

# “THE WEEKLY FORERUNNER” *Our Parish Bulletin*

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

## UPCOMING SERVICES

**SUNDAY, SEPTEMBER 1, 2024** vol. X

After-feast Of The Dormition  
10<sup>th</sup> Sunday after Pentecost  
+Martyr Andrew Stratelates (3<sup>rd</sup> c)  
Blessing of Flowers & Herbs

**WEDNESDAY, SEPTEMBER 4**

**6:00 pm** Moleben to St. Nectarios with Anointing  
6:30 pm Parish Council Meeting (*All are welcome to come & listen to the discussions at the meeting*)

**FRIDAY, SEPTEMBER 6**

9:30 – 11:30 am Church open for personal prayer  
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**SUNDAY, SEPTEMBER 8**

11<sup>th</sup> Sunday after Pentecost  
Martyrs Adrian and Natalia  
9:15 am Third Hour  
9:30 am Divine Liturgy  
Epistle: 1 Corinthians 9:2-12  
Gospel: Matthew 18:23-35  
Tone 2; Liturgical Color: **Gold**  
God-Parent Sunday  
Monthly Memorial Panachida for: +Irene (Rusnak)  
Kurtz (27-year), +Mary Mirilovich (22-yr),  
+Leona (Smoley) Hawke (4-yr), God loving  
Bishop John R Martin (40-yr)  
~11:30 am Parish Family Picnic w/ Pot-luck meal

**TUESDAY, SEPTEMBER 10**

6:30 pm Feast Day Vespers

**WEDNESDAY, SEPTEMBER 11** - *A day of strict-fasting*

FEAST OF THE BEHEADING OF ST. JOHN THE BAPTIST  
9:30 am Festal Divine Liturgy  
Panachida for those who lost their lives from  
terrorist attacks

**SATURDAY, SEPTEMBER 14**

ECCLESIASTICAL (LITURGICAL) NEW YEAR  
9:30 am Moleben for the New Year  
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**THANK YOU FOR YOUR HARD WORK  
AND STEWARDSHIP**

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## BULLETIN BOARD ANNOUNCEMENTS

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

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\* **Church School Teachers** are needed! Please contact Fr. Dave if you are interested

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\* **Fall Retreat** – On Saturday, **September 7** Frederica Mathewes-Green will lead a retreat entitled “The Church’s Unborn Witness to Life” at St. Alexander Nevsky (8290 Thompson Run Road) from 9:30 to 3:00. The 2 sessions will be: *Pro-Life Orthodoxy Through the Centuries* and *Post-Abortion Women Speak*. Registratoin Deadline is TODAY 9/1.

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\*\* **Godparent Sunday** – Our Annual Godparent Sunday celebration will be on **Sunday, September 8**. It is a day to honor them and to encourage the growth of this spiritual relationship. We need to keep the Spiritual bonds alive with our God-parents and God-children. Even more important, we need to keep our life united with our Lord, Jesus Christ. This unites us with one another.

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## 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

## THIS WEEK’S BULLETIN IS SPONSORED

In memory of +Helen Kailyar (26-years)  
May she be remembered in God’s Memory  
forever! Eternal Memory!

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\*\* **SJB Family Parish Picnic** – Who will you invite to our Parish Picnic on **Sunday, September 8?** Everybody reach out to someone and invite them to our Annual Picnic starting after the Divine Liturgy (~11:30 am) till dusk at the Cabin in North Park at 1370 Ingomar Road, Allison Park, PA 15101. If you have not already done so, please sign up on the food sheet on the coffee prep area so we know what people will be bringing. Plan to bring a “camping chair” if you wish and sit outside as the following outdoor games (*at minimum*) will be available: corn hole, badminton, yard jenga, croquet, ladder ball, and (*weather pending*) water balloons...

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\*\* **SJB Yearly Parish Meeting** will be on **Sunday, September 15** following the Divine Liturgy. New Proposals for the Meeting need to be submitted to Larry Martin or Ryan Ferko prior to the meeting. All proposals are much appreciated! Anyone interested in being an officer on the Parish Council, also please see Larry or Ryan. This is the second Official Notice for the meeting.

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\*\* **Initiation of the Catechumens** – Last Sunday we enrolled Barbara and Tyler into the catechumenate. They begin their next step in becoming a member of the Orthodox Church. Let us continue to keep Barbara and Tyler in our personal prayers! (*\*When previous catechumens were received into the church, these prayers were done at the time of their reception into the Faith. Separating the prayers is becoming a more common practice.*)

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\*\*\* **Resignation** – In August Mary Jane Hudak resigned from her Parish Council position. We thank her for her years of stewardship to the parish! May God grant you Many Years!

## OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings: \$ 140  
Candle Stewardship: \$ 96  
Envelope Stewardship: \$ 133  
Community Outreach: \$ 33

**Total Collections: \$ 452**

**Capital Improvement Fund: \$ 25**

**Fundraising Account (from hall rental): \$ 500**

*Participating Souls - Sunday Liturgy: 39*

*Tuesday Feast Day Vespers: 5*

*Wednesday Feast Day Liturgy: 3*

**Weekly Candle Intentions / Memorials** were offered last week by the Nelson Family; Carol and Tom Lorenzi; Lawrence Martin; Tim Martin; Kathy Schrmack; Fred and Juliana Anton; Cindy Pavidonis

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\* **Coat Drive LAST CALL** - Do you have a clean coat or two that you have not worn since before our last coat drive but it is still in good condition? We are now collecting clean coats and jackets to donate to the Neighborhood Resilience Project (NRP) [*Formerly FOCUS Pittsburgh (who provide Food, Occupation, Clothing, Understanding, and Shelter to those who are in need)*]. Please place your clean coat(s) on the coat rack in the downstairs hallway this month.

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## COFFEE SOCIAL STEWARDS

*Please sign up by the kitchen or by contacting Fr. Dave*  
September 8, Godparent Sunday: *Parish Picnic*  
*Pot-Luck at North Park*

September 15, Yearly Meeting: \_\_\_\_\_?

September 22: \_\_\_\_\_?

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\* **Home Blessings** – Our Annual Home Blessings began on **August 14** after the Lesser Blessing of Water was called for. Fr. Dave is looking forward to visiting every home this Aug, Sept, or Oct. **Schedule with Fr. Dave today.**

\*\*\* **St Macrina Orthodox Homeschool Co-op** - The Mission of the St. Macrina Orthodox Homeschool Co-op strives to \* promote spiritual growth for children and parents \* cultivate friendships among children and parents \* provide learning opportunities in subject areas that fall outside what is focused on at home \* go on field trips and other group outings.

They meet weekly on **Tuesdays from 9am-1pm** at St. Nicholas Orthodox Cathedral in Oakland, Pittsburgh, PA. The day begins with a brief Matins service and a short lesson in the church. The children then head to the gym for an organized game, sport, or exercise. They then split into groups based roughly on age for further lessons or activities. They finish with a potluck meal and free time. Parents are expected to volunteer in some capacity - the amount of commitment varies from season to season and year to year. The group currently includes students from grades preK to 6<sup>th</sup>, plus a nursery room for younger children. If you are interested in more information, please fill out the form at: <https://forms.gle/3qpwyv7gTEbby11w9>.

For any other questions don't hesitate to reach out to Laura Powell: [powell.laurabeth@gmail.com](mailto:powell.laurabeth@gmail.com) or Maria Gavrilos: [mariagavrilos13@gmail.com](mailto:mariagavrilos13@gmail.com)

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## LIVES OF THE SAINTS

### THE MARTYR ANDREW (ANDREIOS) STRATELATES

*Commemorated on September 1 / August 19*

The Martyr Andrew (Andreios) Stratelates was a military commander in the Roman armies during the reign of the emperor Maximian (284-305). They loved him in the Roman armies because of his bravery, invincibility and sense of fairness. When a large Persian army invaded the Syrian territories, the governor Antiochus entrusted Saint Andrew with the command of the Roman army, giving him the title of "Stratelates" ("Commander-General"). Saint Andrew chose for himself a not large detachment of brave soldiers and proceeded against the adversary. His soldiers were pagans. Saint Andrew himself had still not accepted Baptism, but he believed in Jesus Christ. Before the conflict he persuaded the soldiers, that the pagan gods – were demons and unable to render help

in battle. He proclaimed to them Jesus Christ, the omnipotent God of Heaven and earth, giving help to all believing in Him. The soldiers went into battle, calling on the help of the Saviour. The not large detachment set to flight the numerous host of the Persians. Saint Andrew returned from the campaign in glory, having gained a total victory. But the jealous reported on him to the governor Antiochus, that he – was a Christian, converting to his faith the soldiers under his command. Saint Andrew was summoned to trial, and there he declared his faith in Christ. For this they subjected him to torture. He reclined himself upon a bed of white-hot copper, but as soon as he recoured to help from the Lord, the bed became cool. They crucified his soldiers on trees, but not one of them renounced Christ. Having locked the saints away in prison, Antiochus dispatched the report of charges on to the emperor, being undecided on whether to impose the death sentence upon the acclaimed victor. The emperor knew, how the army loved Saint Andrew, and fearing a mutiny, he gave orders to free the martyrs, and secretly he ordered that each under some pretext be executed separately.

