

"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

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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

GREAT AND HOLY PASSION WEEK

MONDAY, APRIL 10 #HOLY WEEK

6:30 pm Bridegroom Matins and confessions

TUESDAY, APRIL 11 #HOLY WEEK

6:30 pm Bridegroom Matins and confessions

WEDNESDAY, APRIL 12 #HOLY WEEK

6:30 pm Mystery (Sacrament) of Holy Unction (Anointing)

* *Final opportunity for Confession until after Pascha*

THURSDAY, APRIL 13 #HOLY WEEK

9:30 am Vespertal Liturgy (*Mystical Last Supper*)

6:30 pm Matins with the 12 Passion Gospels
Setting of the Lord's Tomb follows

FRIDAY, APRIL 14 #HOLY WEEK

A DAY OF STRICT FASTING

9:30am Royal Hours

6:30 pm Vespers and outdoor Burial Procession
with the Holy Shroud (*Plasčanita*)

SATURDAY, APRIL 15 #HOLY WEEK

A DAY OF STRICT FASTING

9:30 am Vespertal Liturgy of St. Basil the Great
changing from dark to light colors

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SUNDAY, APRIL 16 #PASCHA

THE FEAST OF FEASTS

9:00 am Resurrection Matins with
outdoor procession

~9:40 am Paschal Divine Liturgy

Blessing of Paschal Baskets (*upstairs in the church*)

Paschal Potluck Meal

Liturgical Color: **White**

BRIGHT WEEK: A FAST FREE WEEK

MONDAY, APRIL 17 #BRIGHTWEEK

9:30 am Paschal Liturgy with outdoor
Gospel Procession

THURSDAY, APRIL 20 #BRIGHTWEEK

6:30 pm Paschal Vespers

FRIDAY, APRIL 21 #BRIGHTWEEK

9:30 am Paschal Divine Liturgy

SATURDAY, APRIL 22 #BRIGHTWEEK

9:30-4:00 *Parish Council Leadership Seminar*
by **4:00 pm** Great Vespers

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ST. THOMAS SUNDAY, APRIL 23

9:20 am Paschal Canon; 9:30 am Divine Liturgy
Breaking of the Artos Bread
Blessing of Cemetery Graves

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

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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/directories/cathedral/live/

VISIT OUR DIOCESE ON-LINE

Diocesan Website: www.acrod.org

Camp Nazareth: www.campnazareth.org

FB: www.facebook.com/acroddioecese

Twitter: twitter.com/acrodnews

YouTube: youtube.com/acroddioecese

FLOWERY (PALM) SUNDAY!

APRIL 9th

GREAT WEEK BEGINS



GREAT AND HOLY WEEK

ENTRY OF OUR LORD INTO JERUSALEM

Epistle: Philippians 4:4-9

Gospel: John 12:1-18

Place your palm branches
and pussywillows behind
an icon at home
and in your car!

GREAT AND HOLY FRIDAY

APRIL 14th



GREAT AND HOLY FRIDAY

JESUS DIES ON THE CROSS

CHECK WITH YOUR PARISH FOR

ROYAL HOURS AND VESPERS SCHEDULE

Refrain from TV, Internet &
Phones to honor Christ's Death.

FEAST OF FEASTS!

APRIL 16th

NO FASTING!



BRIGHT WEEK

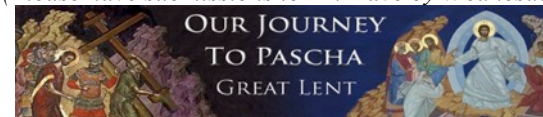
HOLY PASCHA! (CHRIST IS RISEN!)

Epistle: Acts 1:1-8 Gospel: John 1:1-17

Greet everyone with
"CHRIST IS RISEN!"
& say it before
good morning and goodnight!

BULLETIN BOARD ANNOUNCEMENTS

(Please have submissions to Fr. Dave by Wednesday)



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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** **Upstairs** – Through the Grace of God and
people's hard work, starting at last week's afternoon
vespers, we will temporarily be upstairs in the nave of
the church until after Pascha (and when the contractor
is ready to start on lowering the sanctuary floor).

