

“THE WEEKLY FORERUNNER” *Our Parish Weekly Bulletin*

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

A WARM WELCOME TO OUR GUESTS!

Glory be 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. 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.

UPCOMING SERVICES

SUNDAY, JUNE 23, 2024 vol. X

FEAST OF PENTECOST, TRINITY SUNDAY,
THE DESCENT OF THE HOLY SPIRIT; “RUSALJA”
Kneeling Prayers of Pentecost following Liturgy
A FAST FREE WEEK

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SUNDAY, JUNE 30, 2024

1st Sunday after Pentecost
Sunday of All Saints
9:15 am Third Hour
9:30 am Divine Liturgy with Fr. Robert Prepelka
Epistle: Hebrews 11:33-12:2
Gospel: Matthew 10:32-33,37-38,19:27-30
Tone 8; Liturgical Color: **GREEN**

MONDAY, JULY 1 #APOSTLESFAST

APOSTLES’ (PETER AND PAUL) FAST BEGINS

SATURDAY, JULY 6 #APOSTLESFAST

6:30 pm Feast Day Vespers

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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)

BULLETIN BOARD ANNOUNCEMENTS

THIS IS A TWO-WEEK BULLETIN

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*** **This Week** we return to adding “O Heavenly King” to our prayers and kneeling in prayer. This is also a Fast Free Week.

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*** **Last Call** for 2024 Palms and Pussywillows. They are located in the vestibule at this time.

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** **Holy Transfiguration Monastery in Ellwood City** is our Community Outreach this month. Along with a monetary donation that we will collect throughout the month, they can use items listed in the online bulletin. The deadline to bring items in is Sunday, July 7.

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* **Congratulations to our 2024 graduates:** Joanna Delaney (from Penn State University), Nicholas Ditmore (Thomas Jefferson High School), Matthew Mirilovich (Seneca Valley High School)

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* **Garden Blessing** – The time of year has come for getting our gardens blessed. (*The format of the blessing is similar to our annual home blessing.*) Please contact Fr. Dave if you are interested.

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* **Front 9 - Golf anyone?** The St. Alexander Nevsky Annual Golf Outing will be on **Monday, July 15** at Connoquenessing Country Club (Ellwood City) with Shotgun start at 9:30 am. Deadline to register is June 28. Please contact Alex Glisan (724-831-6466) with any questions.

COFFEE SOCIAL STEWARDS

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

June 30: _____?_____

*July 7: _____?_____

July 14: _____?_____

* *meatless during the fast*

ST. JOHN THE BAPTIST ORTHODOX CHURCH

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

OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings:	\$ 200
Candle Stewardship:	\$ 462
Envelope Stewardship:	\$ 238
Community Outreach:	\$ 100
Total Collections:	\$ 1000
Capital Improvement Fund:	\$ 175

Weekly Candle Intentions / Memorials were offered last week by the Nelson Family; Fred and Juliana Anton; Lawrence Martin; Tim Martin; Melanie Paieski; Cindy Pavilonis; +Eleanor Sanger; Kathy Schrmack

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The **Christ Candle Cross** was offered last week In Memory Of departed from the Urban and Popescu Families. May Their Memory Be Eternal!

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The **Theotokos Candle Cross** was offered last week for the health of the Urban and Popescu Families. Many Years!

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The **Vigil Lamp** was offered last week by Cindy Pavilonis IMO her father, +Joseph Pavilonis; and anonymously IMO departed Fathers and Godfathers of the St. John the Baptist family. May Their Memory Be Eternal!

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** **Christmas in July Craft Market** - St. Nicholas (903 Ann Street, Homestead, PA 15120) will host a vendor and craft event on **Saturday, July 20** from 10 am to 2 pm. Café Nikoli will be open along with a bake sale, 50/50, and basket raffles.