Having been set free, Saint Andrew together with his fellow soldiers went on to the city of Tarsus. There the local bishop Peter and bishop Nonos of Beroeia baptised them. Then the soldiers proceeded on to the vicinity of Taxanata. Antiochus wrote a letter to the governor of the Cilicia region Seleukos, that under the excuse of deserting their military standards he should overtake the company of Saint Andrew and kill them. Seleukos came upon the martyrs in the passes of Mount Tauros, where they were evidently soon to suffer. Saint Andrew, calling the soldiers his brothers and children, urged them not to fear death. He prayed for all who would honour their memory, and besought the Lord to send a curative spring on the place where their blood would be shed. At the time of this prayer the steadfast martyrs were beheaded with swords (+ c. 302). During this time a spring of water issued forth from the ground. Bishops Peter and Nonos, with their clergy secretly following the company of Saint Andrew, buried their bodies. One of the clergy, suffering for a long time from an evil spirit, drank from the spring of water and at once he was healed.

Reports about this spread amongst the local people and they started to come to the spring, and through the prayers of Saint Andrew and the 2593 Martyrs suffering with him, they received gracious help from God.

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## SUNDAY'S SCRIPTURE READINGS

*Epistle: 1 Corinthians 4:9-16*

<sup>9</sup>For I think that God has exhibited us apostles as last of all, like men sentenced to death; because we have become a spectacle to the world, to angels and to men. <sup>10</sup>We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. <sup>11</sup>To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, <sup>12</sup>and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; <sup>13</sup>when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the offscouring of all things.

**Fatherly Admonition**

<sup>14</sup>I do not write this to make you ashamed, but to admonish you as my beloved children. <sup>15</sup>For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel. <sup>16</sup>I urge you, then, be imitators of me.

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*Gospel: Matthew 17:14-23*

**Jesus Cures a Boy with a Demon**

<sup>14</sup>And when they came to the crowd, a man came up to him and kneeling before him said, <sup>15</sup>"Lord, have mercy on my son, for he is demented and he suffers terribly; for often he falls into the fire, and often into the water. <sup>16</sup>And I brought him to your disciples, and they could not heal him." <sup>17</sup>And Jesus answered, "O faithless and perverse generation, how long am I to be with you? How long am I to bear with you? Bring him here to me." <sup>18</sup>And Jesus rebuked him, and the demon came out of him, and the boy was cured instantly.

<sup>19</sup>Then the disciples came to Jesus privately and said, "Why could we not cast it out?" <sup>20</sup>He said to them, "Because of your little faith. For truly, I say to you, if you have faith as a grain of mustard seed, you will say

to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you. <sup>21</sup>But this kind never comes out except by prayer and fasting."

**Jesus Again Foretells His Death and**

<sup>22</sup>As they were gathering in Galilee, Jesus said to them, "The Son of man is to be delivered into the hands of men, <sup>23</sup>and they will kill him, and he will be raised on the third day." And they were greatly distressed.

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## PRAYER CORNER

*For the Health of...* Joseph, Suzanne, Nicholas, Sherry, Charles, William, Boyd, Millicent, Michelle, Mary, Sianna, Kevin, Helen, Barbara, Thomas, Paul, Mary, Cheryl, Robert, Joanne, Jason, Carlene, Kelly, 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...*

+David French (8/14), +George Myers (8/12), +Gwen Patten (8/10), +Albert "Terry" Kulics (8/9), +Nicholas Fuga (8/8), +Kathleen Mahar (8/7), +Carol Greenwald (7/20) ...*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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**A Prayer to the Theotokos**

Hail Mary, full of grace, O Virgin Birthgiver of God, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have given birth to Christ, the Savior and deliverer of our souls.

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**A Hymn to the Theotokos**

You are truly deserving of glory, \*  
O Birthgiver of God \* The ever blessed and most pure mother of our God \* More honorable than the Cherubim \* And beyond compare more glorious than the Seraphim \* Who as a virgin gave birth to God the Word \*  
True Birthgiver of God, \* we magnify you!

