

“THE WEEKLY FORERUNNER” *Our Parish Weekly Bulletin*

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

CHRIST IS RISEN FROM THE DEAD, TRAMPLING
DOWN DEATH BY DEATH AND UPON THOSE IN
THE TOMBS BESTOWING LIFE!

UPCOMING SERVICES

*There is no kneeling in prayer for 50 days
(until Pentecost) and omit the prayer
“O Heavenly King” as we anticipate the Holy Spirit*
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SUNDAY, MAY 26

4th Sunday of Pascha - Sunday of the Paralytic
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~~TUESDAY, MAY 28 6:30 pm Vespers CANCELED~~

WEDNESDAY, MAY 29 FEAST OF MID-PENTECOST

9:30 am Divine Liturgy
6:30 pm Parish Council Meeting (*All are welcome
to come and listen to discussions at the meeting*)
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SUNDAY, JUNE 2

5th Sunday of Pascha: The Samaritan Woman
Martyrs Thalaleas, Alexander and Asterias
9:20 am Paschal Canon
9:30 am Divine Liturgy
Epistle: Acts 11:19-26, 29-30; John 4:5-42
Liturgical Color: **White**
Church School
Family Day at Camp Nazareth

FRIDAY, JUNE 7

FEAST OF THE 3RD FINDING OF THE HEAD OF ST JOHN
9:30 am Akathist to St John the Baptist

RESCHEDULED: ALL-SOUL’S SATURDAY, JUNE 8 (*Zadušna Subota*),

9:30 am Divine Liturgy & Panachida (*5th of 5*)
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PASCHAL GREETING:

(use instead of ‘hello’, before ‘good morning’, etc.)

Christ is risen!

(*responded with: Indeed He is risen!*)

A WARM WELCOME TO OUR GUESTS!

Christ is risen! (*responded with: Indeed He is risen!*)
Christos voskrese! (*Voistinu voskrese!*)
We are happy that you have joined us today! It is our
pleasure to have you in our presence this morning.
We wish God’s Blessings to all who are with us
today and hope you come again soon!
Please see Fr. Dave if you have any questions in
regards to our worship or Orthodoxy.

SUNDAY’S SCRIPTURE READINGS

Epistle: Acts 9:32–42

The Healing of Aeneas

³² Now as Peter went here and there among them all,
he came down also to the saints that lived at Lydda.
³³ There he found a man named Aeneas, who had
been bedridden for eight years and was paralyzed.
³⁴ And Peter said to him, “Aeneas, Jesus Christ heals
you; rise and make your bed.” And immediately he
rose. ³⁵ And all the residents of Lydda and Sharon saw
him, and they turned to the Lord.

Peter in Lydda and Joppa

³⁶ Now there was at Joppa a disciple named Tabitha,
which means Dorcas. She was full of good works and
acts of charity. ³⁷ In those days she fell sick and died;
and when they had washed her, they laid her in an
upper room. ³⁸ Since Lydda was near Joppa, the
disciples, hearing that Peter was there, sent two men to
him entreating him, “Please come to us without delay.”
³⁹ So Peter rose and went with them. And when he had
come, they took him to the upper room. All the widows
stood beside him weeping, and showing tunics and
other garments which Dorcas made while she was with
them. ⁴⁰ But Peter put them all outside and knelt down
and prayed; then turning to the body he said, “Tabitha,
rise.” And she opened her eyes, and when she saw
Peter she sat up. ⁴¹ And he gave her his hand and lifted
her up. Then calling the saints and widows he
presented her alive. ⁴² And it became known throughout
all Joppa, and many believed in the Lord.

ST. JOHN THE BAPTIST ORTHODOX CHURCH

Father Dave Urban, *Pastor* +++ 2201 Duncan Avenue, Allison Park, Pa 15101
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Gospel: John 5:1–15

Jesus Heals on the Sabbath

⁵ After this there was a feast of the Jews, and Jesus
went up to Jerusalem.

