



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, March 17

10:00 am Divine Liturgy/Church School

7:00 pm Forgiveness Vespers

Monday, March 18: Clean Monday

7:00 pm Canon of St Andrew of Crete

Tuesday, March 19

9:00 am Lenten Matins (Morning Service)

9:30 am-12:00 pm Office Hours

7:00 pm Canon of St Andrew of Crete

Wednesday, March 20

6:00 pm Liturgy of the Presanctified Gifts

Lenten Fellowship Meal following Liturgy

Thursday, March 21

9:00 am Lenten Matins (Morning Service)

9:30 am-12:00 pm Office Hours

7:00 pm Canon of St Andrew of Crete

Friday, March 22

7:00 pm Akathist to Our Sweetest Lord Jesus

Saturday, March 23

12:00 pm Pan-Orthodox Choir Rehearsal

5:00 pm Vespers with Cathedral Vigil

Sunday, March 24

10:00 am Divine Liturgy / Church School after

4:30 pm PO Vespers (Holy Trinity, McCandless)

Archpriest Thomas Soroka, Rector

Deacon Luke Loboda, Attached

Deacon John Skowron, Attached

Rdr James Wargo and Danielle Bartko, Choir Dirs

Forgiveness Sunday

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

March 17, 2024

Announcements

➤ The 2024 revised **Lenten Schedule** is included in the bulletin and is available for download online. There was a mistake in last week's copy.

➤ You are invited to join the **Lenten Prayer Partners program** between the youth (3rd grade and above) and adults in our parish. The goal is to create a structured opportunity for youth to have fellowship with adult members of our parish. Each youth will be paired with an adult to share weekly prayer requests and answer simple get-to-know-you questions. This is not a large time commitment and enriches our church community! If you are interested in participating, please contact Dn. Luke or Mat. Ashley (ashley.loboda@gmail.com, #412-715-2163).

➤ We are pleased to announce that an **anonymous donor has pledged \$25,000 as a matching donation challenge to kick off the dome restoration fund.** This particular matching challenge will end on Pascha.

We prayerfully ask that you consider giving a generous donation to help meet this matching challenge by Pascha (May 5, 2024).

While we do not have the exact cost for the front three domes, our estimate is \$350,000-400,000. **Our goal is to raise at least \$150,000 this year.**

➤ **Church School Parents!** Today your child will receive a coin box to support global missions through OCMC. Please encourage your child to participate and return by Pascha. Thanks!

Prayers

➤ **Ill and infirm:** *Known to be hospitalized* (none); *Home:* John Mahalchak (son). William Warnak, Nancy Shaytar, 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 **Donya Yewisiak** for the health of Nancy Shaytar and Reader Michael Soroka. From **John & Olga** for the health of Galina Vilкова and for the health & salvation of our families. From **Doris Wasilko** for the departed servants, Michelle Bittner, Uncle Michael Wasilko, and cousin Michael Wasilko; for the health of Chuck. From **Mr. & Mrs. Richard Blaha** for the departed servants, (parents) Pete, Dorothy, Betty, and brother Robert, and Teresa; for the health of family, friends, & serving soldiers; special health for Olga, Dad, Leo, and Xena; special intention, peace, birthdays. From **Marsha Wasilko** for the departed servants, Michelle Bittner (3/10/20), Uncle Michael Wasilko, and cousin Michael Wasilko; for the health of Rdr. Charles and Nancy Shaytar. From **Lindy Hamilton** for the health of the Hamilton and Scott families, Michael Soroka, and Nancy Shaytar. From **the John Mahalchak family** for the health of friends & family, John, Cheryl, Daniel, Gregory, Cindy, and Mary, Sarah, and Kayla Elizabeth. From **Edith Humphrey** for the departed servant, Jonathan Robinson. From **Paige Sarkaria** for the health of Mava.

Thank you

➤ to our **March donors:** **Charles Wasilko** (Altar Candles \$25) in thanksgiving on his birthday. John Mahalchak Family (Incense \$10) for the health of family and friends.

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: Divine Liturgy Part II: Liturgy of the Faithful

Questions to ask/review:

- Who do we pray for during the Litany of Fervent Supplication?
- Who are catechumens? Why do they need our prayers?
- What is the Cherubic Hymn? When is it sung? What does it tell us?
- What is the Great Entrance? What do the clergy carry to the altar table?
- How do we show our faith and love before the Eucharistic prayers? (Kiss of peace and recite the Creed) Why is this necessary? (to celebrate the Eucharist, we must be at peace with each other and we must share the same faith)
- What is the Anaphora? What prayers are read? (St. John or St. Basil depending on the liturgical time)
- What is the Epiklesis? Who do we ask to change the bread and wine? (the Holy Spirit)
- When do we pray the Lord's Prayer?