## ONLINE BONUSES

## LIVING OUR FAITH

### TITLES OF THE MOTHER OF GOD IN THE ORTHODOX CHURCH

#### PANAGIA (“MOST-HOLY”)

The Mother of God is named Most Holy because she is the perfect example of cooperation between God and man’s free will: “Behold the handmaid of the Lord; be it unto me according to thy word.”

#### MOST-PURE

She was sinless, except for the inherited sin of all humanity, of which she was purified through the conception of the Son of God.

#### MOST-BLESSED, GLORIOUS LADY

The Church honors the Mother of God, because she made possible the coming of God the Son into the world, which means salvation would have been impossible without her obedience to God’s will.

#### THEOTOKOS (“BIRTH-GIVER OF GOD”)

Theotokos is the Greek word meaning “Birth-Giver of God”. This name was approved at the 3rd Ecumenical Council in Ephesus (in 431) in order to combat the heresy of Nestorius.

#### EVER-VIRGIN

The Mother of God is Ever-Virgin, more precisely she remained a virgin before, during, and after giving birth to our Lord Jesus Christ.

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#### VISIT OUR DIOCESE ON-LINE

Diocesan Website: [www.acrod.org](http://www.acrod.org)  
Camp Nazareth: [www.campnazareth.org](http://www.campnazareth.org)  
FB: [www.facebook.com/acroddioecese](https://www.facebook.com/acroddioecese)  
Twitter: [twitter.com/acrodnews](https://twitter.com/acrodnews)  
YouTube: [youtube.com/acroddioecese](https://youtube.com/acroddioecese)

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### 2024 Home Blessings

#### How to prepare for your home blessing?

1. See Fr. Dave, email him ([fr.sleepless@gmail.com](mailto:fr.sleepless@gmail.com)), call or text him (412-748-0148) today with your preferred windows of time for him to visit.
2. Have a white cloth (*or white napkin*) placed on the dining room or kitchen table, an icon and/or a cross, and a candle to be lit. (*Fr Dave will provide the Holy Water for the blessing.*)
3. Have a list of names of those who live in the home (*including your pets*) and a list of the departed members of your family and friends you wish to have prayed for during the service.
4. Have all TVs, radios, and cell phones turned off.
5. Have on the table anything to be blessed (*such as an Icon, Cross, etc.*).
6. Participation is important! Have everyone in the family gather around the table and join in the blessing. Invite neighbors and friends over to be a part of this beautiful tradition as well!
7. If you need to discuss a personal matter, this is a good time to do so!

#### Home blessings will take place from August 14 through October 14

It would be ideal if Father could come on a weekday between 8:30am and 3:30pm. If this is not possible, certain evening, Saturday, and Sunday times will be available. Fr Dave looks forward to spending this time with your family!

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## ORTHODOX WORDS OF THE WEEK

An **inquirer** is a non-Orthodox person visiting an Orthodox Congregation regularly. Such inquirers are usually seeking to learn more about Orthodox Christianity, and are open to the possibility of becoming Orthodox Christians themselves. A person may remain an inquirer forever, but most will commonly move from this informal stage of inquiry to the more formal stage of becoming a Catechumen after, on average, a few months of regular attendance.

A **catechumen** is one who is preparing for baptism in the Church. In modern usage, *catechumen* can also refer to one who is preparing for chrismation (or

another form of reception) to be received from a non-Orthodox Christian community.

In the ancient Church, the **catechumenate**, or time during which one is a catechumen, often lasted for as much as three years and included not only participation in the divine services but also **catechesis**, formal instruction from a teacher, often the bishop or appointed catechist. The initial prayers of exorcism over the one being made a catechumen are the traditional manner of receiving a catechumen into the community of the Church.

Catechumens are understood to be Christians upon beginning their catechumenate, and should they die before baptism, they are traditionally given an Orthodox funeral.

As the Church eventually became the majority religion of the lands in which it sojourned, the catechumenate as an institution gradually died out in many places, as most Christians were being baptized shortly after birth. As Orthodoxy has moved into the West and Far East and begun gaining converts to the faith, the catechumenate has been significantly rejuvenated.

Catechetical instruction in Orthodoxy in America does not typically last the three years which was common in the time of St. John Chrysostom, but typically can last from six months to over a year, depending on the practice of the bishop, his jurisdiction, the practice of the priest, and the level of spiritual maturity of the catechumen.

