



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 5

10:00 am Divine Liturgy/Church School

4:30 pm Pan-Orthodox Vespers (St Geo. Oakland)

Monday, March 6

5:00 pm Lenten Vespers

Tuesday, March 7

9:00 am Lenten Matins (Morning Service)

9:30 am-12:00 pm Office Hours

Wednesday, March 8

6:00 pm Liturgy of the Presanctified Gifts

Lenten Fellowship Meal following Liturgy

Thursday, March 9

9:00 am Lenten Matins (Morning Service)

9:30 am-12:00 pm Office Hours

Friday, March 10

7:00 pm General Panikhida for the Departed

Saturday, March 11

No Services: Fr Thomas speaking in Cleveland

Sunday, March 12

10:00 am Divine Liturgy / Church School after

St. Seraphim Society (Bell Ringers) will be on Saturday, March 18 2023 at 1pm in the church hall. Rubrics for Lent and Holy Week will be reviewed.

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

Sunday of the Triumph of Orthodoxy

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

March 5, 2023

Announcements

➤ **Project Mexico Coffee Hour:** Please support our Project Mexico Service Project Team at coffee hour Sunday, March 12th. Delicious food will be served and donations will be accepted to support this mission trip. We will be sending a group of 11 volunteers to build a home in Mexico in June. Thank you for your generosity, prayers, and support.

➤ **Call for Lenten Prayer Partners:** This Lent, we will continue our Lenten Prayer Partners program with 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).

➤ **St. Nicholas Food Pantry Donations:** Please help support our monthly food pantry clients with donations of toiletries and personal items (toothpaste, deodorant, shampoo, conditioner, soap, chapstick, feminine hygiene products, toilet paper, etc). Any donations can be placed in the church basement by the food pantry cupboards. Thank you for supporting our local community members and this ministry.

➤ **Mark your calendar!** A choir from **St Tikhon's Orthodox Theological Seminary** will be visiting our parish on **Saturday, March 25 for the Divine Liturgy at 9:30 am accompanied by the miraculous icon of St Anna.** Join us to be inspired by their beautiful and prayerful singing and help us support the education of our seminarians.

>>>The Lenten schedule is enclosed<<<

Prayers

➤ **Ill and infirm:** Known to be hospitalized: (none) Home: Irene Kulchock, John Mahalchak (son), Natalie Toooh. Shut in, Rehabilitation, or Nursing Home: Eleanor Kovacs, Natalie Popovich, George Shaytar, Michael Soroka.

➤ **Vigil Lights** From **Mat. Nancy K. Mell & Gregory Mell** for departed family. From **Lindy Hamilton** for the health of family; special intentions. From **Doris A. Wasilko** Many Years to Chuck on his birthday!! From **Charles A. Wasilko** for the health of sisters, Doris & Marsha. From **Marsha Wasilko** Happy Birthday & Many Years to Chuck! From **Annaliese Mertz** for the departed servant, Grace Gaita (+2022). From **Dawna Beckett** for the departed servant, Gregory Beckett (20 years). From **John Mahalchak family** for the health of family, friends, John, Cheryl, Gregory, Cindy, Daniel, and Mary. From **Cheryl Mahalchak** for the departed servants, Bonita Schmidt and friends & family. From **Tatyana Sechler** for the departed servants, Polina, Slava, Marina, Maria, Luba, Valentina, Bruce, Diana, Andrei, and Galina; for the health of Veronika, Tatyana, Thomsd, Christopher, Tatyana, Todd, Ray, Sergei, and Daniel. From **the Pravlochaks** for the departed servant, Andrew Homyak; for the health of brother, David, and granddaughter, Christina. From **Steve Yurkowski** for the health of Katherine. From **Nancy Shaytar** for the health of husband, George. From **Paula DeCarlo** for the departed servant, Bertha (Ekaitis) DeCarlo; for the health of Helena and Carmela; pray for us.

Thank You

➤ to our **March** donor: Donya Yewisiak (Altar Candles \$25) in loving memory of brother, Leonard Soroka.

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: The Fall of Rome and Rise of the Byzantine Empire

Questions to ask/review:

- Name some of the tribes who conquered parts of the Western Roman empire.
- How did the fall of Rome impact the importance of the bishop of Rome (pope).
- What does the word "pope" mean?
- There were 5 major bishops (patriarchs) at that time. Where did they rule? (Rome, Constantinople, Antioch, Jerusalem, Alexandria)
- With the fall of Rome in the West, what city became the leader of the Christian world? (Constantinople)
- What is this Eastern Empire called? (Byzantine empire)
- Who was Justinian? What were his achievements?
- What is the Hagia Sophia? What are mosaics?

