



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 31

10:00 am Divine Liturgy/Church School

Monday, April 1

5:00 pm Lenten Vespers

Tuesday, April 2

9:00 am Lenten Matins (Morning Service)

9:30 am-12:00 pm Office Hours

Wednesday, April 3

6:00 pm Liturgy of the Presanctified Gifts

Lenten Fellowship Meal following Liturgy

Thursday, April 4

9:00 am Lenten Matins (Morning Service)

9:30 am-12:00 pm Office Hours

Friday, April 5

7:00 pm ***Panikhida for the Departed***

Saturday, April 6

9:30 am Memorial Divine Liturgy

4:30 pm Confessions

5:00 pm Vespers with Cathedral Vigil

Sunday, April 7

10:00 am Divine Liturgy/Church School

6:00 pm Diocesan Vespers (St Alexndr N.Hills)

Archpriest Thomas Soroka, Rector
Deacon Luke Loboda, Attached
Deacon John Skowron, Attached
Rdr James Wargo and Danielle Bartko, Choir Dirs

St Gregory Palamas

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

March 31, 2024

Announcements

➤ 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.

➤ Dome Restoration Fund report: We have are almost at our matching goal of \$25,000 by Pascha (\$22,696)! Help up us over the top! Remember, this is only one third of the \$150,000 that we must raise by November, but this is a great start! God bless all of our donors!

➤ Diocesan Youth Day at PNC Park (Pirates vs Cubs) Friday, may 10 at 6:40 pm. \$33 per person (which includes a \$10.00 food and beverage credit). Contact: Fr Alexander Cadman at 814-321-4473 or fralex@orthodoxclearfield.org. Deadline to Order is April 10.

➤ We are in need of a sponsor(s) for the Presanctified Liturgy Fellowship Meal on Wednesday, April 10 and Coffee Hour on Sunday, April 14. Would you please consider signing up? Remember that you can work together with others! During Great Lent please only offer Lenten foods (no meat or dairy) 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 servants, Dn. Joseph Mell and newly departed Olga Bokun; for the health of family. From Charles A. Wasilko for the health of Suzy Polny on her birthday; special intentions. From John & Olga for the health of Galina Vilko and protection for our travels. From Doris Wasilko for the health of Suzy Polny on her birthday- Many Years! From Mr. & Mrs. Richard Blaha for the departed servants, father Pete, brother Robert, and family; for the health of siblings, family, friends, & serving soldiers; family birthdays, special intention and peace. From Marsha Wasilko for the health of the Wasilko family; Happy Birthday & Many Years to Suzy Polny! From Kristie Mertz for the health of our clergy, altar servers, choir directors, and choir during Lent. From Dawna Beckett for the departed servants, my husband, Greg on the 21st anniversary of his death and brother, Michael Petkash (60th birthday); for the health of Chirstopher Beckett.

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: Daily Cycle of Services

Questions to ask/review:

- What services are included in the daily cycle?
- Where would you most likely see all the services held daily? Why?
- What services does our parish serve regularly?
- What is the purpose of each service?
- Describe the general format of the services. What do many services have in common? (Use of the Psalms)

Suggested Activities at home:

- Read some Psalms that are commonly used in the daily services.
- Find internet videos of some services held in a monastery or a seminary.

Prayer: O Lord, may we glorify You all the day long. Amen.

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.

Christ fasted a while before His temptation; we, before the Paschal feast – the matter of fasting is the same. This hath in us the force of mortifying us with Christ, and is the purifying preparation to the feast. And He indeed fasted forty days; for He was God; but we proportionate this to our power, though zeal persuade some to leap even beyond their strength (St Gregory the Theologian)

Hymns and Readings for Sunday, March 31

Tone 2 Troparion *(Resurrection)*

When Thou didst descend to death, O Life
immortal,
Thou didst slay hell with the splendor of Thy
Godhead.
And when from the depths Thou didst raise the
dead,
all the powers of heaven cried out://
“O Giver of life, Christ our God, 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.

Tone 8 Troparion *(St. Gregory Palamas)*

O light of Orthodoxy, teacher of the Church, its
confirmation,
O ideal of monks and invincible champion of
theologians,
O wonderworking Gregory, glory of
Thessalonica and preacher of grace,//
always intercede before the Lord that our souls
may be saved!

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.