The Orthodox Church has no formal **catechism**, a single body of work that details the specifics of its faith.

From: <https://orthodoxwiki.org/>

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## MONTHLY SCHEDULE

### SUNDAY, SEPTEMBER 1

After-feast Of The Dormition  
9:15 am Third Hour  
9:30 am Divine Liturgy  
Blessing of Flowers & Herbs

### WEDNESDAY, SEPTEMBER 4

**6:00 pm** Moleben to St. Nectarios with Anointing  
**6:30 pm** Parish Council Meeting (*All are welcome to come and listen to the discussions at the meeting*)

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### SUNDAY, SEPTEMBER 8

9:15 am Third Hour  
9:30 am Divine Liturgy  
God-Parent Sunday  
Monthly Memorial Panachida  
~11:30 am Parish Family Picnic w/ Pot-luck meal

### TUESDAY, SEPTEMBER 10

6:30 pm Feast Day Vespers

### WEDNESDAY, SEPTEMBER 11 - A day of strict-fasting

FEAST OF THE BEHEADING OF ST. JOHN THE BAPTIST  
9:30 am Festal Divine Liturgy  
Panachida for those who lost their lives from terrorist attacks

### SATURDAY, SEPTEMBER 14

ECCLESIASTICAL (*LITURGICAL*) NEW YEAR  
9:30 am Moleben for the New Year

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### SUNDAY, SEPTEMBER 15

9:15 am Third Hour  
9:30 am Divine Liturgy  
Youth Sunday  
Parish Yearly Meeting following Liturgy

### FRIDAY, SEPTEMBER 20

6:30 pm Feast Day Vespers

### SATURDAY, SEPTEMBER 21

FEAST OF THE NATIVITY OF THE THEOTOKOS  
9:30 am Festal Divine Liturgy

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### SUNDAY, SEPTEMBER 22

9:15 am Third Hour  
9:30 am Divine Liturgy

### THURSDAY, SEPTEMBER 26

6:30 pm Feast Day Vespers

### FRIDAY, SEPTEMBER 27 - A day of strict-fasting

FEAST OF THE ELEVATION OF THE HOLY CROSS  
9:30 am Festal Divine Liturgy

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### SUNDAY, SEPTEMBER 29

9:15 am Third Hour  
9:30 am Divine Liturgy

### MONDAY, SEPTEMBER 30

FEAST OF SAINT SOPHIA  
9:30 am Akathist to St. Sophia

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### LOOKING FURTHER AHEAD IN 2024

- Sep/Oct - Home Blessings Continue
- Sep 8 - God-Parents/God-Children Sunday
- Sep 8 - Parish Picnic at The Cabin in North Park
- Sep 15 – Annual Yearly Meeting
- Oct 6 - Feast of the Conception of St. John
- Oct 14 - Feast of the Protection of the Theotokos
- Oct 23 - Founding of St John’s Parish in 1932
- Oct 26 - Carpatho-Rusyn Day in North America
- Nov 8 - Feast of the Great Martyr Demetrius
- Nov 21 - Feast of the Holy Archangels
- Nov 28 - Moleben of Thanksgiving
- Nov 28 - Nativity Fast begins
- Dec 4 - Feast of the Entry of the Theotokos
- Dec 8 – St. Nicholas Charity Dinner to benefit Christ the Savior Seminary
- Dec 19 - Feast of St. Nicholas

**Please, Save the Dates!**

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## 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...)*

## SEP. COMMUNITY OUTREACH MINISTRY

coming soon...

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## FEAST DAY FEATURES OF THE MONTH

coming soon...

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## ADDITIONAL BULLETIN BOARD ANNOUNCEMENTS

**“Code” for reading the bulletin:**

\*\*\* = new news

\*\* = 2<sup>nd</sup> time in the bulletin

\* = at least the 3<sup>rd</sup> time in the bulletin

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

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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/](http://www.acrod.org/directories/cathedral/live/)

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**Calendar** - Future Services are updated online at:

[www.orthodoxpittsburgh.com/parish-calendar](http://www.orthodoxpittsburgh.com/parish-calendar)

*(Please see Fr. Dave if you want a printed copy)*

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**Joining the ACRY** – If you would like to become a part of our philanthropic organization of the ACRY (American Carpatho-Russian Youth), which is open to all ages, please contact Subdeacon Ryan Ferko at 484-744-2771 or [rferko85@yahoo.com](mailto:rferko85@yahoo.com).

