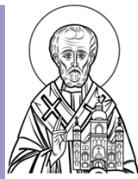


"As we are therefore beginning this sacred season, dedicated to the purification of the soul, let us be careful to fulfill the Apostolic command that we cleanse ourselves from all defilement of the flesh and of the spirit (2 Cor. 7:11), so that restraining the conflict that exists between the one and the other substance, the soul, which in the Providence of God is meant to be the ruler of the body, may regain the dignity of its rightful authority, so that, giving offense to no man, we may not incur the contumely of evil mongers. With just contempt shall we be tormented by those who have no faith, and from our wickedness evil tongues will draw weapons to wound religion, if the way of life of those who fast be not in accord with what is needed in true self-denial. For the sum total of our fasting does not consist in merely abstaining from food. In vain do we deny our body food if we do not withhold our heart from iniquity, and restrain our lips that they speak no evil." - *St. Leo the Great*



Confessions heard before every service.

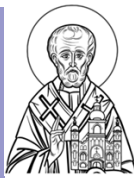
Check the online calendar at orthodoxpittsburgh.org

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 4:30p Confession 5p Vigil
3 9a Adult Ed 10a Div. Liturgy	4	5	6 6:30p Vespers 7p Bible Study	7	8	9 4:30p Confession 5p Vigil
Forgiveness 10 9a Adult Ed 10a Div. Liturgy Blini Luncheon 7p Forgiveness Vesp.	11 7p Canon of St Andrew	12 NO SERVICE	13 6p Presanct. Lit. Lenten Meal Fellowship	14 NO SERVICE	15 7p Akathist to Our Sweetest Lord Jesus	16 4:30p Confession 5p Vigil
Orthodoxy 17 9a Adult Ed 10a Div. Liturgy 5p Pan-Orth Vsp.	18 5p Lenten Vespers	19 5p Lenten Vespers	20 6p Presanct. Lit. Lenten Meal Fellowship	21 5p Lenten Vespers	22 7p Akathist to St Nicholas	23 4:30p Confession 5p Vigil
StGregory 24 9a Adult Ed 10a Div. Liturgy	Annunciation 25 6p Vespers Lit.	26 5p Lenten Vespers	27 6p Presanct. Lit. Lenten Meal Fellowship	28 5p Lenten Vespers	29 7p Panikhida for all the Departed	30 9:30a Memorial Divine Liturgy 4:30p Confession 5p Vigil
Cross 31 9a Adult Ed 10a Div. Liturgy 5p Archdiocese Vespers (Cathedr)						

"Special services, special foods, continence, not going to dances and events, all this awakes one to piety and reflection on our present purpose, on the past and on eternity. Seeing in ourselves a falling away from the commandments of God, we try to reconcile ourselves to God through repentance and communion of the most pure and life-giving Mysteries of Christ, which burn the thorns of our sins. You, when you have not fulfilled this duty during the year, of course will fulfill it during the Fast. The most merciful Lord loved us so much, that He gave us, through food and drink, His most pure Body and life-giving Blood, as a token of life eternal and the incorrupt future feast. Let us offer Him thanksgiving with pure hearts, lips and acts!" - *St. Macarius of Optina*

"And though every day a man lives may rightly be a day of repentance, yet is it in these days more becoming, more appropriate, to confess our sins, to fast, and to give alms to the poor; since in these days you may wash clean the sins of the whole year." - *St. John Chrysostom*



Confessions heard before every service.

Check the online calendar at orthodoxpittsburgh.org

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5p Lenten Vespers	2 5p Lenten Vespers	3 6p Presanct. Lit. Lenten Meal Fellowship	4 5p Lenten Vespers	5 7p Akathist to the Passion of Christ	6 4:30p Confession 5p Vigil
St John 7 9a Adult Ed 10a Div. Liturgy	8 5p Lenten Vespers	9 5p Lenten Vespers	10 6p Presanct. Lit. Lenten Meal Fellowship	11 5p Lenten Vespers	12 7p Akathist to the Mother of God	13 <i>Southside Retreat</i> 9:30a Divine Liturgy 11:30a Talk 4:30p Confession 5p Vigil
St Mary 14 9a Adult Ed 10a Div. Liturgy	15 5p Lenten Vespers	16 5p Lenten Vespers	17 6p Presanct. Lit. Lenten Meal Fellowship	18 5p Lenten Vespers	19 7p Moleben for the Sick	Lazarus 20 9:30 am Liturgy Children's Breakfast 4:30p Confession 5p Vigil
Palm Sun 21 9a Adult Ed 10a Div. Liturgy 7p Bridegroom Matins	Holy Mon 22 7p Bridegroom Matins	Holy Tue 23 7p Bridegroom Matins	Holy Wed 24 6p Presanct. Lit.	Holy Thur 25 9:30a Vespersal Liturgy 7p Passsion Gospels	Great Fri 26 9a Royal Hours 3p Great Vespers 7p Lamentions with Procession	Holy Sat 27 9a Vespersal Lit. 9p Nocturn Procession 9:45p Matins and Paschal Liturgy Paschal Fellowship
Pascha 28 12p Paschal Vespers with Procession	29 9:30a Divine Liturgy	30				