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** **Pot-Luck Paschal Meal** – Just as after our Last
Liturgy on the North Side, we will have a community
meal following the Divine Liturgy on Pascha. All
families are encouraged to bring something to share.

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** **Bookstore** – Would you be interested in leading
our bookstore? We are looking for someone to handle
the display cases. Please contact Fr. Dave if
interested.

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*** **Outdoor Processions** – When possible, a
tradition of the processions at vespers on Good
Friday, matins on Pascha, and after Liturgy on Bright
Monday take everyone (that is able) to process around
the outside of the church. We will do this (weather
pending) this year!

This Bulletin Is Sponsored
In Memory Of
+Louis DeLuca
May his memory be eternal!

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Behold The Bridgroom Cometh! - Bridegroom
Matins is a service specific to the first four evenings
of Holy Week (though it is often omitted on Holy
Wednesday in favor of the service of Holy Unction)
and commemorates the last days in the earthly life of
the Lord. Incorporated into these services is the theme
of the first three days of Holy Week; which is the last
teachings of Christ to his disciples. As such, these
services incorporate readings and hymns inspiring this
theme. The mood of the services is to experience
sorrow and to feel Christ's voluntary submission to
His passions and highlight the purpose behind the evil
that is about to take place against the Lord. The
atmosphere is one of mourning (for sins) and is
symbolic of the shame the Christian should feel for
the Fall of Adam and Eve, the depths of hell, the lost
Paradise and the absence of God. The vestments of
the Priest and the altar clothes are deep purple (or
black) to symbolize and enhance the atmosphere of
mourning and remembrance of sins. The main
emphasis of the Bridegroom Service is metanoia and
each service has its own particular theme on
repentance and watchfulness. One of its primary
features is its tropar:

*Behold, the Bridegroom comes in the middle of the
night, and blessed is the servant He shall find vigilant;
but unworthy is he whom he shall find neglectful.
Beware therefore, O my soul, lest you be weighed down*

by sleep, lest you be given over to death and be closed out from the kingdom; but rise up crying out: "Holy! Holy! Holy are You our God; through the intercessions of the Theotokos, have mercy on us."

During the first service, the priest carries the icon of Christ the Bridegroom into the church. The Bridegroom tropar is sung during this procession, and the icon is brought to the front of the church and remains there until Holy Thursday. The icon depicts Christ as the Bridegroom of the Church, bearing the marks of his suffering, yet preparing the way for a marriage feast in his Kingdom. He is dressed in the icon according to the mockery of the Roman guards just prior to his crucifixion.

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Please share questions about our relocation with Fr Dave or a Parish Council member as they come up! (If you are thinking it, someone else might be as well and the answer would be good to share...)

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

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* **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!

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** **Panachida Offerings** – Reminder: Panachidas (Memorial Services for the Departed) cannot be served on the Major Feast Days of our Lord including Palm Sunday, Holy Pascha, as well as Lazarus Saturday.

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** **Blessing of Graves** – Our annual grave blessings at the cemeteries will be on **Thomas Sunday, April 23**. We will celebrate a Panachida after Liturgy and then head to the cemeteries after the coffee social. *** *If your loved ones are not at one of the two cemeteries on the North Side, please schedule a time with Fr. Dave to meet (if possible) before the Feast of Ascension.*



Blessing of Baskets – We will bless our baskets upstairs in the Nave of the Church. When you bring your basket Sunday morning, place it at the end of your row near the center aisle or on the ground in the center aisle. Remember that the “traditional” basket contains the foods that the church guides us to have fasted from. Feel free to include something that you fasted from during the Great Fast. **What Is Your Favorite Item To Make For The Basket? Please Let Fr. Dave Know**

OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 400
Candle Stewardship:	\$ 98
Envelope Stewardship:	\$ 505
Total Collections:	\$ 1003

Weekly Candle Intentions / Memorials were offered last week by Nelson Family; Mary Jane Hudak; Lawrence Martin; Tim Martin; Kathy Schrmack; Thomas and Carol Lorenzi; Rich and Renee Mirilovich ; Melanie Paieski; Cindy Pavilonis

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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.*



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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*** **Selling Used Items** – Do you have a knack for selling things on-line (such as on Craigslist)? We have a growing number of items that we would like to sell. If interested in tackling this project, please contact Fr. Dave or Larry.