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** **Back 9 - Golf anyone?** The 48th Bob Pervuznik Sr. Memorial Golf Outing will be on **Saturday, August 3** at Meadowink Golf Course (Murrysville) sponsored by the St. John the Baptist Orthodox Church, East Pittsburgh. Deadline to register is July 20. Call or text Bob Pervuznik Jr. (412) 952-6962 if interested.

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** **Is your child registered yet?** The Pittsburgh Deanery Week at Camp Nazareth (339 Pew Road, Mercer, PA 16137) is **July 28 to August 3**. Registration for all campers, ages 8-18, is open. Information is available at: www.campnazareth.org. See Fr. Dave with any questions.

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THIS MONTH'S SERVICE SCHEDULE

MONDAY, JULY 1 #APOSTLESFAST

APOSTLES’ (PETER AND PAUL) FAST BEGINS

SATURDAY, JULY 6 #APOSTLESFAST

6:30 pm Feast Day Vespers

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SUNDAY, JULY 7 #APOSTLESFAST

FEAST OF THE NATIVITY OF ST. JOHN THE BAPTIST
Sunday of Regional Saints (*American and Rusyn*)

9:15 am Third Hour

9:30 am Divine Liturgy

WEDNESDAY, JULY 10 #APOSTLESFAST

6:30 pm Parish Council Meeting (*All are welcome to come and listen to the discussions at the meeting*)

THURSDAY, JULY 11 #APOSTLESFAST

6:30 pm Feast Day Vespers

FRIDAY, JULY 12 FEAST OF SAINTS PETER AND PAUL

9:30am Festal Divine Liturgy

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SUNDAY, JULY 14

9:15 am Third Hour; 9:30 am Divine Liturgy
Monthly Memorial Panachida

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SUNDAY, JULY 21

9:15 am Third Hour; 9:30 am Divine Liturgy
Youth Sunday

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SUNDAY, JULY 28

Commemoration of the Holy Fathers of the
First Six Ecumenical Councils
9:15 am Third Hour; 9:30 am Divine Liturgy

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SUNDAY'S SCRIPTURE READINGS

PENTECOST Epistle: Acts 2: 1-11

The Coming of the Holy Spirit

2 When the day of Pentecost had come, they were all together in one place. 2 And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. 3 And there appeared to them tongues as of fire, distributed and resting on each one of them. 4 And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance.

5 Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. 6 And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. 7 And they were amazed and wondered, saying, "Are not all these who are speaking Galileans?" 8 And how is it that we hear, each of us in his own native language? 9 Par'thians and Medes and E'lamites and residents of Mesopota'mia, Judea and Cappado'cia, Pontus and Asia, 10 Phryg'ia and Pamphyl'ia, Egypt and the parts of Libya belonging to Cyre'ne, and visitors from Rome, both Jews and proselytes, 11 Cretans and Arabians, we hear them telling in our own tongues the mighty works of God."

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PENTECOST Gospel: John 7: 37- 52; 8: 12

Rivers of Living Water

37 On the last day of the feast, the great day, Jesus stood up and proclaimed, "If any one thirst, let him come to me and drink. 38 He who believes in me, as the scripture has said, 'Out of his heart shall flow rivers of living water.'" 39 Now this he said about the Spirit, which those who believed in him were to receive; for as yet the Spirit had not been given, because Jesus was not yet glorified.

Division among the People

40 When they heard these words, some of the people said, "This is really the prophet." 41 Others said, "This is the Christ." But some said, "Is the Christ to come from Galilee?" 42 Has not the scripture said that the Christ is descended from David, and comes from Bethlehem, the village where David was?" 43 So there was a division among the people over him. 44 Some of

them wanted to arrest him, but no one laid hands on him.

The Unbelief of Those in Authority

45 The officers then went back to the chief priests and Pharisees, who said to them, "Why did you not bring him?" 46 The officers answered, "No man ever spoke like this man!" 47 The Pharisees answered them, "Are you led astray, you also?" 48 Have any of the authorities or of the Pharisees believed in him? 49 But this crowd, who do not know the law, are accursed." 50 Nicode'mus, who had gone to him before, and who was one of them, said to them, 51 "Does our law judge a man without first giving him a hearing and learning what he does?" 52 They replied, "Are you from Galilee too? Search and you will see that no prophet is to rise from Galilee."