² Now there is in Jerusalem by the Sheep Gate a pool,
in Hebrew called Beth-zatha, which has five
porticoes. ³ In these lay a multitude of invalids, blind,
lame, paralyzed. ⁵ One man was there, who had been
ill for thirty-eight years. ⁶ When Jesus saw him and
knew that he had been lying there a long time, he said
to him, “Do you want to be healed?” ⁷ The sick man
answered him, “Sir, I have no man to put me into the
pool when the water is troubled, and while I am going
another steps down before me.” ⁸ Jesus said to him,
“Rise, take up your pallet, and walk.” ⁹ And at once
the man was healed, and he took up his pallet and
walked.

Now that day was the sabbath. ¹⁰ So the Jews said to
the man who was cured, “It is the sabbath, it is not
lawful for you to carry your pallet.” ¹¹ But he
answered them, “The man who healed me said to me,
‘Take up your pallet, and walk.’” ¹² They asked him,
“Who is the man who said to you, ‘Take up your
pallet, and walk?’” ¹³ Now the man who had been
healed did not know who it was, for Jesus had
withdrawn, as there was a crowd in the place.
¹⁴ Afterward, Jesus found him in the temple, and said
to him, “See, you are well! Sin no more, that nothing
worse befall you.” ¹⁵ The man went away and told the
Jews that it was Jesus who had healed him.

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BULLETIN BOARD ANNOUNCEMENTS

(*Please have submissions to Fr. Dave by Wednesday*)

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* **Family Camp at Camp Nazareth** – Cabins are still
available for this year’s Family Camp from **Friday,
May 31 to Sunday, June 2** (prior to Family Day).
For more information, please contact Fr. Dave.

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Paschal Greeting in Church Slavonic:

Christos voskrese! (*Voistinu voskrese!*)

If greeted in a language you are unfamiliar with,
translate, respond in English, then learn the response

* **The Tamburitzans** – The season finale for The
Tamburitzans will be on **Saturday, June 1** at 5:00 pm
at Point Park University’s Pittsburgh Playhouse (350
Forbes Ave., Pittsburgh, PA 15222). Performance
tickets start at \$20. Additional reception and dinner
pricing available by calling 412-224-2071.

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* **Family Day at Camp Nazareth** will be on **Sunday,
June 2**. Divine Liturgy will be at 10am. There will be
great food, music entertainment, swimming, craft
activities, games, and more! See the flyer on the
bulletin board for more info or contact Fr. Dave.

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** **St. Nicholas Choir** from Homestead will sing the
responses to the Divine Liturgy on Graduate Sunday,
June 9.

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** **Pittsburgh Deanery Week at Camp Nazareth** is
July 28 to August 3. Registration for all campers,
ages 8-18 has begun! Information is available on the
Camp’s Website: www.campnazareth.org.

Paschal Greeting in Romanian:

Hristos a înviat! (*Adevărat a înviat!*)

COFFEE SOCIAL STEWARDS

Please sign up by the kitchen or by contacting Fr. Dave

June 2: Matt and Kim Opsitos

In honor of 30th Anniv. and Emily’s BD

June 9 (Graduate Sunday): _____?

June 16 (Father’s Day): _____?

Paschal Greeting in Spanish:

¡Cristo ha resucitado!

(*¡En verdad ha resucitado!*)

Paschal Notes – The prayer to the Holy Spirit, “O Heavenly King”, is **not said** at home or in church during this season until the Feast of the Decent of the Holy Spirit: Pentecost. Instead we say or sing the Paschal Tropar, “Christ is risen from the dead, trampling down...” (*three times*) until the Feast of Ascension.

For 40 days from Pascha (Easter) until Ascension, we greet each other by saying, “Christ is risen!” and respond with “Indeed, He is risen!”. Some translations use “Truly, He is risen!”. We can also adjust our before and after meal prayers.

During the 50 days from Pascha to Pentecost, we **do not kneel or make prostrations** in church in keeping with the joyful and festal character of the season. We begin to kneel and do prostrations again with the Kneeling Prayers of Pentecost that Sunday evening.