SUNDAY’S SCRIPTURE READINGS

Epistle: Philippians 4:4-9

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵ Let all men know your forbearance. The Lord is at hand. ⁶ Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

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Gospel: John 12:1-18

Mary Anoints Jesus

¹² Six days before the Passover, Jesus came to Bethany, where Laz’arus was, whom Jesus had raised from the dead. ² There they made him a supper; Martha served, and Laz’arus was one of those at table with him. ³ Mary took a pound of costly ointment of pure spikenard and anointed the feet of Jesus and wiped his feet with her hair; and the house was filled with the fragrance of the ointment. ⁴ But Judas Iscariot, one of his disciples (he who was to betray him), said, ⁵ “Why was this ointment not sold for three hundred denarii [a day’s wage] and given to the poor?” ⁶ This he said, not that he cared for the poor but because he was a thief, and as he had the money box he used to take what was put into it. ⁷ Jesus said, “Let her alone, let her keep it for the day of my burial. ⁸ The poor you always have with you, but you do not always have me.”

The Plot to Kill Lazarus

⁹ When the great crowd of the Jews learned that he was there, they came, not only on account of Jesus but also to see Laz’arus, whom he had raised from the dead. ¹⁰ So the chief priests planned to put Laz’arus also to death, ¹¹ because on account of him many of the Jews were going away and believing in Jesus.

Jesus’ Triumphal Entry into Jerusalem

¹² The next day a great crowd who had come to the feast heard that Jesus was coming to Jerusalem. ¹³ So they took branches of palm trees and went out to meet him, crying, “Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!” ¹⁴ And Jesus found a young ass and sat upon it; as it is written,

¹⁵ “Fear not, daughter of Zion; behold, your king is coming, sitting on an ass’s colt!”

¹⁶ His disciples did not understand this at first; but when Jesus was glorified, then they remembered that this had been written of him and had been done to him. ¹⁷ The crowd that had been with him when he called Laz’arus out of the tomb and raised him from the dead bore witness. ¹⁸ The reason why the crowd went to meet him was that they heard he had done this sign.

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LIVES OF THE SAINTS

The Holy Martyrs Manuel And Theodosius

Commemorated on April 9 / March 27

The Holy Martyrs Manuel and Theodosius suffered for their faith in Christ in the year 304 in Sirmium. Seeing, how daily the pagans gave Christians over to death, they believed in Christ and resolved to suffer for their faith. They boldly confessed themselves as Christians in front of the governor. The governor and those around him marvelled at their bravery. By order of the governor, they locked up Saints Manuel and Theodosius in prison and put a strict watch over them. After several days the governor gave orders to bring the saints from prison and he began to urge them to renounce Christ and instead offer sacrifice to the idols. The holy martyrs however were steadfast in their confession. Then the governor gave orders to suspend Saints Manuel and Theodosius from a tree and to tear at them with sharp iron hooks, after which they impaled the martyrs on a sharp trident, and finally, they beheaded them.

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LIVING ORTHODOXY



WALKING WITH CHRIST IN THE SERVICES OF HOLY WEEK:

An Invitation to Journey with Christ in His Church

It has often been said of the Orthodox Church that Orthodox believers reckon their lives “from Pascha to Pascha.” The 3-day journey of Pascha constitutes the defining moment not just of our church year, but also of our very lives as the Lord’s disciples. The invitation that goes out to each of us in these all-revered days of Holy Week and Pascha is not offered so that we would be *mere spectators*. No, the promise of Holy Week is given to us so that we might be *true participants* at the Lord’s side, with the disciples, and with the godly women at the Tomb.

May this guide help you and your family to maximize what you are able to attend, so that you, too, might be witnesses of Him and His Glorious Resurrection when on May 2nd we proclaim: *Christ is risen!*

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The Feast of the Entrance of our Lord

The Sunday **Divine Liturgy** commemorates the Great Feast of the Entry of our Lord into Jerusalem. The Feast of Palms, paired gloriously with Lazarus Saturday, offers us a triumphal foretaste of Christ’s Passion and Resurrection; yet, also signals the sad truth that many who at first hail Jesus as Lord turn from His teaching and forsake Him.

