

# “THE WEEKLY FORERUNNER” *Our Parish 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, NOVEMBER 17, 2024** vol. X

21<sup>st</sup> Sunday after Pentecost  
+Venerable Ioannicius the Great of Bithynia (846)  
IOCC SUNDAY; Youth Sunday

**WEDNESDAY, NOVEMBER 20**

6:30 pm Feast Day Vespers

**THURSDAY, NOVEMBER 21**

FEAST OF THE SYNAXIS OF THE ARCHANGEL  
MICHAEL AND THE OTHER BODILESS POWERS  
~~CANCELED: 9:30 am Festal Divine Liturgy~~

**FRIDAY, NOVEMBER 22**

9:30 – 11:30 am Church open for personal prayer  
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**SUNDAY, NOVEMBER 24**

22<sup>nd</sup> Sunday after Pentecost  
+Martyr Menas of Egypt (304)  
9:15 am Third Hour; 9:30 am Divine Liturgy  
Epistle: Galatians 6:11-18  
Gospel: Luke 10:25-37 (*8<sup>th</sup> Sunday of Luke*)  
Tone 5; Liturgical Color: **Gold**

**WEDNESDAY, NOVEMBER 27**

6:30 pm Moleben of Thanksgiving

**THURSDAY, NOVEMBER 28**

NATIVITY FAST BEGINS (PHILIP’S FAST / FILIPOVKA)

## COFFEE SOCIAL STEWARDS

*Please sign up by the kitchen or by contacting Fr. Dave*  
November 24: \_\_\_\_\_?

\* December 1: \_\_\_\_\_?

\* December 8: \_\_\_\_\_  
Sarandou Family  
*in honor of St. Catherine*

*\*meatless during the fast*

## BULLETIN BOARD ANNOUNCEMENTS

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

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\* **Orthodoxy on Tap (Café Edition for Young Adults)** - Come enjoy a talk by Fr. Thomas Soroka, coffee, treats, fellowship, and discussion about *Bridging Divides: How Orthodox Christians can love across political lines* **TODAY, Sunday, November 17** at 5:00 pm at Fresh Start Café, 46 W Pike Street, Canonsburg, PA 15317.

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\*\* **Website Assistance** – If you have basic online website skills and are interested in assisting with our parish page, please contact Fr. Dave ASAP.

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\*\*\* **Moving Sale and Retirement** – Fr. Michael Zak, our Dean, will be retiring at the end of this year. (*He will serve at St. Nicholas in Homestead through January 7.*) Congratulations and Many Years! With the retirement comes moving... There will be a **Moving Sale on Friday and Saturday, November 22-23** from 9 am to 6 pm in the hall at St. Nicholas (903 Ann Street, Homestead, PA 15120). Take a look through vintage Christmas items, Ukrainian Antiques, Home goods, Pittsburgh Sports Memorabilia, Crystal glassware, Disney Collectibles, and more! Contact Pañi Debbie with any questions (724-910-9716).

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\*\* **OCF** – Are you in college? Is your child or grandchild in college? How active is the local chapter of the OCF (Orthodox Christian Fellowship)? Please contact Fr. Dave with some details

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\* **Christmas Candy Sale** – We are selling Anderson Candy as a winter fundraiser. Brochures are on the tables in the hall. Orders are due to Tim Martin, Reader, by **NEXT WEEK, Nov 24**. Orders can be picked up on **Dec 1**. *The monies raised from this go into our Fundraising Account which is mainly used for our parish community outreach to help others.*

## 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

for the health of Millicent Skaine on her birthday.

May God grant her many years!

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\*\* **Pan-Orthodox Christmas Concert: “Sing Praises to Our God, Sing Praises”** – The Orthodox Clergy Brotherhood of Greater Pittsburgh is hosting a Pan-Orthodox Christmas Concert *featuring choirs from multiple Orthodox jurisdictions and the Pan-Orthodox Choir of Great Pittsburgh* on **Sunday, November 24** at 4:00 pm at St. Nicholas Orthodox Church (2110 Haymaker Road, Monroeville, PA). Fellowship will follow the concert in their hall. A Free-Will offering will be taken to benefit various Orthodox Charities.