Jesus the Light of the World

12 Again Jesus spoke to them, saying, "I am the light of the world; he who follows me will not walk in darkness, but will have the light of life."

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Sunday, June 30: Epistle: Hebrews 11:33-12:2

33 who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, 34 quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. 35 Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. 36 Others suffered mocking and scourging, and even chains and imprisonment. 37 They were stoned, they were sawn in two, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated— 38 of whom the world was not worthy—wandering over deserts and mountains, and in dens and caves of the earth. 39 And all these, though well attested by their faith, did not receive what was promised, 40 since God had foreseen something better for us, that apart from us they should not be made perfect.

The Example of Jesus

12 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with perseverance the race that is set before us, 2 looking to Jesus the pioneer and perfecter of our faith, who for

the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

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Sunday, June 30: Gospel:

Matthew 10:32-33,37-38,19:27-30

32 So every one who acknowledges me before men, I also will acknowledge before my Father who is in heaven; 33 but whoever denies me before men, I also will deny before my Father who is in heaven.

37 He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me; 38 and he who does not take his cross and follow me is not worthy of me.

27 Then Peter said in reply, "Lo, we have left everything and followed you. What then shall we have?" 28 Jesus said to them, "Truly, I say to you, in the new world, when the Son of man shall sit on his glorious throne, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. 29 And every one who has left houses or brothers or sisters or father or mother or children or lands, for my name's sake, will receive a hundredfold, and inherit eternal life. 30 But many that are first will be last, and the last first.

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PRAYER CORNER

Return to Kneeling in Prayer – At the Vespers service Sunday evening on Pentecost, the kneeling prayers are recited. (*We started them this morning after the Divine Liturgy.*) The Orthodox community now returns to kneeling in prayer (*except on Sundays*) and reciting *O Heavenly King*.

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O Heavenly King (*Carju Nebesnyj*)

O heavenly King, the Comforter; the Spirit of Truth, Who are in all places and fill all things; Treasury of blessings and Giver of life, come and dwell within us and cleanse us from every blemish and save our souls, O blessed One. Amen.

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For the Health of... Helen, Cynthia, Barbara, Nicholas, Patrick, Thomas, Paul, Mary, Cheryl, 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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July Namedays:

Rich Mirilovich - St. John the Baptist (7/7)
Craig Bowser - Holy & All-glorious Apostle Peter (7/12)
Margaret (Peggy) Rusnak - Great Martyr Marina of Antioch (7/30)

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

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July Birthdays:

Joanna Delaney (7/2), Pañi Stacey Mihaly (7/5), Felix Matolyak-Ferraz (7/6), Charles Deluca (7/8), *Father's Godfather*, Richard Babbie (7/9), *Pañi's Grandmother*, Maria Alexa (7/11), Emilia Zak (7/11), Jean Zak (7/12), Ben Scherer, Sr. (7/14), Pañi Joanna Ferencz (7/17), Mark Tongel (7/17), Alaina Anton (7/18), Fr Michael Chendorain (7/18), Fr Luke Mihaly (7/18), *Father's Godson*, Nathaniel Salio (7/21), Jennifer Brancho (7/22), Robert Fall (7/22), Lynn Mainolfi (7/23), Carol Fucsko (7/27), Barbara Gedid (7/27), Ryan Gogal (7/27), Demetrie Ernest Pido (7/27), Samuel Schrmack (7/27), Doug Delaney (7/28), Fr Stephen Lopusky (7/28), Luke Tongel (7/30), *Pañi's brother*, Florin Popescu (7/30), Fr. George Ellis (7/31)

...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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July Anniversaries:

Fred & Juliana Anton (7/20/63)
Alexei & Patrick Wertz (7/24/21)
...through the prayers of St. Nicholas Planas

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For the souls of the newly departed...