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OUR STEWARDSHIP GIFTS TO GOD	
Stewardship Offerings:	\$ 210
Candle Stewardship:	\$ 458
Envelope Stewardship:	\$ 605
Total Collections:	\$ 1273
Capital Improvement Fund:	\$ 105

Weekly Candle Intentions / Memorials were offered last week by the Nelson Family; Carol and Tom Lorenzi; Tim Martin; +Eleanor Sanger; Rich and Renee Mirilovich

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The **Christ Cross** was offered last week by Tim Martin and Elizabeth Single in memory of +Eleanor Sanger. May her memory be eternal! Christ is risen!

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The **Vigil Lamp** was offered last week by Tim Martin IMO his mother, +Anastasia Martin. May Her Memory Be Eternal! Christ is risen!

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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

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*Paschal Greeting in Italian:
Cristo è risorto! (È veramente risorto!)*

LIVES OF THE SAINTS

THE RIGHTEOUS SAINT TABITHA

Commemorated on 4th Sunday of Pascha, October 25

The Righteous Saint Tabitha (I), a virtuous and kindly woman, belonged to the Christian community in Joppa. Being grievously ill, she happened to be dying. At the time not far from Joppa, the Apostle Peter was preaching at Lydda. Messengers were sent to him with an urgent request for help. When the apostle arrived at Joppa, Tabitha was already dead. On bended knee, the First-Ranked Apostle Peter made a fervent prayer to the Lord. Then he went to the bed and called out: "Tabitha, arise!" She got up completely healed (Acts 9: 36).

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PRAYER CORNER

Our Parish Prayer List for Special Intentions & 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... Helen, Cynthia, Waylon, Ashley, Barbara, Nicholas, Patrick, Thomas, Paul, Mary, Christopher, Robert, Joanne, Jason, Carlene, David, Donna, George, Kelly, Marie, 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 Special Intentions of... His All Holiness Patriarch Bartholomew, Metropolitan Gregory, Fr. Stephen B., Fr. Thomas B., Protodeacon Gregory B., Michael L., Laura & family, Carlene, Georgia, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Andrea, Jason, Tyrone, Sarah, Amee,

Joshua, John, Kathryn, Rose, Charles, Justin *our diocesan seminarians:* Dcn Peter S, Nicolas W., Seamus M., Samuel L., Timothy P., Nicholas L., Alexander H., *and our Parish Council and Curators:* Lawrence, Subdeacon Ryan, Timothy, Rich, Elizabeth, Robert, Gina, John, Mary Jane, Katherine, Kenneth 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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***** NAMEDAY, BIRTHDAY, and ANNIVERSARY PRAYER LIST is being reset** – Our parish prayer list of key dates and special occasions in our lives will be reset going forward (starting 3/1/24). Please see Fr. Dave with any questions.

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June Namedays:

Tristan Bowser - St. Dunstan (6/1)

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

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June Birthdays:

June Sefscik (6/1), Pañi Eleni Stagon (6/5), Emily Opsitos (6/6), Gina Fall (6/8), Christina (Brancho) Chow (6/12), Makaela Kirish (6/12), Fr. Nicholas Mihaly (6/13), John Fucsko (6/15), Rebecca Zak (6/15), Julia Lanick (6/16/27), Aaron Zak (6/16), Katherine Chow (6/20), Donna (Lanick) Staub (6/20), Pañi Melissa Chendorain (6/20), Mary Jane Hudak (6/23), Margaret Spirnak (6/24), Pañi Marianna Bannon (6/25), Ryan Dzakony (6/28), *Father's niece,* Aislinn Verbanick (6/28), Fr. Paul Abernathy (6/29), Colton Gavulich (6/29), John Radick (6/29), Elizabeth Radomsky (6/29), Fr Miles Zdinak (6/29) *...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 *...through the prayers of St. Paul the Apostle, St. Mary Magdalene, & St. John Maximovitch.*

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For those preparing for Marriage...

Alexandra & Maxwell Anton, Allison & Michael, Francis & Alexandra *...through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

June Anniversaries:

Adam & Jean Zak (6/2/12)

Matt and Kim Opsitos (6/4/94)

Stephen & Jennifer Brancho (6/6/09)

Father's Parents, Dave & Andrea Urban (6/16/68)

John & Sarah Fucsko (6/18/11)

...through the prayers of St. Nicholas Planas

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For Pregnant Mothers... Carly (*due in June*), Allison (*October*), Lexi (*October*) *...through the prayers of St. Anna, the mother of the Theotokos, and St. Irene Chrysovalantou.*

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

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For the souls of the newly departed...