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**\*\* Ride Share** – We were blessed to have a number of college students with us for our Student Blessing. When their schedules work out, they will need rides from Point Park, Duquesne, or Pitt. We have also received requests from a couple other people who are interested in getting a ride to the church. Please

contact Fr. Dave or Larry if you would be able to bring your “neighbor” to the church. ALSO – the idea of having an Uber Fund was brought up last week...

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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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**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 (*5<sup>th</sup> position open*)

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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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**STEWARDSHIP SNIPPET**

**TIME, TALENT, AND TREASURES  
 PARISH STEWARDSHIP OPPORTUNITIES:**

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**CHURCH BUILDING UPDATE**

*Here is a brief update from the past few weeks:*

- ✘ \* The Kitchen Storage Room has been modified, partially painted, new lights added, and additional shelves put in place.
- ✘ \* A new refrigerator is being researched.
- ✘ \* Quotes are being received for getting a French Drain in the front of the church and for the ground on the side and back to be re-graded (to keep water away from the building)

**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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**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. (*please grab the coffee grounds before taking the bag*)

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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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**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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**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 (2<sup>nd</sup> 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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**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%	Upper Range Giving 10%	8%	7%	Middle Range Giving 6%	5%	4%	Lower Range Giving 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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## 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, David, Donna, George, *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). If one of your special days is missing – please let Fr Dave know ASAP. See Fr. Dave with any questions.

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### September Namedays:

Pañi’s grandmother Maria Alexa - Nativity of Mary (NC 9/9)

Cora DZADONY - Martyr Coralia (9/14)

Maria Urban - Nativity of Mary (9/21)

Sophia Urban - Martyr Sophia (9/30)

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

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### September Birthdays:

Samuel Mainolfi (9/1), Dexter Torchia (9/1), Timothy Martin, Reader (9/2), Ruth Herbert (9/2), Ashley Wertz Andrekovich (9/2), Fr. Bob Teklinski (9/3), Pañi Deborah Zak (9/7), Tina Scherer (9/11), Pañi Andrea Cochran (9/14), Pañi Daria Loposky (9/16), Cindy Morrison (9/17), Bonnie Carlisle (9/18), Fr. Vincent Dranginis (9/19), Fr. Kenneth Ellis (9/19), Fr. Dave Urban (9/19), Fr. Matthew Moriak (9/20), Fr. David Smoley (9/20), Ron Nelson (9/22), *Father’s brother-in-law*, Brian Verbanick, Sr (9/22), Margaret (Peggy) Rusnak (9/24), Fr. R. Michael Zak (9/24), AJ (Matolyak) Ferraz (9/26), Cora Loren DZADONY (9/28), Andrew Mirilovich (9/28), Juliana Anton (9/29), Fr Dcn Art Steinstra (9/30) *...May God allow them to grow in peace and love all the days of their lives and may He grant them many and blessed years!*

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

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**For those preparing for Marriage...** Allison & Michael, Francis & Alexandra *...through the prayers of Sis. Adrian & Natalia and all Holy Martyrs.*

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### September Anniversaries:

Marianne & Steven Kubis (9/6/14)  
*Father’s sister*, Suzanne & Brian Verbanick (9/8/01)  
Barbara & Richard Gedid (9/17/83)  
Thomas & Carol Lorenzi (9/19/70)  
Charles & Allison Kretchek (9/26/15)  
John & Barbara Kirish (9/28/96)

*...through the prayers of St. Nicholas Planas*

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**For Pregnant Mothers...** Lexi (*due in 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 Proskomedion (*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 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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### 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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### An Orthodox Prayer Before A Journey

O Lord Jesus Christ *my/our* God, be *my/our* Companion, guide and protector during *my/our* journey. Keep *me/us* from all danger, misfortune and temptation. By Your divine power grant *me/us* a peaceful and successful journey and safe arrival. In You *I/we* place *my/our* hope and trust and You *I/we* praise, honor and glorify, together with Your Father and Holy Spirit now and forever and unto ages of ages. Amen.

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### A Prayer for College Students

Heavenly Father, please be with these students as they go where they do not know. As they seek to grow in knowledge, we ask that they grow in faith. As they start to conquer the world, we hope that they conquer their fears. As they strive to find their place, we pray that they find You. Please go where we cannot, protect when we cannot, give strength that we cannot, and bring them safely home. Amen.