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Holy Monday

* **Bridegroom Matins:** In this service we are challenged to ponder the coming of the Lord and our lack of preparation to meet Him. The liturgical texts refer chiefly to the parable of the Ten Virgins, which forms the general theme of the first three days of the week.

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Holy Tuesday

* **Bridegroom Matins:** The theme shifts dramatically to the person of Judas at the Last Supper, who is sharing the Lord’s Table, and yet is preparing to betray Him. We also commemorate the woman that was a sinner, who anointed Christ’s feet as He sat in the house of Simon. The repentance of the sinful harlot is contrasted with the tragic fall of the chosen disciple.

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Holy Wednesday

* **Holy Mystery of the Anointing of the Sick (Unction):** This Mystery (Sacrament) of the Church provides both physical and spiritual healing with holy oil blessed by the Holy Spirit. Holy unction is a mystery of great comfort to the faithful. It provides uplifting and asks for patience to accept the will of God, whatever the physical outcome.

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Holy Thursday

* **Vespertal Liturgy of the Mystical Supper:** At this time, we commemorate the Last Supper and enter into the eternal mystery of it, which is the Eucharist. The reserve Sacrament that is kept in the Tabernacle is prepared at this service.

* **Matins of the Passion (12 Gospels):** We prepare for Holy & Great Friday hearing the Passion Gospels and encountering Christ Crucified. This is one of the most powerful services in all of Orthodox Holy Week.

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Holy & Good Friday (a day of strict fasting)

* **Royal Hours:** We revisit the Cross. We hear the hymns of the previous evening and find Jesus hanging on the Cross for our salvation. *(If you cannot be at the Thursday evening service, know that this service of the Royal Hours covers much of the same content.)* Royal Hours offers a powerful meditation on the Cross and its meaning.



* **Vespers & Procession with the Holy Shroud (Plaščanitsa):** During this service we remember the taking down of the Lord’s body from the Cross and His entombment by the Noble Joseph. The burial procession around the inside of the church is done with everyone holding candles. This is a beautiful and moving service for all to participate in!



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Holy Saturday (a day of strict fasting)

Vespertal Liturgy: This ushers in the first message of the joyous feast. This service is the Vespers of Pascha itself and announces what is to come. The vestments are dramatically changed from black to white, and we hear “Let God arise and let His enemies be scattered.” On Holy Saturday we strict fast and make preparations all day for Pascha (including the preparation of sumptuous paschal foods).

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Holy Pascha!

* **Resurrection Matins:** Now we gather again to be ready to meet the Risen Lord. But before we make our triumphal Paschal Procession, quietly, the Lord’s body (Holy Shroud) is taken from the “Tomb” and placed in victory on the Holy Altar Table. All lights in the church are put out and we wait patiently for the first strains of the Paschal song, “Thy Resurrection, O Christ our Savior...” The paschal light is lit, the priest begins to chant the hymn and the light is passed from person to person and we exit the church and make our Paschal Procession *(to the Vestibule)*. We now enter completely into the joy of Pascha. Christ bursts the gates of death and the gates of Paradise are opened. Coming back into the church, we celebrate the Resurrection Matins.

* **Paschal Divine Liturgy:** The morning matins service flows directly into the Divine Liturgy. Certain hymns are replaced with “Christ is risen” as we celebrate Our Lord’s Resurrection.

* **The Blessing of Baskets:**

After Liturgy, the priest will bless the Artos Bread and the Paschal baskets of food (up and down the center aisle).

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Bright Monday

* **Paschal Liturgy with Gospel Procession:** After the Liturgy is just about complete, another procession takes place where the Gospel Good News is read on the four sides of the church. In the brightness of the Resurrection, there is no fasting this week.