+His Grace, Bishop Matthias (5/4),

+Eleanor Sanger (5/2)

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

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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.*

THE ANGEL EXCLAIMED TO HER, "FULL OF GRACE, REJOICE O PURE VIRGIN. AGAIN I SAY REJOICE, YOUR SON IS RISEN FROM HIS THREE DAYS IN THE TOMB, AND HE HAS RAISED ALL THE DEAD. LET ALL PEOPLE REJOICE!"

O SHINE, O SHINE, O NEW JERUSALEM: FOR THE GLORY OF THE LORD IS RISEN UPON YOU. O ZION, SING WITH JOY AND REJOICE. AND YOU, PURE MOTHER OF GOD, REJOICE IN THE RESURRECTION OF YOUR SON.

ONLINE BONUSES



✝ON

A monk asked a holy man: how can we perform miracles? The holy Saint answered:

If you teach a person to read the Gospel, you have opened the eyes of the blind.

If you teach a person to help the needy, you have healed the paralyzed.

If you teach a person to go to church, you have healed the crippled.

If you lead someone to repentance, you have raised the dead.

Now go and perform miracles!

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Paschal Greeting in Greek: Khristós anésti! (Alithós anésti!)

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Paschal Greeting in Swahili: Kristo amefufukka! (Kweli amefufukka!)

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Paschal Greeting in Arabic: El Messieh kahm! (Hakken kahm!)

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Paschal Greeting in French: Le Christ est réssuscité! (En verite il est réssuscité!)

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THIS MONTH'S SERVICE SCHEDULE

SUNDAY, MAY 5 #Pascha - THE FEAST OF FEASTS 9:00 am Resurrection Matins with procession ~9:40 am Paschal Divine Liturgy

MONDAY, MAY 6 #BRIGHTWEEK FEAST OF ST. GEORGE 9:30 am Paschal Liturgy with Paschal Procession

WEDNESDAY, MAY 8 #BRIGHTWEEK 6:00 pm Akathist to the Holy Resurrection of Christ 6:30 pm Parish Council Meeting

FRIDAY, MAY 10 #BRIGHTWEEK 9:30 am Paschal Divine Liturgy

SUNDAY, MAY 12 - MOTHER'S DAY 2nd Sunday of Pascha: ANTIPASCHA, ST. THOMAS 9:20 Paschal Canon; 9:30 am Divine Liturgy Breaking of the Artos Bread

CANCELLED: SATURDAY, MAY 18 6:30 pm Akathist to the Inexhaustible Cup

SUNDAY, MAY 19 3rd Sunday of Pascha; Sunday of the Myrrhbearing Women; Joseph of Arimathea, & Nicodemus 9:20 am Paschal Canon; 9:30 am Divine Liturgy Monthly Memorial Panachida Youth Sunday and Church School Blessing of Graves

SUNDAY, MAY 26 4th Sunday of Pascha; Sunday of the Paralytic 9:20 am Paschal Canon; 9:30 am Divine Liturgy

CANCELED: TUESDAY, MAY 28 6:30 pm Feast Day Vespers

WEDNESDAY, MAY 29 FEAST OF MID-PENTECOST

9:30 am Divine Liturgy +++ +++ +++

COMMUNITY OUTREACH MINISTRY

to be announced soon +++ +++ +++

FEAST DAY FEATURES OF THE MONTH

to be added soon +++ +++ +++

ADDITIONAL BULLETIN BOARD ANNOUNCEMENTS

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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/

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*Mystery of Confession – Father is available to hear Confessions after every service or by appointment.

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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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CHURCH BUILDING UPDATE

Here is a brief update from the past few weeks: ✘** The push-matic electrical panel has been replaced (donated by an anonymous donor) ✘* Our outdoor maintenance shed is up (donated by an anonymous donor)

Glory to God for All Things!

Through your generosity and dedication, all of this is coming together – one thing at a time! Thank you! Many stewards keep coming to the church and working very hard to make improvements. May God grant you many years!