Suggested Activities at home:

- Make liturgy cards with brief descriptions. Shuffle them and have your child put them in order.
- St. Basil's challenge! Read the Anaphora prayers of St. Basil and summarize them in your own words.

Prayer: Lord, bless us with the miracle of Your Body and Blood, this week and every week.



Hymns and Readings for Sunday, March 17

Tone 8 Troparion (Resurrection)

Thou didst descend from on high, O Merciful One!

Thou didst accept the three day burial to free us from our sufferings!//

O Lord, our Life and Resurrection, glory to Thee!

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.

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

Tone 3 Kontakion (St Nicholas)

Thou didst appear as a priest in Myra, O Saint Nicholas

Fulfilling the gospel of Christ, O ven'rable one.

Thou didst lay down thy life for thy people,

and didst rescue the innocent from death,

Therefore thou hast been blest as a great initiate of the grace of God.

Now and ever and unto ages of ages. Amen.

Tone 6 Kontakion (from the Lenten Triodion)

O Master, Teacher of wisdom,

Bestower of virtue,

Who teachest the thoughtless and protectest the poor,

strengthen and enlighten my heart!

O Word of the Father,

let me not restrain my mouth from crying to Thee:

“Have mercy on me, a transgressor!//

O merciful Lord!”

Tone 8 Prokeimenon (Lenten Triodion)

Pray and make your vows / before the Lord, our God! (Ps. 75:10a)

Epistle of the Sunday (Romans 13:11-14:4)

And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed. The night is far spent, the day is at hand.

Therefore let us cast off the works of darkness, and let us put on the armor of light. Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.

Gospel of the Sunday (Matthew 6:14-21)

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Communion Hymn

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

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.

For we offend both in word and in thought, and very many things we do worthy of condemnation; and ‘if we say that we have no sin’ (1 John 1.8), we lie, as John says. [...] The offenses committed against us are slight and trivial, and easily settled; but those which we have committed against God are great, and need such mercy as is His only. Take heed, therefore, lest for the slight and trivial sins against you, you shut out for yourself forgiveness from God for your very grievous sins.

For God seeks nothing else from us, save a good purpose. Say not, How are my sins blotted out? I tell thee, By willing, by believing. What can be shorter than this? But if, while thy lips declare thee willing, thy heart be silent, He knoweth the heart, who judgeth thee. Cease from this day from every evil deed. Let not thy tongue speak unseemly words, let thine eye abstain from sin, and from roving after things unprofitable. (*St Cyril of Jerusalem*

Abba Poemen also said this about Abba Isidore that whenever he addressed the brothers in church he said only one thing, 'Forgive your brother, so that you also may be forgiven.'

From the Sayings of the Desert Fathers

Forgiveness is better than revenge.

St Tikhon of Zadonsk

About Making a Good Confession

Great Lent is the time of year that we evaluate the condition of our spiritual lives. In the disciplines of prayer, fasting, and charity, we rebuild that which was lost and use this time to grow as disciples of Christ.

Repentance is at the very heart of our life as Christians. We are called to a life of continual repentance for rather obvious reasons – we continually sin! Confession is the opportunity for an examination of our own spiritual condition, to admit it to another person (our confessor) and receive the forgiveness of our sins as promised by our Savior (Jn 20:23).

Great Lent is a time when everyone should approach the sacrament of Confession. Your normative confessor is your parish priest. However, under various circumstances and with a prior blessing, one may seek another confessor.

Please consider these things before approaching the sacrament of Confession:

- Prepare yourself before you confess through prayer, and by examining your words, thoughts, and deeds against the teachings of Christ and the Apostles. There are many written Orthodox examinations online that you can use to help.
- Enumerate your transgressions against God, others, and yourself.
- Do not speak about those who participate with you in sins. Speaking of the weaknesses of others is evil. Confess only your sins.
- Please try your best to keep your confession brief, especially when others are waiting. Extended discussions and self-analysis are inappropriate during confession.
- After you have received the absolution, return to your place with peace and thanksgiving, being assured that your confessed sins have been forgiven by God.