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\*\*\* **Prayer Service of Thanksgiving** – We will offer the Moleben of Thanksgiving on **Wednesday, November 27** on the eve of our local holiday.

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\*\*\* **Winter Maintenance & Decorating Morning** - On **Saturday, December 7** our periodic parish maintenance morning will return! All are asked to come and help repair some little things, do a deep cleaning, and decorate for Christmas. Please sign up on the sheet in the hall if you are able to offer any of your time that morning.

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\* The **St Nicholas Charity Dinner**, sponsored by the Pittsburgh Deanery to benefit our Christ the Saviour Seminary, will be on **Sunday, December 8** at the Bulgarian-Macedonian Hall - BMNECC (449 West Eighth Ave., West Homestead, PA 15120). Doors open at **5:00 pm** with a Buffett Dinner at 5:30. Adults - \$40; Teens - \$30; Ages 5-12 - \$15 (*checks payable to “Pittsburgh Deanery”*). Come meet the seminarians, enjoy the fellowship, carol sing-a-long, and a special guest! *Please order your tickets by Sunday, December 1.*

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## OUR STEWARDSHIP GIFTS TO GOD

Stewardship Offerings: \$ 3,300

Candle Stewardship: \$ 84

Envelope Stewardship: \$ 210

**Total Collections: \$ 3,615**

**Capital Improvement Fund: \$ 5,476**

*Participating Souls - Sunday Liturgy: 40*

*Wednesday Moleben: 17*

**Weekly Candle Intentions or Memorials** were offered last week by the Nelson Family; Lawrence Martin; Tim Martin; John Radick; Kathy Schrmack; Cindy Pavilonis

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\*\* **Food Festival** – Holy Virgin Russian Orthodox Church (214 Mansfield Blvd., Carnegie, PA 15106) will be having their Christmas Food Festival featuring all the traditional favorites on **Saturday, Dec. 14** from 10 am to 12 pm. **Orders Must Be Placed Online At [www.hvroc.org](http://www.hvroc.org)**. Call 412-276-6234 with any questions.

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## SUNDAY’S SCRIPTURE READINGS

*Epistle: Galatians 2:16-20*

<sup>16</sup>yet who know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. <sup>17</sup>But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! <sup>18</sup>But if I build up again those things which I tore down, then I prove myself a transgressor. <sup>19</sup>For I through the law died to the law, that I might live to God. <sup>20</sup>I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

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**Gospel: Luke 8:41-56**

<sup>41</sup> And there came a man named Ja'irus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, <sup>42</sup> for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. <sup>43</sup> And a woman who had had a flow of blood for twelve years and could not be healed by any one, <sup>44</sup> came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. <sup>45</sup> And Jesus said, "Who was it that touched me?" When all denied it, Peter said, "Master, the multitudes surround you and press upon you!" <sup>46</sup> But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." <sup>47</sup> And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. <sup>48</sup> And he said to her, "Daughter, your faith has made you well; go in peace." <sup>49</sup> While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." <sup>50</sup> But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." <sup>51</sup> And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. <sup>52</sup> And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." <sup>53</sup> And they laughed at him, knowing that she was dead. <sup>54</sup> But taking her by the hand he called, saying, "Child, arise." <sup>55</sup> And her spirit returned, and she got up at once; and he directed that something should be given her to eat. <sup>56</sup> And her parents were amazed; but he charged them to tell no one what had happened.