** Annual Church Picnic – “The Cabin” in North Park is booked for Sunday, September 8, 2024 for our end of summer picnic. Please save the date!

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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

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2023-24 SJB PARISH COUNCIL OFFICERS

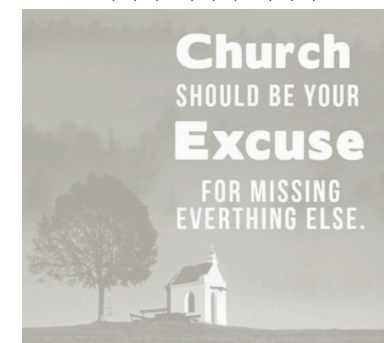
President: Lawrence Martin Vice-President: Subdeacon Ryan Ferko Treasurer: Timothy Martin, Reader Financial Secretary: Rich Mirilovich Recording Secretary: Elizabeth Radomsky Chief Auditor: Robert Fall Auditors: Gina Fall, John Kirish, Mary Jane Hudak, Kathy Schrmack (5th position open)

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ORTHODOXY AROUND DA 'BURGH AND OUR DIOCESE

** Pittsburgh Deanery Picnic – Are you interested in attending a picnic with our sister parishes this summer? Please let Fr. Dave know your thoughts...

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Paschal Greeting in Gaelic: Taw creest ereen! (Taw shay ereen guhdyne!)

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STEWARDSHIP SNIPPET

TIME, TALENT, AND TREASURES PARISH STEWARDSHIP OPPORTUNITIES:

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* **Grass Maintenance** – The new shed is up and the donated lawnmower and weedwhacker will be here this week. Please contact Fr. Dave if you are interested in being a part of a rotation of folks who will maintain the grass throughout the summer.

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* **Kitchen Crew** – Please see Fr. Dave if you would be willing to be on a committee to organize and clean the kitchen and storage room and then help keep it organized, stocked, and clean.

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** **Garbage and Recycling** – Did you ever notice that we do not have a dumpster at the church? Being non-residential without pick up in Allison Park, all of our garbage and recycling heads to stewards' houses. If you would be willing to stick around at the end of coffee social and take a bag, please let Larry know.

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** **Third Hour** – Prior to upcoming Liturgies, we will be chanting the Paschal Canon. After Ascension, we will return to chanting (or reading) the Third Hour. If you would like to be in the rotation for this, please let Fr. Dave know.

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** **Ride Share** – We have received a couple requests from people who are interested in getting a ride to the church. Please contact Fr. Dave or Larry if you would be willing to bring someone to the church.

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** **Additional Church Curators Needed** – A synonym for *curator* is *steward*. Please see Larry Martin if you are interested in being a *steward of their time* and be “on-the-door”. Our curator list needs expanded!

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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 its ministries, outreach, and general bill paying, your generosity and stewardship is needed.

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Giving at the Church – The “flow of traffic” is a little different in Allison Park, but the ways to give your stewardship treasures has not changed. One can:

- ✘ hand your offering to the curator who sits at the desk in the vestibule (to the right after you enter),
- ✘ there are multiple baskets around the church for you to drop your offering in, or
- ✘ when saying your prayers and lighting 2 candles, put your donation in the box in the candle stand.

We will continue to not “*pass the basket*” which interrupts our focus on our prayers.