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HOW TO PREPARE DURING HOLY WEEK

By Fr. Valerian Krechetov

Holy Week prepares us for the feast of Pascha, showing us that there is no other path towards resurrection than through the cross and suffering. Therefore, the common people said: “The Lord endured, and bid us do the same.”

The divine services of Holy Week call on one to have compassion and sympathy for the Savior.

On the first three days one is supposed to reread all four Gospels as a reminder that the Lord created us, but that we crucified Him by our sins. And although this appears to be addressed to the Jews of that time, it relates to everyone who has crucified Christ by his sins. During Holy Week it is desirable, if one has the opportunity, to be in church more often, especially on Holy Thursday and the evening before.

On the morning of Great Thursday, the faithful participate in the Mystical Supper and receive Holy Communion, while in the evening the Passion Gospels are read. Then comes Great Friday: The Savior’s crucifixion and burial, with the beginning of the joy of Bright Saturday. The angels were the first to learn of Christ’s Resurrection, just as they were the first to learn of His Nativity. Therefore, the Church sings: “Thy Resurrection, O Christ Savior, the angels hymn in the heavens; vouchsafe also us on earth with pure hearts to glorify Thee.” Why does it say “with pure hearts”? Because it is reckoned that, in preparation for this radiant day, one has cleansed one’s heart by fasting as much as possible.

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PRAYER CORNER

For the Health of... Kellie, Carlene, Marjorie, 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.*

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For the souls of the newly departed... Joanne Scripp, Alex Scripp, Anna Mae Pcholinsky (3/5) ...*May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God’s Memory.*

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.

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.

**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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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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APRIL SCHEDULE OF SERVICES

SATURDAY, APRIL 1 #TheGreatFast

10 am Diocesan Retreat at St. Nicholas

SUNDAY, APRIL 2 #TheGreatFast

Holy Martyress Photini (Svetlana)

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

FEAST OF THE ANNUNCIATION

9:30am Vesperal Liturgy

SATURDAY, APRIL 8 #LAZARUSSATURDAY

9:30 am Divine Liturgy

Palm Cross Making following

11 am – 1 pm Confessions heard

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SUNDAY, APRIL 9 #PALM(FLOWERY)SUNDAY

FEAST OF THE ENTRY OF OUR LORD INTO JERUSALEM
St. Matrona (4th c.)

9:30 am Divine Liturgy

Blessing of Branches (Palms and Willows)

Tone 2; Liturgical Color: **Gold**

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GREAT AND HOLY PASSION WEEK

MONDAY, APRIL 10 #HOLY WEEK

6:30 pm Bridegroom Matins and confessions

TUESDAY, APRIL 11 #HOLY WEEK

6:30 pm Bridegroom Matins and confessions

WEDNESDAY, APRIL 12 #HOLY WEEK

6:30 pm Mystery (*Sacrament*) of the Anointing of
the Sick (*Unction*)

* *Last opportunity for Confession until after Pascha*

THURSDAY, APRIL 13 #HOLY WEEK

9:30 am St. Basil's Vesperal Liturgy of the Mystical
Supper (*Institution of the Eucharist*)

6:30 pm Matins with the 12 Passion Gospels
followed by setting of the Lord's Tomb



Icon by: K. Tikhomirova

FRIDAY, APRIL 14 #HOLY WEEK

A DAY OF STRICT FASTING

9:30 am Royal Hours

followed by decorating the Tomb

6:30 pm Vespers and outdoor Burial Procession

with the Holy Shroud (*Plasčanitsa*)

SATURDAY, APRIL 15 #HOLY WEEK

A DAY OF STRICT FASTING

9:30 am Vespertal Liturgy of St. Basil

(*Harrowing of Hades*)

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SUNDAY, APRIL 16 #PASCHA

THE FEAST OF FEASTS

9:00 am Resurrection Matins

~9:40 am Paschal Divine Liturgy

Blessing of Baskets (*upstairs in the church*)

Paschal Potluck Meal

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BRIGHT WEEK: A FAST FREE WEEK