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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/acroddioocese](http://www.facebook.com/acroddioocese)  
Twitter: [twitter.com/acrodnews](http://twitter.com/acrodnews)  
YouTube: [youtube.com/acroddioocese](http://youtube.com/acroddioocese)

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**LIVES OF THE SAINTS**

**THE MONK IOANNIKES THE GREAT**

Commemorated on November 17/4

The Monk Ioannikes the Great was born in Bithynia in the year 752 in the village of Marikat. His parents were destitute and could not provide him even the basics of an education. From childhood he had to tend the family cattle – their sole wealth. Love for God and prayer completely held sway in the soul of the lad Ioannikes. Often, having shielded the herd with the sign of the Cross, he went to a secluded place and spent the whole day praying, and neither thieves nor wild beasts came near his herd.

By order of the emperor Leo IV (775-780), a multitude of officials spread through the cities and towns to draft fine young men for military service. Young Ioannikes was also drafted into the imperial army. He earned the respect of his fellow soldiers for his good disposition, but also as a brave soldier and fierceness to enemies. Saint Ioannikes served in the imperial army for 6 years. More than once he was rewarded by his commanders and the emperor. But military service weighed heavily on him, his soul thirsted for spiritual deeds and solitude. And the Lord summoned His servant to Him for service.

The Monk Ioannikes, having renounced the world, was intent to go off at once into the wilderness. However, on the advice of an elder experienced in monastic deeds, he spent a further two years at the monastery. Here the saint became accustomed to monastic obedience, to monastic rules and practices, he studied reading and writing, and he learned by heart thirty psalms of David. After this, on the urging by God, the monk withdrew into the wilderness. For three years he remained in deep solitude in the wilderness, and only once a month a shepherd brought him some bread and water. The ascetic spent day and night in prayer and psalmody. After each verse of singing the psalms the Monk Ioannikes made a prayer, which in somewhat altered form the Orthodox Church keeps to this day: "My hope is the Father, my refuge is Christ, and my protection is the Holy Spirit". By chance encountering his former companions from military service, the saint quit the wilderness and withdrew to Mount Konturea. Only

after 12 years of ascetic life did the hermit accept monastic tonsure. The saint spent three years after the tonsure in seclusion, wrapped in chains, after which he set off to Chelidon to the great faster Saint George (Comm. 21 February). The ascetics spent together three years. During this time the Monk Ioannikes learned by heart the entire Psalter. Having gotten up in age, the Monk Ioannikes settled in the Antidiev monastery and dwelt there in seclusion until his end.

The Monk Ioannikes spent 70 years in ascetic deeds and attained to an high spiritual perfection. Through the mercy of God the saint acquired the gift of prophecy, as his student Pakhomios has related. The monastic elder during the time of prayer hovered over the ground. One time he traversed a river flooded to overflowing. The saint could make himself invisible for people and make others invisible: one time the Monk Ioannikes led out from prison Greek captives under the watch of a crowd of guards. Poison and fire, with which the envious wanted to destroy the saint, did him no harm, and predatory beasts did not touch him. It is known, that he freed the island of Thasos from a multitude of snakes. The Monk Ioannikes likewise saved a young nun, who was preparing to quit the monastery on a whim to marry; he took upon himself the agonised maiden's suffering of passion, and by fasting and prayer annihilated the seductive assault of the devil.

Foreseeing his end, Saint Ioannikes expired to the Lord on 4 November 846, at the age of 94

**PRAYER CORNER**

**For the Health of...** Carol, Daniel, Allen, Elizabeth, Robert, Matthew, David, Stephanie, Angelo, Patricia, Edward, Joseph, Suzanne, Nicholas, Sherry, Charles, William, Boyd, Millicent, Barbara, Paul, Robert, 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...**  
+Charles Popovich (10/16), +Helen Sarraf (10/12)  
*...May the Lord God grant them blessed repose where there is no pain sorrow or mourning. May they be Eternal in God's Memory!*

**IOCC Thanksgiving Prayer for Those in Need**

O Heavenly King, Comforter, who grants all blessings, we thank You for Your abundant grace and mercies. Help us to be good stewards of Your treasury through the ministry of IOCC. Help us to strip ourselves of our earthly adornment, so that the poor may be sufficiently clothed and fed. And, by so loving our neighbor, adorn us with the everlasting pearls of virtue instead. Where there is suffering, help us to bring Your mercy; where there is despair, Your hope. Where there is war, allow us to present You who are the Prince of Peace; where there is pain, You who are the Comforter; Where there is hatred, You who are Love; where there is death and destruction; You who are the Resurrection and Life. Daily guide our work in and through IOCC so that we may do all things, in every place and at all times, for Your glory. Amen.

