



Welcome!

Whether you are searching for a new church home or just visiting, we are glad you're with us today. If you have a prayer request, are looking for more information about the Orthodox Faith, would like to join our parish, or would like to speak with Fr Thomas, we invite you to fill out a visitor's card and drop it in the offering basket as your offering today. We want to get to know you! God bless you!

Schedule This Week

Sunday, October 29

10:00 am Divine Liturgy/Church School

Tuesday, October 31

9:00 am Daily Matins

9:30 am to 12:00 pm Office Hours

Thursday, November 2

9:00 am Daily Matins

9:30 am to 12:00 pm Office Hours

Saturday, October November 4

12:00 pm to 2:00 pm Pan Orthodox Choir

4:30 pm Confessions

5:00 pm Great Vespers/Cathedral Vigil

Sunday, November 5

10:00 am Divine Liturgy/Church School

4:00 pm Pan-Orthodox Choir Concert

First Lutheran Church

Downtown Pittsburgh

To our Visitors: Holy Communion is reserved for Orthodox Christians who prepare themselves by prayer and fasting. Non-Orthodox visitors are welcome to come forward to venerate the cross and receive the Antidoron (blessed bread) at the conclusion of the service.

Archpriest Thomas Soroka, Rector

Deacon Luke Loboda, Attached

Deacon John Skowron, Attached

Rdr James Wargo and Danielle Bartko, Choir Dirs

Twenty-First Sunday after Pentecost

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

October 29, 2023

Announcements

➤ **Welcome to Garret Heath** who will be video recording our Divine Liturgy today for **Ancient Faith Kids**, a division of Ancient Faith Ministries. A brief release form is available for everyone to sign because the edited videos will eventually be available to the public. However, no names will be given of either children or adults.

➤ **Annual Parish Christmas Card:** It's time once again for this parish project which benefits our monthly community food pantry. We ask each parishioner/family to generously donate \$10 to have their name(s) listed on the card which will be sent to all parishioners in early December. Please see Jan Widell or Marsha Wasilko to participate. Deadline is Sunday, November 26, 2023. Thank you! **We also have a limited quantity of boxed Orthodox Christmas cards available.**

➤ **The Orthodox Mom's Group (OMG)** will be holding a Mom's Evening on Tuesday, November 7 from 6:00 to 9:00 pm at Kelly Cone's house. (Please contact Kelly for the address.) Feel free to bring an appetizer or dessert to share. RSVP directly to Kelly.

➤ **Food Pantry matching donation alert!** A kind parishioner has offered to match donations up to a total of \$800 for the Food Pantry. Can you help? Every dollar will be matched this week. Please help! Please remember that our ministry to the neighborhood is an ongoing project that happens on the last Saturday of every month. We are grateful to our volunteers. We need everyone's participation. If you can financially support this worthy work, please help! Earmark a special donation this week to the food pantry!

Prayers

➤ **Ill and infirm:** *Known to be hospitalized (none); Home:* John Mahalchak (son), Rick Porter, Donya Yewisiak. *Shut in, Rehabilitation, or Nursing Home:* Eleanor Kovacs, Natalie Popovich, Michael Soroka.

➤ **Vigil Lights** From **Mat. Nancy K. Mell & Gregory Mell** for the departed servant, Dn. Joseph Mell; for the health of family. From **Richard & Sonia Blaha** for the departed servants, parents, Robert and newly departed, Aunt Martha and Greg; for the health of family, friends, siblings, and serving soldiers; for birthdays, anniversaries, special intention, and peace. From **Doris Wasilko** Congratulations to John & Nancy Pravlochak on their anniversary! From **Charles A. Wasilko** for the health of sisters, Doris & Marsha. From **Marsha Wasilko** Happy Anniversary & Many Years to John & Nancy Pravlochak! From **Lindy Hamilton** for the health of Elaine Hamilton and the Hamilton & Scott families. From **John & Olga** for the health of Galina Vilcova; for Basil Kowalcheck on his birthday. From **Mat. Joni Soroka** for the departed servant, Sven Ekman; for the health of my dad, John, Melanie, and Donya Yewisiak. From **Tatyana Sechler** for the departed servants, Polina, Galina, Slava, Bruce, Valentina, Rob, Diana, Ivan, Luby, Marina; for the health of Christopher, Thomas, Beth, Sam, Tatyana, Daniel, Olga, Edward, Joe, Adrianna. From **Nancy Shaytar & George M. Shaytar** for the departed servant, George; for the health of Donya Yewisiak.