MONDAY, APRIL 17 #BRIGHTWEEK

9:30 am Paschal Liturgy with Gospel Procession

THURSDAY, APRIL 20 #BRIGHTWEEK

6:30 pm Paschal Vespers

FRIDAY, APRIL 21 #BRIGHTWEEK

9:30 am Paschal Divine Liturgy

SATURDAY, APRIL 22 #BRIGHTWEEK

9:30-4:00 Parish Council Leadership Seminar

by **4:00 pm** Great Vespers

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ST. THOMAS SUNDAY, APRIL 23

9:20 am Paschal Canon; 9:30 am Divine Liturgy

Breaking of the Artos Bread

Blessing of Cemetery Graves

SUNDAY, APRIL 30

3rd Sunday of Pascha; Sunday of the Myrrhbearing

Women; Joseph of Arimathea, & Nicodemus

9:20 am Paschal Canon; 9:30 am Divine Liturgy

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FEAST DAY FEATURES OF THE MONTH

The Annunciation Of Our Most Blessed Lady Mother Of God And Ever-Virgin Mary

Commemorated on April 7 / March 25

Introduction

The Feast of the Annunciation of Our Most Holy Lady, the Theotokos and Ever-Virgin Mary is

celebrated on March 25 each year. The Feast commemorates the announcement by the Archangel Gabriel to the Virgin Mary that our Lord and Savior Jesus Christ, the Son of God, would become incarnate and enter into this world through her womb.

Biblical Story

The biblical story of the Feast of the Annunciation is found in the first chapter of the Gospel of Luke (1:26-39). The Archangel Gabriel appeared to the Virgin Mary, who was living in Nazareth, and said to her, "Hail, O favored one, the Lord is with you." Mary was perplexed and wondered what kind of greeting this was.

The angel told her not to be afraid, for she had found favor with God. He said, "You will conceive in your womb and bear a son, and you shall call his name Jesus. He will be great and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, and he will reign over the house of Jacob forever; and of his kingdom there will be no end."

Mary responded to the angel by asking how this could happen since she had no husband. The angel told her that the Holy Spirit and the power of God would come upon her, and that the child to be born of her would be called holy, the "Son of God."

The angel then proceeded to tell the Virgin Mary that her cousin Elizabeth had conceived a son in her old age (John the Baptist), and affirmed that with God nothing is impossible.

In faith and obedience to the will of God, Mary replied to the angel, "Behold, I am the handmaid of the Lord; let it be according to your word." Upon her response, the angel departed.

It is on the Feast of the Annunciation, that Orthodox Christians commemorate both the divine initiative of God, whereby He took on flesh from the Virgin for our salvation, and the human response, whereby Mary freely accepted the vocation offered to her. He elected to become man, and He desired to do this with the willing agreement of her whom He chose as His mother. Mary could have refused, for she was not a passive instrument, but an active participant with a free and positive part to play in God's plan for our salvation. Thus, when on this and other feasts the Orthodox Church honors the Theotokos, the Mother

of God, it is not just because God chose her but also because she herself chose to follow His will.

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The Entry of the Lord into Jerusalem (Palm Sunday / Flowery Sunday)

April 9

Introduction

On the Sunday before the Feast of Great and Holy Pascha and at the beginning of Holy Week, the Orthodox Church celebrates one of its most joyous feasts of the year. Palm Sunday is the commemoration of the Entrance of our Lord into Jerusalem following His glorious miracle of raising Lazarus from the dead. Having anticipated His arrival and having heard of the miracle, the people went out to meet the Lord and welcomed Him with displays of honor and shouts of praise. On this day, we receive and worship Christ in this same manner, acknowledging Him as our King and Lord.

Biblical Story

The biblical story of Palm Sunday is recorded in all four of the Gospels (Matthew 21:1-11; Mark 11:1-10; Luke 19:28-38; and John 12:12-18). Five days before the Passover, Jesus came from Bethany to Jerusalem. Having sent two of His disciples to bring Him a colt of a donkey, Jesus sat upon it and entered the city.

People had gathered in Jerusalem for the Passover and were looking for Jesus, both because of His great works and teaching and because they had heard of the miracle of the resurrection of Lazarus. When they heard that Christ was entering the city, they went out to meet Him with palm branches, laying their garments on the ground before Him, and shouting, "Hosanna! Blessed is he that comes in the Name of the Lord, the King of Israel!"