Suggested Activities at Home:

- Using books or internet, study examples of Byzantine religious art and architecture. Pictures of the Hagia Sophia and icon mosaics are helpful. Discuss the similarities that can be observed in all Orthodox churches and specifically in Greek Orthodox churches.
- Create mosaic art with seeds or tiles.

Prayer: Lord, thank you for the beauty You allow us to create to glorify You.

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

Hymns and Readings for Sunday, March 5

Tone 5 Troparion (Resurrection)

Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead// by His glorious Resurrection.

Tone 2 Troparion (Sunday of Orthodoxy)

We venerate Thy most pure image, O Good One; and ask forgiveness of our transgressions, O Christ our God. Of Thine own will Thou wast pleased to ascend the Cross in the flesh and deliver Thy creatures from bondage to the Enemy. Therefore with thankfulness we cry aloud to Thee: “Thou hast filled all with joy, O our Savior// for Thou didst come to save the world.”

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Tone 8 Kontakion (Sunday of Orthodoxy)

No one could describe the Word of the Father; but when He took flesh from thee, O Theotokos, He accepted to be described, and restored the fallen image to its former state by uniting it to divine beauty// We confess and proclaim our salvation in words and images.

Tone 4 Prokeimenon (Song of the Fathers)

Blessed art Thou, O Lord God of our fathers, / and praised and glorified is Thy Name forever! (*Song of the three Holy Children, v. 3*)

Epistle of the Sunday (Heb 11:24-26; 32-12:2)

By faith Moses, when he became of age, refused to be called the son of Pharaoh’s daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward.

And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. Women received their dead raised to life again.

Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented—of whom the world was not worthy. They wandered in deserts and mountains, in dens and caves of the earth.

And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us.

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the

author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Gospel of the Sunday (John 1:43-51)

The following day Jesus wanted to go to Galilee, and He found Philip and said to him, “Follow Me.” Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, “We have found Him of whom Moses in the law, and also the prophets, wrote—Jesus of Nazareth, the son of Joseph.”

And Nathanael said to him, “Can anything good come out of Nazareth?”

Philip said to him, “Come and see.”

Jesus saw Nathanael coming toward Him, and said of him, “Behold, an Israelite indeed, in whom is no deceit!”

Nathanael said to Him, “How do You know me?”

Jesus answered and said to him, “Before Philip called you, when you were under the fig tree, I saw you.”

Nathanael answered and said to Him, “Rabbi, You are the Son of God! You are the King of Israel!”

Jesus answered and said to him, “Because I said to you, ‘I saw you under the fig tree,’ do you believe? You will see greater things than these.” And He said to him, “Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man.”

Instead of “It is truly meet...,” we sing:

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*) Rejoice in the Lord, O you righteous; praise befits the just! (*Ps. 32:1*) Alleluia, Alleluia, Alleluia!

Being Kind to Others

Elder Alexey Mechev used to say the following about how other people should be treated: “People who are near you – that’s where you must toil. They are your grain field, your plot bestowed by God for you to cultivate. A person’s soul should be approached with care as if it was a fragile blossoming flower. You should console, protect and keep them away from any trouble. You should live his or her life, entirely forgetting your own self. Best possible should be done for your neighbors. You should always have only one thing in mind – not to disturb them or hurt their feelings. You should constantly seek the best way to soothe, assuage and reassure them. You should never use harsh words. All should be done delicately and in a loving way.”

St. Seraphim of Sarov said the following about monk Paul who lived next to his monastic cell: “Brother Paul is bound to easily enter the Kingdom of God thanks to the simplicity of his heart: he never censures or envies anyone, the only thing he is preoccupied with is fighting his sins and reaching humility.” In lacking simplicity, a person tends to experience groundless suspicions towards people. This quality is very sinful, the more so that the lie that is present here, goes hand in hand with unfriendliness, and the latter is a sin against love. How does it work? – In our imagination we build various assumptions attributing evil feelings and intentions to our neighbors, thus blackening them in our soul. What happens in reality is that it is our own soul that becomes black out of the feeling of enmity that we experience towards our neighbor.