Thank You

➤ to our **October donors the Robes Family** all categories (Bulletin \$60), in memory of Thomas V Robes Sr, (Holy Bread \$50) for the health of Teresa Robes on her birthday, (Altar Candles \$25) for the health of the Robes children, (Communion Wine \$40) for the health of Roberts and Teresa on their anniversary, (Incense \$10) in memory of Georgiann and Thomas Robes Jr.

St Nicholas Church will strive to glorify God through Orthodox Christian worship, sincere love and care for one another, and service to those in need around us.

This Week in Church School

Today's lesson: St. Paul's Letter to the Ephesians

Verse (younger classes): Ephesians 6:11 – "Put on the whole armor of God, that you may be able to stand against the wiles of the devil."

Questions to ask/review:

- Who is Satan? How did he become our adversary?
- How can Satan try to trick us?
- Who has already defeated Satan? How?
- What armor has God given us to defeat Satan?

Verse (older classes): Ephesians 3:18-19- "that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height – to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God."

Questions to ask/review:

- Where was Paul when he wrote the letter to the Ephesians?
- Describe how you spend the hours of a normal day? How much time does the Lord get?
- Do we allow God to fill our day? Or do we make other things a "god"?
- What parts of your day can be redirected towards God? How?
- There are parts of the day that you cannot control (school, sleep). How can we let God fill this time also?

Suggested Activities at home:

- Build out of cardboard or other material some armor: Loins of Truth, Breastplate of Righteousness, Shoes of Peace, Shield of Faith, Helmet of Salvation, Sword of the Spirit.
- Create a daily schedule for the family and/or your child. Discuss and schedule times that can be intentionally set aside for prayer, Scriptures, or other holy activities. Keep each other accountable!

Prayer: Lord, grant me your protection today and always, Amen. or Lord, give me the wisdom to allow you to fill my life, Amen

Hymns and Readings for Sunday, October 29

Tone 4 Troparion (Resurrection)

When the women disciples of the Lord learned from the angel the joyous message of Thy Resurrection, they cast away the ancestral curse and elatedly told the apostles:
“Death is overthrown!
Christ God is risen,//
granting the world great mercy!”

Tone 4 Troparion (St Nicholas)

You appeared to your flock as a rule of faith, an image of humility, and a teacher of abstinence. Because of your lowliness heaven was opened to you!
Because of your poverty riches were granted to you!
O holy Bishop Nicholas,
pray to Christ our God to save our souls.

Tone 4 Troparion (St. Anastasia)

Thy lamb Anastasia calls out to Thee, O Jesus, in a loud voice:
“I love Thee, my Bridegroom, and in seeking Thee I endure suffering.
In baptism I was crucified so that I might reign in Thee,
and I died so that I might live with Thee.
Accept me as a pure sacrifice,
for I have offered myself in love.”//
Through her prayers save our souls, since Thou art merciful!

Tone 4 Kontakion (Resurrection)

My Savior and Redeemer as God rose from the tomb and delivered the earth-born from their chains.
He has shattered the gates of hell, and as Master,//
He has risen on the third day!

Glory to the Father, and to the Son, and to the Holy Spirit.

Tone 3 Kontakion (Ven. Abramius)

Thou didst live in the flesh on earth as an angel, and through thine ascetic life thou didst become like a tree nourished by the waters of abstinence and didst flourish.
Thou hast washed away stains with the streams of thy tears
and so thou hast been revealed, O Abramius,//
to be a God-like vessel of the Spirit.

Now and ever and unto ages of ages. Amen.

Tone 6 Kontakion of the Theotokos

Steadfast protectress of Christians, constant advocate before the Creator, do not despise the cry of us sinners, but in your goodness come speedily to help us who call on you in faith.
Hasten to hear our intercessions and to intercede for us, O Theotokos
For you always protect those who honor you.

Tone 4 Prokeimenon (Resurrection)

O Lord, how manifold are Thy works; / in wisdom hast Thou made them all. (Ps. 103:26)

Epistle of the Sunday (Galatians 2:16-20)

...knowing that a man is not justified by the works of the law but by faith in Jesus Christ, even we have believed in Christ Jesus, that we might be justified by faith in Christ and not by the works of the law; for by the works of the law no flesh shall be justified.