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**A Prayer of Thanksgiving to the Theotokos after partaking of Holy Communion**

O most holy Lady Theotokos, the light of my darkened soul, my hope, my protection, my refuge, my rest, and my joy: I thank you, for you have permitted me, the unworthy, to be a partaker of the most pure Body and precious Blood of your Son.

Give the light of understanding to the eyes of my heart, you that gave birth to the True Light.

Enliven me who am deadened by sin, you that gave birth to the Fountain of Immortality.

Have mercy on me, O loving Mother of the merciful God.

Grant me compunction and contrition of heart, humility in my thoughts, and a release from the slavery of my own reasonings.

And enable me, even to my last breath, to receive the sanctification of the most pure Mysteries, for the healing of soul and body.

Grant me tears of repentance and confession, that I may glorify you all the days of my life, for you are blessed and greatly glorified to the ages.

Amen.

## ONLINE BONUSES

### Loneliness in Modern Life: What to Do?

by *Matushka Ann McLellan Lardas*  
(from *pravmir.com/2014*)

Recent conversations have led me to think more than usual about loneliness in modern life. I often speak of clergy life as being all of us fighting the same battle, from different foxholes. But loneliness is a factor, a reality, and I think it's worse for the laity. The closer one stands to the altar, the more one gets that "Christ is in our midst" is not a mindless greeting but the statement of a profound reality. When one lives far from church, both physically and metaphorically, it becomes harder to keep this in mind. What to do?

On a pragmatic level, the best thing is to find other Christians and spend time with them, first and foremost in church, sure, but in the ancient times the Agape meal was considered part of the service. Now it's too hot, it's too cold, the Sisterhood doesn't serve things you can eat, the kids have a ball game or a birthday party — we leave each other in the narthex till next week. And so all of us on some level feel abandoned and alone.

How to fix it? The first thing is to pray for each other, every day. Even if it's just that you're walking through Walmart and see something that reminds you of your godson, this is from God, this is your chance to say, "God bless my godchildren and be with them! Mother of God, cover them with your veil! Guardian angels of my godchildren, thank you, protect them, correct their thoughts and keep them from despair!" If we react appropriately to these little flashes, like instant messages from God, we will build the foundation in our hearts, and the people we pray for will on some level know. Somehow, they will feel the love, they will have new courage.

Secondly, we need to feed each other. Does someone in your parish live near? Invite them over for supper! Does someone in your parish live alone? When you make too much of something, put that last serving of pasta or last piece of pie in a container and drop it at their house, sharing a word or two in passing.

Thirdly, bring the people whom you miss, in church, to the services with you. Start by bringing them in your heart. Pray for them, light candles, ask God to

lead them to come to church with you. Then, call them up, or pick them up, or invite them, or encourage them. When you hear the barrage of reasons why people don't want to come — the old ladies who criticize or the young people who dress wrong, the priest who speaks too much or too little — all you have to say is this: "Yes, but I love you and I miss you. Who can separate us from the love of God?"

We don't have to start big. We just have to start. Because in curing the loneliness around us, we will notice, to our surprise, that our own bruised and empty hearts have suddenly become whole and full. Baby steps are fine. We just have to start walking the walk.

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"When reading the Holy Scriptures, he who is humble and engaged in spiritual work will apply everything to himself and not to someone else."  
+St. Mark the Ascetic

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## ADDITIONAL BULLETIN BOARD ANNOUNCEMENTS

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**\*\* Random Tidbits...** Father Dave 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 (Sacrament) of Holy Anointing (Unction) to be fully prepared.