At the outset of His public ministry Jesus proclaimed the kingdom of God and announced that the powers of the age to come were already active in the present age (Luke 7:18-22). His words and mighty works were performed "to produce repentance as the response to His call, a call to an inward change of mind and heart which would result in concrete changes in one's life, a call to follow Him and accept His messianic destiny. The triumphant entry of Jesus into Jerusalem is a messianic event, through which His divine authority was declared.

Palm Sunday summons us to behold our king: the Word of God made flesh. We are called to behold Him not simply as the One who came to us once riding on a colt, but as the One who is always present in His Church, coming ceaselessly to us in power and glory at every Eucharist, in every prayer and sacrament, and in every act of love, kindness and mercy. He comes to free us from all our fears and insecurities, "to take solemn possession of our soul, and to be enthroned in our heart," as someone has said. He comes not only to deliver us from our deaths by His death and Resurrection, but also to make us capable of attaining the most perfect fellowship or union with Him. He is the King, who liberates us from the darkness of sin and the bondage of death. Palm Sunday summons us to behold our King: the vanquisher of death and the giver of life.

Palm Sunday summons us to accept both the rule and the kingdom of God as the goal and content of our Christian life. We draw our identity from Christ and His kingdom. The kingdom is Christ - His indescribable power, boundless mercy and incomprehensible abundance given freely to man. The kingdom does not lie at some point or place in the distant future. In the words of the Scripture, the kingdom of God is not only at hand (Matthew 3:2; 4:17), it is within us (Luke 17:21). The kingdom is a present reality as well as a future realization (Matthew 6:10). Theophan the Recluse wrote the following words about the inward rule of Christ the King:

"The Kingdom of God is within us when God reigns in us, when the soul in its depths confesses God as its Master, and is obedient to Him in all its powers. Then God acts within it as master 'both to will and to do of his good pleasure' (Philippians 2:13). This reign begins as soon as we resolve to serve God in our Lord Jesus Christ, by the grace of the Holy Spirit. Then the Christian hands over to God his consciousness and freedom, which comprises the essential substance of our human life, and God accepts the sacrifice; and in this way the alliance of man with God and God with man is achieved, and the covenant with God, which was severed by the Fall and continues to be severed by our willful sins, is re-established."

The kingdom of God is the life of the Holy Trinity in the world. It is the kingdom of holiness, goodness,

truth, beauty, love, peace and joy. These qualities are not works of the human spirit. They proceed from the life of God and reveal God. Christ Himself is the kingdom. He is the God-Man, Who brought God down to earth (John 1:1,14). “He was in the world, and the world was made through Him, yet the world knew Him not. He came to His own home, and His own people received Him not” (John 1:10-11). He was reviled and hated.

Palm Sunday summons us to behold our king - the Suffering Servant. We cannot understand Jesus' kingship apart from the Passion. Filled with infinite love for the Father and the Holy Spirit, and for creation, in His inexpressible humility Jesus accepted the infinite abasement of the Cross. He bore our griefs and carried our sorrows; He was wounded for our transgressions and made Himself an offering for sin (Isaiah 53). His glorification, which was accomplished by the resurrection and the ascension, was achieved through the Cross.

In the fleeting moments of exuberance that marked Jesus' triumphal entry into Jerusalem, the world received its King, the king who was on His way to death. His Passion, however, was no morbid desire for martyrdom. Jesus' purpose was to accomplish the mission for which the Father sent Him.

“The Son and Word of the Father, like Him without beginning and eternal, has come today to the city of Jerusalem, seated on a dumb beast, on a foal. From fear the cherubim dare not gaze upon Him; yet the children honor Him with palms and branches, and mystically they sing a hymn of praise: ‘Hosanna in the highest, Hosanna to the Son of David, who has come to save from error all mankind.’” (A hymn of the Light.)

