery Lenten Mission in Allison Park

WEDNESDAY, APRIL 5 #TheGreatFast
 6:00 pm Liturgy of the Presanctified Gifts
 with community meal following

FRIDAY, APRIL 7 #TheGreatFast
 9:30am Liturgy of the Presanctified Gifts

LAZARUS SATURDAY, APRIL 8 #TheGreatFast
 9:30 Divine Liturgy
 11 – 1 – Confessions Heard
 +++ +++ +++

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

RELOCATION UPDATE

**WELCOME TO ALLISON PARK!
 GLORY TO GOD! SLAVA BOHU!**

**** 16 Steps** – As we begin having services in Allison Park, we will not be in the Nave (to the left of the main entrance after walking in from the parking lot), but in the hall downstairs. As you enter from the parking lot (*the bathrooms are on the right*), straight ahead there are 8 steps going down to a landing and then another 8 steps to the hall. This is temporary as work will be done upstairs.

Thank You to His Eminence, Metropolitan Gregory, who rearranged his schedule and joined us for the Presanctified Liturgy and de-consecration of our long-time home on the North Side. We look forward to inviting him to Allison Park after some work is done. We ask God’s continued blessings for our guiding shepherd and teacher. Many Years!

Thank You to the over 40 people who helped on Moving Saturday in this amazing example of your stewardship to our church! Many Years!

Thank You to our founders and benefactors who offered your stewardship (of time, talent, and treasures) to St. John the Baptist! Many Years!

Did You Know???
 ✘ **** We “swapped” churches with the Allison Park Church of God.** They will now rent our old building to an East African Burundi Christian congregation. California Avenue stays a church.

Please share questions with Fr Dave or a Parish Council member as they come up! (If you are thinking it, someone else might be as well...)

4th Sunday of Lent
MARCH 26th



ST JOHN of the LADDER
 Epistle: 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!

5th Sunday of Lent
APRIL 2nd



ST MARY of EGYPT
 Epistle: Hebrews 9:11-14
 Gospel: Mark 10:32-45

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

**** Construction Stewards Crew** – Please contact Fr. Dave or Larry Martin if you are interested in being added to the *Construction Stewards Crew*. (This ranges from helping with minor electrical to plumbing to painting around the church...)

**** Landscape Ministry Crew** – Please contact Fr. Dave or Kathy Schrmack if you are interested in being added to the *Landscape Ministry Crew*.

**** Window Company** – If anyone works with windows or has a good connection with someone who does or has a recommended company, please let Larry or Fr. Dave know. Thank you!

***** Tree Service Company** – If anyone works with tree trimming or has a good connection with someone who does or has a recommended company, please let Larry or Fr. Dave know. Thank you!

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

BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)

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

Deanery Lenten Mission Schedule
 Confessions starting at 3:30, Vespers at 4:00, and Fellowship Meal following

March 26 - * St Michael's Rankin**
 (146 3rd Ave., Rankin, PA 15104)
April 2 - * OUR TURN (If you are interested in helping with the food – please contact Fr. Dave)**

*This Bulletin Is Sponsored
 In Memory Of
 +Lawrence H. Martin
 (25-year Anniversary)
 May his memory be eternal!*

**** Presanctified Liturgy Preparation** - In order to properly prepare oneself for the reception of the Holy Eucharist at the evening Presanctified Liturgy 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.

*** 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. Deadline to sign up is **TODAY**



***** Palm Crosses** – On **Saturday, April 8th**, following the Divine Liturgy, we will be making crosses out of palms. This activity is geared towards the youth, but all are welcome to come!

**** 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 loved ones*. Please sign up on the sheet in the Vestibule by **Palm Sunday (April 9)** and give an *additional free-will stewardship offering* to the Church.

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

OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 283
Candle Stewardship:	\$ 82
Envelope Stewardship:	\$ 340
Pre-Sanctified Liturgy:	\$ 290
Total Collections:	\$ 995
Relocation Fund:	\$ 1000

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Lawrence Martin; Tim Martin; Kathy Schmack; Mirilovich Family; Melanie Paieski; Cindy Pavilonis

+++

The Eternal Lamp was offered last week by Tom and Carol Lorenzi in memory of +Michael and +Olga Tongel. May Their Memory Be Eternal! Vičnaya Pamyat!

+++ +++ +++

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

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

+++ +++ +++

LIVES OF THE SAINTS

SAINTED NICEPHOROS

Commemorated on March 26/13

Sainted Nicephoros was a dignitary at the court of the empress Irene (797-802), and then accepting monasticism, he became known for his piety. In the year 806 he was elevated to the patriarchal throne. The saint was a zealous defender of Icon-Veneration. When the Iconoclast emperor Leo the Armenian (813-820) came to rule, the saint in 815 was exiled to the Island of Prokonnis, where he died in the year 828.