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Stewardship of Treasure Guide														
Weekly offering to God through the Sunday Offertory - Will you take a step up?														
Weekly Income	Beyond a Tithel 15%	Tithe 12%	Upper Range Giving 10%	9%	8%	7%	6%	5%	4%	3%	2%	1%		
\$200	\$30	\$24	\$20	\$18	\$16	\$14	\$12	\$10	\$8	\$6	\$4	\$2		
\$300	\$45	\$36	\$30	\$27	\$24	\$21	\$18	\$15	\$12	\$9	\$6	\$3		
\$400	\$60	\$48	\$40	\$36	\$32	\$28	\$24	\$20	\$16	\$12	\$8	\$4		
\$500	\$75	\$60	\$50	\$45	\$40	\$35	\$30	\$25	\$20	\$15	\$10	\$5		
\$600	\$90	\$72	\$60	\$54	\$48	\$42	\$36	\$30	\$24	\$18	\$12	\$6		
\$700	\$105	\$84	\$70	\$63	\$56	\$49	\$42	\$35	\$28	\$21	\$14	\$7		
\$800	\$120	\$96	\$80	\$72	\$64	\$56	\$48	\$40	\$32	\$24	\$16	\$8		
\$900	\$135	\$108	\$90	\$81	\$72	\$63	\$54	\$45	\$36	\$27	\$18	\$9		
\$1,000	\$150	\$120	\$100	\$90	\$80	\$70	\$60	\$50	\$40	\$30	\$20	\$10		
\$1,100	\$165	\$132	\$110	\$99	\$88	\$77	\$66	\$55	\$44	\$33	\$22	\$11		
\$2,000	\$300	\$240	\$200	\$180	\$160	\$140	\$120	\$100	\$80	\$60	\$40	\$20		
\$3,000	\$450	\$360	\$300	\$270	\$240	\$210	\$180	\$150	\$120	\$90	\$60	\$30		

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

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A Prayer of Stewardship

Lord Jesus Christ, You are the good steward, who redeemed Adam and Eve of their failed stewardship by offering Yourself for the life of the world. You did teach us in the feeding of the multitudes that whatever we give to God is returned to us multiplied. You did praise those good and faithful servants in the parable of the talents who returned to the Master their gifts. So help us to learn the joy of stewardship, remembering that everything we have comes from You and belongs to You. We know, Lord, that we often live in fear of the future and insecurity. Help us to remember the lilies of the field and so to trust in Your providence. Grant to us a cheerful and generous spirit. Enkindle in the hearts of all Your people a zealous love for You. For You are the Good Steward, and to You we give thanks, praise and glory, together with Your Father and Your all holy good and life-giving Spirit now and ever and onto the ages of ages. Amen.

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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 (Memorial Service) for them.*

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LIVING THE ORTHODOX FAITH

Paschal Greetings from Around the World

The **Paschal greeting** is a custom among Orthodox Christians, consisting of a greeting and response. Instead of "hello" or its equivalent, one is to greet another person with "Christ is Risen!". The response is "Truly, He is risen!" (or "Indeed, He is risen!"). This greeting is used during liturgical services and informally at other times, starting with the [feast of Pascha](#) and lasting until [Ascension](#) – the period known as the *Paschal season* or *Paschaltide*.

In practice, this greeting is typically used only with people that one already knows are Orthodox. In some cultures (for example in Russia), it was also customary to exchange a triple kiss after the greeting. Orthodox Christians often compile lists of the greeting in various languages, as it is used around the world, and these are sometimes recited in church or in other formal settings as an act of Orthodox unity across languages and cultures.

Language	Greeting	Response
Aleut:	Khristus anahgrecum!	Alhecum anahgrecum!
Aleut:	Khristus agla-gikux!	Agangu-lakan agla-gikux!
Albanian:	Krishti U Ngjall!	Vertet U Ngjall!
Alutuq:	Khristus ungu-uixtuq!	Pijji-nuq ungu-uixtuq!
Amharic:	Kristos tenestwal!	Bergit tenestwal!
Anglo-Saxon:	Crist aras!	Crist sodhlice aras!
Arabic:	El Messieh kahn!	Hakken kahn!
Armenian:	Kristos haryav ee merelotz!	Orhnia eh harootyunuh kristosee!
Athabaskan:	Xristosi banuytashtch'ey!	Gheli banuytashtch'ey!
Bulgarian:	Hristos voskrese!	Vo istina voskrese!
Byelorussian:	Khrystos uvaskros!	Saprawdy uvaskros!
Chinese:	Helisituosi fuhuole!	Queshi fuhuole!
Coptic:	Pchristos aftooun!	Alethos aftooun!
Czech:	Vstal z mrtvých Kristus!	Vpravdě vstal z mrtvých!
Danish:	Kristus er opstanden!	Ja, sandelig opstanden!
Dutch:	Christus is opgestaan!	Ja, hij is waarlijk opgestaan!
English:	Christ is risen!	Indeed He is risen!
Eritrean-Tigre:	Christos tensiou!	Bahake tensiou!
Esperanto:	Kristo levigis!	Vere levigis!
Estonian:	Kristus on üles tõusnud!	Ta on tõesti üles tõusnud!