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

Tone 8 Kontakion *(St. Gregory Palamas)*

Holy and divine instrument of wisdom,
joyful trumpet of theology,
together we sing thy praises, O God-inspired
Gregory.
Since thou now standest before the Original
Mind, guide our minds to Him, O Father//
so that we may sing to thee: “Rejoice, preacher
of grace!”

Now and ever and unto ages of ages. Amen.

Tone 4 Kontakion *(from the Lenten Triodion)*

Now is the time for action!
Judgment is at the doors!
So let us rise and fast,
offering alms with tears of compunction and
crying:
“Our sins are more in number than the sands of
the sea;
but forgive us, O Master of all,//
so that we may receive the incorruptible
crowns!”

Tone 5 Prokeimenon

Thou, O Lord, shalt protect us / and preserve us
from this generation forever.

Epistle of the Sunday *(Hebrews 1:10-2:3)*

“You, Lord, in the beginning laid the foundation
of the earth,
And the heavens are the work of Your hands.
They will perish, but You remain;
And they will all grow old like a garment;
Like a cloak You will fold them up,
And they will be changed.
But You are the same,
And Your years will not fail.”

But to which of the angels has He ever said:

“Sit at My right hand,

Till I make Your enemies Your footstool?”

Are they not all ministering spirits sent forth to
minister for those who will inherit salvation?

Therefore we must give the more earnest heed
to the things we have heard, lest we drift away.
For if the word spoken through angels proved
steadfast, and every transgression and
disobedience received a just reward, how shall
we escape if we neglect so great a salvation,
which at the first began to be spoken by the
Lord, and was confirmed to us by those who
heard Him.

Gospel of the Sunday *(Mark 2:1-12)*

And again He entered Capernaum after some
days, and it was heard that He was in the house.
Immediately many gathered together, so that
there was no longer room to receive them, not
even near the door. And He preached the word
to them. Then they came to Him, bringing a
paralytic who was carried by four men. And
when they could not come near Him because of
the crowd, they uncovered the roof where He
was. So when they had broken through, they let
down the bed on which the paralytic was lying.

When Jesus saw their faith, He said to the
paralytic, “Son, your sins are forgiven you.”

And some of the scribes were sitting there and
reasoning in their hearts, “Why does this Man
speak blasphemies like this? Who can forgive
sins but God alone?”

But immediately, when Jesus perceived in His
spirit that they reasoned thus within
themselves, He said to them, “Why do you
reason about these things in your hearts? Which
is easier, to say to the paralytic, ‘Your sins are
forgiven you,’ or to say, ‘Arise, take up your bed
and walk’? But that you may know that the Son
of Man has power on earth to forgive sins”—He
said to the paralytic, “I say to you, arise, take up
your bed, and go to your house.” Immediately he

arose, took up the bed, and went out in the
presence of them all, so that all were amazed
and glorified God, saying, “We never saw
anything like this!”

Hymn to the Theotokos *(Liturgy of St Basil)*

All of creation rejoices in you, O Full of Grace:
the assembly of angels and the race of men.
O sanctified temple and spiritual paradise,
the glory of virgins,
from whom God was incarnate and became a
Child –
our God before the ages.
He made your body into a throne,
and your womb He made more spacious than the
heavens.
All of creation rejoices in you, O Full of Grace.
Glory to you!

Communion Hymn

Praise the Lord from the heavens, praise Him in
the highest! *(Ps. 148:1)* The righteous shall be in
everlasting remembrance! He shall not fear evil
tidings! *(Ps. 111:6)* Alleluia, Alleluia, Alleluia!

...God permits the souls of men to be tested by troubles until they become pure and transparent and have reaped much profit from this process of sifting: wherefore this is the greatest species of benefit. Let us not then be disturbed, neither dismayed, when trials befall us. For if the gold refiner sees how long he ought to leave the piece of gold in the furnace, and when he ought to draw it out, and does not allow it to remain in the fire until it is destroyed and burnt up: much more does God understand this, and when He sees that we have become more pure, He releases us from our trials so that we may not be overthrown and cast down by the multiplication of our evils. Let us then not be repining, or faint-hearted, when some unexpected thing befalls us; but let us suffer Him who knows these things accurately, to prove our hearts by fire as long as He pleases: for He does this for a useful purpose and with a view to the profit of those who are tried. *(Chrys)*