“But if, while we seek to be justified by Christ, we ourselves also are found sinners, is Christ therefore a minister of sin? Certainly not! For if I build again those things which I destroyed, I make myself a transgressor. For I through the law died to the law that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Gospel of the Sunday (Luke 8:26-39)

Then they sailed to the country of the Gadarenes, which is opposite Galilee. And when He stepped out on the land, there met Him a certain man from the city who had demons for a long time. And he wore no clothes, nor did he live in a house but in the tombs. When he saw Jesus, he cried out, fell down before Him, and with a loud voice said, “What have I to do with You, Jesus, Son of the Most High God? I beg You, do not torment me!” For He had commanded the unclean spirit to come out of the man. For it had often seized him, and he was kept under guard, bound with chains and shackles; and he broke the bonds and was driven by the demon into the wilderness.

Jesus asked him, saying, “What is your name?”

And he said, “Legion,” because many demons had entered him. And they begged Him that He would not command them to go out into the abyss.

Now a herd of many swine was feeding there on the mountain. So they begged Him that He would permit them to enter them. And He permitted them. Then the demons went out of the man and entered the swine, and the herd ran violently down the steep place into the lake and drowned.

When those who fed them saw what had happened, they fled and told it in the city and in the country. Then they went out to see what had happened, and came to Jesus, and found the man from whom the demons had departed, sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. They also who had seen it told them by what means he who had been demon-possessed was healed. Then the whole multitude of the surrounding region of the Gadarenes asked Him to depart from them, for they were seized with great fear. And He got into the boat and returned.

Now the man from whom the demons had departed begged Him that he might be with Him. But Jesus sent him away, saying, “Return to your own house, and tell what great things God has done for you.” And he went his way and

proclaimed throughout the whole city what great things Jesus had done for him.

Communion Hymn

Praise the Lord from the heavens, praise Him in the highest! (Ps. 148:1) Alleluia, Alleluia, Alleluia!

Martyr Anastasia the Roman was born in Rome of well-born parents and left an orphan at the age of three. As an orphan, she was taken into a women's monastery near Rome, where the abbess was one Sophia, a nun of a high level of perfection. She raised Anastasia in fervent faith, in the fear of God and obedience. After seventeen years, Anastasia was known in the whole neighborhood, to the Christians as a great ascetic and to the pagans as a rare beauty.

The persecution against Christians by the emperor Decius (249-251) began around that time. The pagan administrator of the city, Probus, heard of her and sent soldiers to bring Anastasia to him. The good Abbess Sophia counselled Anastasia for two hours on how to keep the Faith, how to resist flattering delusion and how to endure torture. Anastasia said to her: 'My heart is ready to suffer for Christ; my soul is ready to die for my beloved Jesus.' Blessed by her abbess to suffer for Christ, the young martyr Anastasia humbly came out to meet the armed soldiers. Brought before the governor Probus, Anastasia openly proclaimed her faith in Christ the Lord. On seeing her youth and beauty, Probus first attempted flattery to make her deny Christ and dissuade her from the Faith, "Why waste your youth, deprived of pleasure? What is there to gain by enduring tortures and death for the Crucified? Worship our gods, marry a handsome husband, and live in glory and honor." The holy maiden steadfastly replied, "My spouse, my riches, my life and my happiness are my Lord Jesus Christ, and you will not turn me away from Him by your deceit! I am ready to die for my Lord, not once but - a thousand times."

Probus then subjected Anastasia to fierce tortures. The holy martyr bravely endured them, glorifying and praising the Lord. When they stripped her naked, to humiliate her, she cried to the judge: 'Whip me and cut at me and beat me; my naked body will be hidden by wounds, and my shame will be covered by my blood!' She was whipped and beaten and cut about. She twice felt a great thirst and asked for water, and a Christian, Cyril, gave her a drink, for which he was blessed by the martyr and beheaded by the pagans. Then her breasts and tongue were cut off, and an angel of God appeared to her and upheld her. The people, seeing the inhuman and disgusting treatment of the saint, became indignant, and the ruler was compelled to end the tortures. She was finally beheaded with the sword outside the city.