+Mary Evelyn Steiner (5/25)
...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God's Memory!

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ONLINE BONUSES

Monday of the Holy Spirit

The Orthodox Church commemorates today, on Monday of the Holy Spirit, the Third Person of the Holy Trinity, the Holy Spirit. “[I believe] in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father, who with the Father and the Son is adored and glorified [...]” In the Holy Trinity, there are three Persons: The Father, the Son and the Holy Spirit. The Holy Spirit proceeds eternally from the Father beyond the limits of time. It descended to the world on the day of Pentecost, as the Second Person of the Holy Trinity, the Son and Word of God. According to the Credo, these three Persons are united indivisibly and without confusion. We thus worship the Holy Spirit in the same way we worship the Father and the Son. St. John Chrysostom said: “The gifts of the Holy Spirit go beyond human reason. So, let us all rejoice together and worship our Lord. It is a holiday and a celebration for us today. We recently commemorated the Cross, the Passion, the Resurrection, and then the Ascension of Jesus Christ. It is the feast of the feasts today; The fulfilment of the Lord’s promises. Thanks to the power of the Holy Spirit, we washed out the sin and our souls have become pure. We were human beings, but now we are angels. Our nature has not altered, we have maintained our human nature through which we were able to obtain characteristics of an angel. This week is dedicated to the Holy Spirit, and, therefore, we do not have to fast on Wednesday and Friday. Thus, the faithful are taught that fasting is not a goal that they have to achieve, but a way to live an ascetic life, to be self-restrained, and to reflect on the gifts of the Holy Spirit.

Source: *Church of Cyprus*

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LIVING THE ORTHODOX FAITH

So God, what is your plan for us? How do I know you really care?

By Fr. Chris Metropoulos

In the Orthodox Christian tradition, the question of whether God has a plan for us or if we are simply aimlessly spinning in the wind is a profound and complex one. Orthodox Christians believe in the sovereignty of God and His providential care for His creation, but they also recognize the importance of free will and the choices that we make. In this essay, we will explore the Orthodox Christian perspective on this question and delve into the theological and spiritual implications of God’s plan for us.

Orthodox Christians believe that God is the creator and sustainer of the universe, and that He has a perfect plan for His creation. This plan is one of love, redemption, and restoration, as God desires to bring all things into harmony with His will. The Orthodox Church teaches that God created each one of us with a unique purpose and calling, and that He has a specific plan for our lives. This plan is not predetermined or fixed, but rather it is dynamic and responsive to our choices and actions. At the same time, Orthodox Christians affirm the importance of free will and the choices that we make. God does not force His will upon us, but He invites us to cooperate with His plan and to align our will with His. This cooperation is essential for the fulfillment of God’s plan in our lives, as it allows us to participate in the work of redemption and transformation. Our choices matter, and they have real consequences in shaping our spiritual journey and our relationship with God.

In the Orthodox Christian tradition, there is a strong emphasis on discerning the will of God and seeking His guidance in all aspects of our lives. This process of discernment involves prayer, reflection, and seeking the counsel of spiritual mentors and guides. By listening to the voice of God in the depths of our hearts and being open to His leading, we can discern His plan for us and take steps to fulfill it. This process is not always easy or straightforward, but it is essential for our growth and spiritual development.

The Orthodox Church teaches that God’s plan for us

is ultimately a plan of salvation and sanctification. God desires for us to be conformed to the image of His Son, Jesus Christ, and to participate in the divine life of the Holy Trinity. This process of transformation involves purification, illumination, and deification, as we are gradually freed from sin and selfishness and become united with God in love and communion. God’s plan is to make us holy and whole, to heal our brokenness and restore us to our true selves.