Language	Greeting	Response	Language	Greeting	Response
Ethiopian:	Christos t'ensah em' muhtan!	Exai' ab-her eokala!	Portuguese:	Cristo ressuscitou!	Em verdade ressuscitou!
Finnish:	Kristus nousi kuolleista!	Totisesti nousi!	Romanian:	Hristos a inviat!	Adevărat a învial!
French:	Le Christ est réssuscité!	En verite il est réssuscité!	Russian:	Khristos voskrese!	Voistinu voskrese!
Gaelic:	Taw creest ereen!	Taw shay ereen guhdyne!	Sanskrit:	Kristo'pastitaha!	Satvam upastitaha!
Georgian:	Kriste aghsdga!	Cheshmaritad aghsdga!	Serbian:	Hristos vaskrse!	Vaistunu vaskrse!
German:	Christus ist auferstanden!	Wahrlich Er ist auferstanden!	Slovak:	Christos vstal z mrtvych!	Vpravde vstal z mrtvych!
Greek:	Christos anesti!	Alithos anesti!	Spanish:	Cristo ha resucitado!	En verdad ha resucitado!
Hawaiian:	Ua ala hou 'o Kristo!	Ua ala 'I 'o no 'oia!	Swahili:	Kristo amefufukka!	Kweli amefufukka!
Hebrew:	Ha Masheeha houh quam!	Be emet quam!	Swedish:	Kristus är uppstånden!	Han är sannerligen uppstånden!
Hungarian:	Krisztus feltamadt!	Valoban feltamadt!	Syriac:	M'shee ho dkom!	Ha koo qam!
Ibo (Nigeria):	Jesu Kristi ebiliwo!	Ezia o' biliwo!	Tlingit:	Krisdos kuḡ wudigút!	X'éiga kuḡ wudigút!
Indian (Malayalam):	Christu uyirthezhunnettu!	Theerchayayum uyirthezhunnettu!	Turkish:	Hristos diril - di!	Hakikaten diril - di!
Indonesian:	Kristus telah bangkit!	Benar dia telah bangkit!	Ugandan:	Kristo ajukkide!	Kweli ajukkide!
Italian:	Cristo e' risorto!	Veramente e' risorto!	Ukrainian:	Khristos voskres!	Voistinu voskres!
Japanese:	Harisutos Fukkatsu!	Jitsu ni Fukkatsu!	Welsh:	Atgyfododd Crist!	Atgyfododd yn wir!
Javanese:	Kristus sampun wungu!	Tuhu sampun wungu!	Yupik:	Xris-tusaq Ung-uixtuq!	Iluumun Ung-uixtuq!
Korean:	Kristo gesso!	Buhar ha sho nay!	Zulu:	UKristu uvukile!	Ngempela uvukile!
Latin:	Christus resurrexit!	Vere resurrexit!		+++ +++ + + +	
Latvian:	Kristus ir augsham sales!	Teyasham ir augsham sales vinsch!			
Lugandan:	Kristo ajukkide!	Amajim ajukkide!			
Norwegian:	Christus er oppstanden!	Sandelig han er oppstanden!			
Polish:	Khristus zmartwyckwstal!	Zaprawde zmartwyckwstal!			

SPIRITUAL CONSIDERATIONS

Father is available to meet Monday thru Friday from 8:30am to 2:30pm 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 prepared or not of the Orthodox Faith may receive a *blessing* from the chalice.

How to receive - Please remember the following helpful hints aimed at helping to preserve the solemnity and safety of the Holy Mystery. Anyone wearing lipstick should remove it before receiving. Be sure to offer your baptismal name to the priest before receiving. Please take great care that the red cloth held by the acolytes (servers) is fully under your chin (*you should not hold it*), then use the centuries-old practice of receiving: please fully open your mouth, tilt your head back, receive the Holy Gifts, wait until they are securely in your mouth and so that none of the holy and precious Body and Blood of Christ is accidentally spilled. Thank you for your cooperation, and may God have mercy on us all!