“With our souls cleansed and in spirit carrying branches, with faith let us sing Christ's praises like the children, crying with a loud voice to the Master: Blessed art Thou, O Savior, who hast come into the world to save Adam from the ancient curse; and in Thy love for mankind Thou hast been pleased to become spiritually the new Adam. O Word, who hast ordered all things for our good, glory to Thee.” (A Sessional hymn of the Orthros)

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Icon of Christ's Extreme Humility

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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 15%	Tithe 12%	Tithe 10%	Upper Range Giving 9%	Upper Range Giving 8%	Upper Range Giving 7%	Middle Range Giving 6%	Middle Range Giving 5%	Middle Range Giving 4%	Lower Range Giving 3%	Lower Range Giving 2%	Lower Range Giving 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's would be.

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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

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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:
 - o a) strict fast on certain days of the week while keeping a meat fast on the others;
 - o b) fast only from meat;
 - o c) fast from meat for certain weeks (*Clean Week, Cross Week, and Holy Week*); or
 - o 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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Assembling A Traditional Easter Basket

One begins with a straw basket filling with foods each holding symbolic significance:

1. Easter Bread (Pascha)

A sweet yeast bread rich in eggs and butter, symbolic of Christ "the Living Bread". Usually a round loaf with a golden crust and decorated with a braid and cross. Pascha comes from the word Pasch, meaning Passover. In English we use it to refer to the Easter season. In Slavonic the word paska is used to refer to Christ "the new lamb".

2. Cheese (Rusyn: Hrudka or Sirec)

A special cheese made from egg and milk shaped into a ball having a rather bland but sweet taste indicative of the moderation that Christians should have in all things. It is often decorated with cloves in the form of a cross.

3. Ham (Šunka)

The meat popular with the Slavs as the main dish because of its richness and symbolism of the great joy and abundance of Easter. Some may prefer lamb or veal.

4. Sausage (Kolbasi)

A spicy pork product flavored with garlic, indicative of God's favor and generosity.

5. Butter (Maslo)

This favorite dairy product is often shaped into a lamb

or small cross. Symbolic of Christ the lamb who was offered upon the altar of the Cross for the life of the world.

6. Bacon (Slanina)

Uncooked bacon cured with spices. Symbolic of the overabundance of God's mercy to us.

7. Salt (Sol)

Symbolizes the Truth of the message of Christ. Just as salt preserves food, so the teaching of Christ preserves our eternal life.

8. Horseradish (Chrin)

Horseradish mixed with grated red beets. Symbolic of the Passion of Christ still in our minds but sweetened with some sugar because of the Resurrection. A bittersweet red colored mixture reminds us of the sufferings of Christ.

9. Decorated Eggs (Pysankŷ)

Hard boiled eggs brightly decorated with symbols and markings made with beeswax. Eggs were always considered as symbols of the resurrection, the emergence of new life.

*** We are not limited to only having these items in our basket (nor do we have to have all of them). We fast for 40 days and a tradition is to bring what you have fasted from to the church to bless it before having some again (i.e. chocolate, or gum, or pop, or beer, etc.)



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 #2

*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. 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.*

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April Namedays:

Pañi's brother Florin Popescu and *Pañi's mother* Liliana Popescu – Palm (Flowery) Sunday
Subdeacon Ryan Ferko – St. Thomas Sunday
...*May God grant them many and blessed years!*

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April Birthdays:

Sonia Kretchek (4/1), Tristan Bowser (4/5), Milena Petrovich (4/5), Bryce James Blobner (4/10), Jenelle Christine Specca (Petrovich) (4/10), Rich Mirilovich (4/13), Melanie Paieski (4/14), *Father's Uncle* Dan Urban (4/15), *Father's Father* Dave Urban (4/15), John Kirish (4/18), *Father's Brother-In-Law* Christopher Ditmore (4/19), Susan Waugh (4/19), Dr. Lawrence Martin (4/20), Max Anton (4/22), Donald J. Gavulich (4/23), Fred Anton (4/24), Fr Peter Paproski (4/24), Donna Tongel (4/24), Jaxson Maruscak (4/25), Fr Jonathan Bannon (4/29), Maryhelen Hoffman (4/29), Sharon Peifer (4/29)

...*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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April Anniversaries:

John & Theresa Sharpless (4/21)
...*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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* 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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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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from the Lenten Tridion

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.

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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.