In the Orthodox Christian tradition, God’s plan for us is not limited to our individual lives, but it encompasses the entire cosmos. God’s plan is cosmic in scope, as He is working to bring all creation into harmony and unity. The Orthodox Church teaches that all of creation is interconnected and interdependent, and that God’s plan involves the renewal and restoration of all things. This cosmic perspective reminds us of the interconnectedness of all life and the importance of caring for the environment and all living beings.

In light of this cosmic perspective, Orthodox Christians are called to be stewards of God’s creation and to participate in His plan for the redemption of the world. This stewardship involves caring for the earth, working for justice and peace, and seeking the well-being of all people. By aligning our actions with God’s plan for creation, we can contribute to the healing and renewal of the world and help to bring about the Kingdom of God on earth.

While Orthodox Christians believe in God’s providential care and His plan for our lives, they also recognize the mystery and complexity of His ways. God’s plan is not always easy to discern, and it may involve suffering, trials, and challenges. The Orthodox Church teaches that God can bring good out of even the darkest situations, and that His plan is ultimately one of love and mercy. In times of uncertainty and difficulty, Orthodox Christians are called to trust in God’s promises and to hold onto hope, knowing that He is always working for our ultimate good.

In the Orthodox Christian tradition, the concept of synergy plays a key role in understanding God’s plan for us. Synergy refers to the cooperation between God and humanity in the work of salvation. While God is

the primary actor in the process of redemption, He invites us to participate in His work and to collaborate with Him in bringing about His plan. This collaboration involves our willingness to surrender to God’s will, to trust in His guidance, and to take action in response to His call.

Through synergy, God empowers us to become co-creators with Him, shaping our lives and the world according to His plan. This collaborative relationship with God is a source of hope and joy, as it reminds us of our dignity and worth as beloved children of God. It is a reminder that we are not alone in our journey, but that God is with us every step of the way, guiding, supporting, and empowering us to fulfill His plan for us.

Finally, the Orthodox Christian perspective on God’s plan for us is one of profound mystery and beauty. Orthodox Christians believe that God has a perfect and loving plan for each one of us, a plan of salvation, transformation, and communion. This plan is not predetermined or fixed, but it is dynamic and responsive to our choices and actions. God invites us to cooperate with Him, to align our will with His, and to participate in the work of redemption and restoration. While the question of whether God has a plan for us or if we are just tops spinning in the wind may remain a mystery, the Orthodox Christian faith offers a perspective of hope, purpose, and meaning. As we navigate the uncertainties and challenges of life, may we trust in God’s providential care, seek His guidance, and align our will with His, knowing that He has a perfect plan for us that is filled with love, grace, and abundant life.

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LIVES OF THE SAINTS

THE PRIESTMARTYR TIMOTHY, BISHOP OF PRUSSA (BITHYNIA)

Commemorated on June 23/10

The PriestMartyr Timothy, Bishop of Prussa (Bithynia), received from the Lord the gift of wonderworking because of his purity and sanctity of life. At Prussa he converted many pagans to the faith in Christ. The emperor Julian the Apostate (361-363), upon hearing about Saint Timothy had him locked up in prison, but even there also the saint continued to

preach the Gospel. Julian forbade him to anymore teach about the Name of Jesus Christ, but the saint continued to spread about the Christian faith. Finally, the emperor gave orders to behead the saint. The holy relics of the saint were afterwards transferred to Constantinople.

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COMMUNITY OUTREACH MINISTRY

Holy Transfiguration Monastery in Ellwood City is our Community Outreach this month. Along with monetary donations that we will collect throughout the month, here is last year's list that they requested assistance with:

- ✓ LED Light bulbs
- ✓ AA and AAA Batteries
- ✓ Match Books
- ✓ Zip lock bags
- ✓ Bottles of Water
- ✓ Canned fuzzy water
- ✓ Tuna in water
- ✓ Toilet paper
- ✓ Facial Tissues
- ✓ Paper towels
- ✓ Napkins
- ✓ Tall white kitchen trash bags
- ✓ Black trash bags
- ✓ White plastic knives
- ✓ White plastic spoons
- ✓ 10 or 12 oz. paper cups for cold drinks
- ✓ Chlorox bathroom cleaner
- ✓ 409 type cleaner
- ✓ Chlorox bleach cleaner
- ✓ Simple green (gallon size)
- ✓ Windex
- ✓ Dawn dish soap
- ✓ Salted mixed nuts
- ✓ Raisins
- ✓ Coffee mate non dairy creamer powder (small sizes)
- ✓ HE Laundry detergent
- ✓ Fabric softener
- ✓ Canola oil
- ✓ Honey
- ✓ Cooking spray

Fr. Dave will update this list if changes are requested

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FEAST DAY FEATURES OF THE MONTH

The 3rd Discovery of the Venerable Head of John, the Holy Prophet, Fore-Runner, and Baptizer of the Lord

Commemorated on June 7 / May 25

The Third Discovery of the Venerable Head of the Holy Prophet, Fore-Runner and Baptist of the Lord John occurred in about the year 850 (the account about the First and Second Discoveries is located under 24 February). During the time of unrest at Constantinople connected with the exile of Sainted John Chrysostom (Comm. 13 November), the head of Saint John the Fore-Runner was found in the city of Emesia. It was transferred from there during the time of Saracen raids (about 820-820) to Komana and there – during a period of iconoclast persecution, it was hidden in the ground. When the veneration of icons was restored, Patriarch Ignatios (847-857) during the time of prayer at night was shown in a vision the place, where the head of Saint John the Fore-Runner was concealed. The hierarch communicated this to the emperor, who dispatched a delegation to Komana, and there the head was found a third time at the place decreed by the patriarch in about the year 850. Afterwards the head was again transferred to Constantinople, and here on 25 May it was placed in a church at the court. Part of the head is located at Athos. In memory of the Third Discovery of the Head of the Baptist of the Lord John, the celebration is on 25 May.

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Pentecost (also called *Descent of the Holy Spirit* or *Trinity Day*)

The Orthodox Church sees Pentecost as the final fulfillment of the mission of Jesus Christ and the first beginning of the messianic age of the Kingdom of God, mystically present in His Church. It is traditionally called the beginning of the One Holy Catholic and Apostolic Church.

Besides celebrating the coming of the Holy Spirit, the feast also celebrates the full revelation of the divine Trinity, Father, Son, and Holy Spirit. Hymns of the Church, celebrate the sign of the final act of God's self-disclosure to the world of His creation.

To Orthodox Christians, the feast of Pentecost is not just a celebration of an event in history. It also is a celebration of their membership in the Church. They have lived Pentecost and received "the seal of the gift of the Holy Spirit" in the sacrament of chrismation.

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ADDITIONAL BULLETIN BOARD ANNOUNCEMENTS

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*** **Third Hour** – Prior to recent Liturgies, we have been chanting the Paschal Canon. After Ascension (on Thursday), we will return to chanting (or reading) the Third Hour. If you would like to be in the rotation for this or have any questions, please see Fr. Dave.

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THIRD HOUR

Please let Fr. Dave know if you are interested in reading or chanting the Third Hour at 9:15 am

June 16:	Ken Parks
June 23:	_____?
June 30:	_____?

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** **Thank You** to the St. Nicholas Choir of Homestead for singing the responses to today's Divine Liturgy! May your stewardship to the church be rewarded in the Heavenly Kingdom! Many Years! Christ is risen!

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*)
- ✘ *upcoming projects include an outdoor sign, new doors, and drywall in the nave of the church.*

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!

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VISIT OUR DIOCESE ON-LINE

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

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

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

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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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Spiritual Vitamin:

"If we ourselves do not learn humility, God will not stop humbling us,"
Elder Thaddeus(Strabulovich) of Vitovnica

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, Ameer, 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)

Kira & Michael Fischer (6/7/03)

Audrey & Florian Rajakovich (6/9/96)

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*), 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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