Lapsed Members – You are always welcome home and we want you to come back! Generally speaking, sincere and regular participation in the Sunday Divine Liturgy and in the Mysteries of Confession and Communion 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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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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ONLINE PRAYER CORNER

Our Parish Prayer List for Special Intentions & 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. Stephen B., Fr. Thomas B., Protodeacon Gregory B., Michael L., Laura & family, Carlene, Georgia, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin *our diocesan seminarians*: Dcn Peter S, Nicolas W., Seamus M., Samuel L., Timothy P., Nicholas L., Alexander H., *and our Parish Council and Curators*: Lawrence, Subdeacon Ryan, Timothy, Rich, Elizabeth, Robert, Gina, John, Mary Jane, Katherine, Kenneth 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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*** **Nameday, Birthday, and Anniversary Prayer List is being reset** – Our parish prayer list of key dates and special occasions in our lives will be reset going forward (starting 3/1/24). Please see Fr. Dave with any questions.

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June Namedays:

Tristan Bowser - St. Dunstan (6/1)

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

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June Birthdays:

June Sefscik (6/1), Pañi Eleni Stagon (6/5), Emily Opsitos (6/6), Gina Fall (6/8), Christina (Brancho) Chow (6/12), Makaela Kirish (6/12), Fr. Nicholas Mihaly (6/13), John Fucsko (6/15), Rebecca Zak (6/15), Julia Lanick (6/16/27), Aaron Zak (6/16),

Katherine Chow (6/20), Donna (Lanick) Staub (6/20), Pañi Melissa Chendorain (6/20), Mary Jane Hudak (6/23), Margaret Spirnak (6/24), Pañi Marianna Bannon (6/25), Ryan Dzadony (6/28), *Father's niece*, Aislinn Verbanick (6/28), Fr. Paul Abernathy (6/29), Colton Gavulich (6/29), John Radick (6/29), Elizabeth Radomsky (6/29), Fr Miles Zdinak (6/29)

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

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For those preparing for Marriage...

Alexandra & Maxwell Anton, Allison & Michael, Francis & Alexandra...*through the prayers of Sts. Adrian & Natalia and all Holy Martyrs.*

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June Anniversaries:

Adam & Jean Zak (6/2/12)

Matt and Kim Opsitos (6/4/94)

Stephen & Jennifer Brancho (6/6/09)

Father's Parents, Dave & Andrea Urban (6/16/68)

John & Sarah Fucsko (6/18/11)

...through the prayers of St. Nicholas Planas

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For Pregnant Mothers... Carly (*due in June*), Allison (*October*), Lexi (*October*) *...through the prayers of St. Anna, the mother of the Theotokos, 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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Special Intentions – Did you ever wonder for what reasons would a person's name go under "For the Special Intentions of..." on our Prayer Page? A special intention request is very diversified! It could be when one is under extreme job stress, struggling with spiritual issues, infertility, dealing with the loss of a loved one... the list goes on. As with the other lists on our page, one does not have to be Orthodox to be added.

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Prayer requests – During the Great Entrance of the Divine Liturgy, prayers are said for the sick and those celebrating special occasions listed in the bulletin. If silent prayers are requested, they will be offered quietly at the Altar at all services. All those listed in the "Prayer Corner" are prayed for during the Proskomedia (*Preparation of the Bread and Wine for Communion*). Prayer requests will remain for (about) 40 days unless requested otherwise. Please let Fr. Dave know if you wish to make additions or subtractions (in the case of answered prayers) to our prayer list.

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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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A prayer for our Neighborhoods

by Archbishop Demetrios of America

I pray to you, God, for the families of my neighborhood. Visit them. Throw their troubles out of them and bring hope. Make the daily cares that devour the heart disappear. Present solutions to life's problems. Settle the disturbed relationships among members of different families whom I know or do not know. O Lord, remind the people of our area that You exist, that You are a strong and loving Protector. Keep away, Lord, anything that causes the disappearance of peace from souls, and the escape of sleep from our eyes. Stay a little while more tonight in our neighborhood. Spread peace along with the night. Let the harshness of the day and its struggles not spread over the night. Amen.

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