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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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### "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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**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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## CHURCH BUILDING UPDATE

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

- ✘ \*\*\* The building committee and Parish Council continue to discuss our plan of action going forward with work in the church proper. Please be patient with us! Also, remember that for a project like the one that we are undertaking, work goes top down so the ceiling and walls will be done before the floor. As mentioned, please be patient with us!
- ✘ \*\* At the yearly meeting, a vote passed to go with Kodiak Excavating to install 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*). Due to supply chain and other issues, this work will be done in the spring. A contract has been signed. The cost will be over \$30,000. Donations to the Capital Improvement Fund are requested.

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### 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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## MONTHLY SCHEDULE

### SUNDAY, NOVEMBER 3

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

### TUESDAY, NOVEMBER 5

9:30 – 11:30 am Church open for personal prayer

### FRIDAY, NOVEMBER 8

FEAST OF THE GREAT MARTYR DEMETRIUS  
9:30 am Festal Divine Liturgy

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### SUNDAY, NOVEMBER 10

9:15 am Third Hour  
9:30 am Divine Liturgy  
Blessing of the Parish Council Officers  
Monthly Memorial (Panachida)  
Sr. ACRY Meeting

### WEDNESDAY, NOVEMBER 13

**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, NOVEMBER 17 - IOCC SUNDAY

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

### WEDNESDAY, NOVEMBER 20

6:30 pm Feast Day Vespers

### THURSDAY, NOVEMBER 21

FEAST OF THE SYNAXIS OF THE ARCHANGEL  
MICHAEL AND THE OTHER BODILESS POWERS  
9:30 am Festal Divine Liturgy

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### SUNDAY, NOVEMBER 24

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

### WEDNESDAY, NOVEMBER 27

6:30 pm Moleben of Thanksgiving

### THURSDAY, NOVEMBER 28

NATIVITY FAST BEGINS (PHILIP'S FAST / FILIPOVKA)



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**FEAST DAY FEATURES OF THE MONTH**

**The Holy Greatmartyr Demetrios Of Soluncea**

*Commemorated on November 8 / October 26*

Tropar (*Tone 3*) The entire world has found you to be a great champion in times of peril; for you put the heathen to flight, O victorious one. As you brought to naught the boasts of Lyaeus, and gave courage to Nestor in the stadium, in the same way, O Holy Great Martyr Demetrios, entreat Christ God, that He grant us great mercy.

Kondak (*Tone 2*) God, Who has given you invincible strength, Demetrios, has adorned the Church with the royal purple of the streams of your blood, and has kept your city unharmed, for you are its support.

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**The Celebration Of The Sobor (Assemblage) Of The Leader Of The Heavenly Hosts Michael, & The Other Heavenly Bodiless Hosts**

*Commemorated on November 21 / 8*

Tropar (*Tone 4*) Commanders of the heavenly hosts, we who are unworthy beseech you, by your prayers encompass us beneath the wings of your immaterial glory, and faithfully preserve us who fall down and cry to you: “Deliver us from all harm, for you are the commanders of the powers on high!”

Kondak (*Tone 2*) Commanders of God’s armies and ministers of the divine glory, princes of the bodiless angels and guides of mankind, ask for what is good for us, and for great mercy, supreme commanders of the Bodiless Hosts.

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**2024-25 SJB PARISH COUNCIL OFFICERS**

- President: Lawrence Martin
- Vice-President: Elizabeth Radomsky
- Treasurer: Timothy Martin, Reader
- Financial Secretary: Rich Mirilovich
- Recording Secretary: Gina Fall
- Chief Auditor: Robert Fall
- Auditors: Subdeacon Ryan Ferko, John Kirish, Kimberly Opsitos, Matthew Opsitos, and Kathy Schrmack

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**STEWARDSHIP SNIPPET**



**TIME, TALENT, AND TREASURES**

**PARISH STEWARDSHIP OPPORTUNITIES:**

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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.