In the year 846 the holy relics of Patriarch Nicephoros were opened, undecayed and fragrant. They transferred them from Prokonnis to Constantinople and placed them for one day in the church of Saint Sophia, and then they transferred them to the church of the Holy Apostles. The hands of the saint are preserved in the Khilendaria monastery on Mount Athos.

The saint left behind three writings, directed against Iconoclasm. The memory of Saint Nicephoros is celebrated also on 2 June.

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.

+++ +++ +++

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. ²²And 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." ²³And Jesus said to him, "If you can! All things are possible to him who believes." ²⁴Immediately the father of the child cried out and said, "I believe; help my unbelief!" ²⁵And 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."

²⁶And 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." ²⁷But Jesus took him by the hand and lifted him up, and he arose. ²⁸And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" ²⁹And he said to them, "This kind cannot be driven out by anything but prayer."

Jesus Again Foretells His Death and Resurrection

³⁰They went on from there and passed through Galilee. And he would not have any one know it; ³¹for 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."

+++ +++ +++

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

+++ +++ +++

PRAYER CORNER

For the Health of... Marjorie, David, Karen, 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 souls of the newly departed... Joanne Scripp, Alex Scripp, Anna Mae Pcholinsky (3/5), Paul Shoemaker (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.*



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]

+++ +++ +++

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.

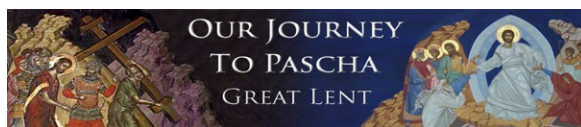
For if You had desired sacrifice, I would have given it; With whole burnt offerings You shall not be pleased. A sacrifice to God is a broken spirit, A heart that is broken and humbled God will not despise. Do good, O Lord, in Your good pleasure to Zion; And let the walls of Jerusalem be built Then shall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

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.

ONLINE BULLETIN BONUSES



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/

+++ +++ +++

A Note About The Mystery Of Confession

Confessions will be heard in front of the Icon of Christ. Confessions will be heard *following every* service, from **11am – 1pm** on most Saturdays during Great Lent, 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, no problem! but please let Fr. Dave know. Do not wait to plan for your confession! Confessions will only be heard *through Holy Wednesday*.

+++ +++ +++

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.

+++ +++ +++

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:

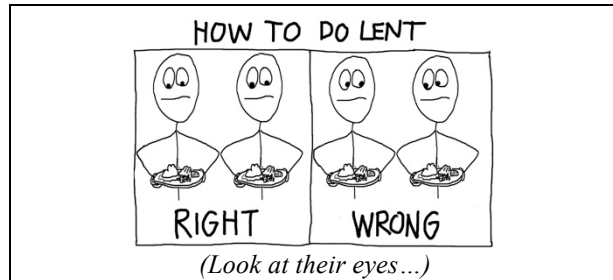
✘ Find a way to give more of your time, talent, and treasures.

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

+++ +++ +++



+++ +++ +++

ORTHODOX WORD OF THE WEEK

Antimins – (Gr: *Antimension* meaning “instead of the table”) is among the most important furnishings of the altar in Orthodox Christian liturgical traditions. It is a rectangular piece of cloth, of either linen or silk, typically decorated with representations of the entombment of Christ, the four Evangelists, and scriptural passages related to the Eucharist [Holy Communion]. A small relic of a martyr is sewn into it [ours is from Saint Euphemia]. The Eucharist cannot be celebrated without an antimins... The antimins is consecrated and signed by our bishop. *Read more at: <https://orthodoxwiki.org/Antimension>*

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 29 #TheGreatFast

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

FRIDAY, MARCH 31 #TheGreatFast

9:30am Liturgy of the Presanctified Gifts

+++ +++ +++

FEAST DAY FEATURES OF THE MONTH

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

Commemorated on March 9 / 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.

+++ +++ +++



Icon of Christ's Extreme Humility

+++ +++ +++



+++ +++ +++

STEWARDSHIP SNIPPET

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

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.

+++ +++ +++

SPIRITUAL VITAMINS

"To repent is not to look downward at my own shortcomings, but upward at God's love, it is not to look backward with self-reproach but forward with trustfulness, it is to see not what I have failed to be, but what by the grace of Christ I might yet become."
+St. John Climacus

+++ +++ +++

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.

+++

“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

+++ +++ +++

PRAYER CORNER #2

*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(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.

+++ +++ +++

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, 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.*

+++ +++ +++

March Namedays:

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

+++ +++ +++

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!*

+++ +++ +++

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

+++ +++ +++

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

+++ +++ +++

March Anniversaries:

Lindsay & AJ Matolyak-Ferraz (3/6), Wendy & Mark Martellotti (3/7) *...through the prayers of St. Nicholas Planas*

+++ +++ +++

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.*

+++ +++ +++

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

+++ +++ +++

* 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.*

+++ +++ +++

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.

+++ +++ +++

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.

+++ +++ +++



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.

+++ +++ +++