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**Why Should I Join the Local ACRY?**

The ACRY is an Orthodox Christian family fellowship dedicated to the purpose of encouraging spiritual growth through charitable and apostolic missionary works, prayer and fellowship for the Glory of God and the building up of the Church and our Diocese. The local ACRY focuses on outreach to the community in various forms and fellowship within. This could be a fundraiser or family event at the church grounds to introduce people to our parish, or the volunteering of our time to help support a community event. In addition to these, the ACRY has the opportunity to branch out and meet other members of our diocesan ACRY community through deanery and nation events and partake in outreach at a broader level.

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\* **Lots–O–Luck Calendars** – The National ACRY Lots-O-Luck Calendars are available. \$25 per ticket gets you a years worth of prizes totaling \$10,000! Please see Subdeacon Ryan Ferko for tickets.

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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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**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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**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%	Upper Range Giving 9% 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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**NOV. COMMUNITY OUTREACH MINISTRY**



This month, through the efforts of our Sr. ACRY, we will be collecting monetary donations for the *International Orthodox Christian Charities (IOCC)*. This agency, that is under the Assembly of Canonical Orthodox Bishops of the United States of America, represents Orthodox Christians in North

America and understands its work to include developing in Orthodox Christians a commitment to philanthropy and global cooperative involvement in the work of the Orthodox Church. They have a yearly campaign called a “day of giving Sunday” before Thanksgiving. *Thank you in advance for your prayers and offerings this month!*

## 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(s) *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., Kevin, Michael L., Laura & family, Carlene, Georgia, Stephen, David, Anastasia, Nicholas, Cassandra, Alexander, Andrea, Jason, Tyrone, Sarah, Amee, Joshua, John, Kathryn, Rose, Charles, Justin, David, Donna, George, *our diocesan seminarians:* Dcn Peter S, Nicolas W., Seamus M., Samuel L., 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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### November Namedays:

Urban Family – Holy Disciple Urban of the 70 (11/13)

Makaela Kirish - Archangel Michael (11/21)

Cindy Pavilonis - Saint Cyntianus (11/28)

Matthew Mirilovich - Holy Apostle and Evangelist

Matthew (11/29)

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

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**November Birthdays:**

Fr Joseph Birthisel (11/2), Subdeacon Ryan Ferko (11/4), Matt Opsitos (11/4), Jason Shelpman, Jr (11/4), Nicholas Kubis (11/6), Caitlin Carlisle (11/9), Fr. James Blomeley (11/14), Cindy Pavilonis (11/14), Kim Opsitos (11/21), Fr Michael Rustick (11/21), *Father's sister*, Suzanne Verbanick (11/25), Stephen Brancho (11/26), Fr. Michael Ellis (11/26), Pañi Peggy Teklinski (11/26), Victor Zerby (11/27), Pañi Ileana Bennett (11/28), Chi-Wing Chow (11/29) ...*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...** 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 Sts. Adrian & Natalia and all Holy Martyrs.*

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**November Anniversaries:**

Doug & Elizabeth (Radomsky) Delaney (11/1)  
Thomas & Harmonie Torchia (11/12/11)  
Alisha & Aaron Zak (11/15/15)

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

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**For Pregnant Mothers...**

Mallory (*due in March*), Lindsay (*April*) ...*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. Dzdovsky ...*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 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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**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.

**A Prayer in Front of an Icon of Christ**

We bow in worship to Your most pure icon, O Good One, and ask You to forgive our sins, O Christ our God: for of Your own good will, You were please to ascend the Cross in the flesh, that You might free from slavery to the enemy those whom You had created. Therefore, we cry out to You: You have filled all things with joy, O our Saviour, for You cam to save the world. Amen.

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**A Prayer in Front of an Icon of the Theotokos**

Make us worthy of mercy, O Theotokos, fountain of tenderness. Look upon us sinners and reveal your power as you always do, for we have put our hope in you. We cry to you, "Rejoice," as Gabriel, the leader of the angels, once did. Amen.