



## 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 12

10:00 am Divine Liturgy/Church School

### Monday, March 13

5:00 pm Lenten Vespers

### Tuesday, March 14

9:00 am Lenten Matins (Morning Service)

9:30 am-12:00 pm Office Hours

### Wednesday, March 15

6:00 pm Liturgy of the Presanctified Gifts

### Thursday, March 16

9:00 am Lenten Matins (Morning Service)

9:30 am-12:00 pm Office Hours

6:30 pm Women's Group Outing

Khalil's II Restaurant (4757 Baum Blvd)

RSVP to Jessica Krchmar 412-290-3526

### Friday, March 17

7:00 pm Akathist to St Nicholas

### Saturday, March 18

9:30 am Memorial Divine Liturgy

1:00 pm St Seraphim Society (Bell Ringers)

4:00 pm Choir Rehearsal

4:30 pm Confessions

5:00 pm Great Vespers with Cathedral Vigil

### Sunday, March 19

10:00 am Divine Liturgy / Church School after

Archpriest Thomas Soroka, Rector

Deacon Luke Loboda, Attached

Deacon John Skowron, Attached

Rdr James Wargo and Danielle Bartko, Choir Dirs

## Sunday of St Gregory Palamas

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

March 12, 2023

## Announcements

You are invited to our first St. Nicholas Regional Synaxes! The term synaxis (plural is synaxes) is a traditional Orthodox word that refers to a gathering of believers. The purpose of our regional synaxes is to provide opportunity for spiritual growth, make our faith more intentionally woven into our daily lives, and build spiritual interconnectedness amongst members. We will join in a short prayer service, discussion, and then a meal. Everyone is welcome and encouraged regardless of age, family size, etc! The gatherings are based on geographic location. If you did not receive an email, please contact Deacon Luke or Melissa Graff for your information about your region.

➤ **Project Mexico Coffee Hour:** Please support our Project Mexico Service Project Team at coffee hour today. 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.

➤ **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.

## 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 the departed servant, Dn. Joseph Mell; for the health of family. From **Lindy Hamilton** for the health of family & friends; special intentions. From **Doris A. Wasilko** for the departed servants, John Polny & Michelle Bittner. From **Charles A. Wasilko** for the departed servants, John Polny and Michelle Bittner. From **Marsha Wasilko** for the departed servants, John Polny & Michelle Bittner. From **Edith Humphrey** for the departed servant, Fr. Matthew Baker. From **Alexei Listvinsky** for the departed servant, Gregory 3/6/22-1 year anniversary. From **John Mahalchak family** for the health of family, friends, John, Cheryl, Gregory, Cindy, Daniel, and Mary. From **Rdr. Aidan** for the health of Katie, Michael, and Thompson. From **Tatyana Sechler** for the departed servants, Robert, Polina, Slava, Valentina, Bruce, Diana, Andrei, and Galina; for the health of Veronika, Tatyana, Thomas, Christopher, Beth, Adrianna, Nina, Roman, Valeriy, and Daniel. From **the Pravlochaks** for the health of brother, David, and granddaughter, Christina. From **Nancy Shaytar** for the health of husband, George. From **the Robes Family** for the departed servant, Thomas V. Robes, Jr-Memory Eternal-1 year anniversary; for the health of Nicholas, Anna, & Rachel. From **Donya Yewisiak** for the departed servant, Michelle Bittner. From **John Kowalcheck** for the health of Olga Cozza on her birthday. From **John & Olga** for the health of Galina Vilko and Nora Kowalcheck on her birthday. From **Mr. & Mrs. Richard Blaha** for the departed servants, parents, Ron, newly departed Mary Ann, David, Donnie, and Janet; for the health of Dad, Leo, Family, friends,

## Thank You

siblings, & serving soldiers; special intentions & peace. From **Alexandria Tirpak** for the departed servants, Theodore, William, & Amelia; special intentions.  
➤ to our **March** donor: Donya Yewisiak (Altar Candles \$25) in loving memory of brother, Leonard Soroka.

## This Week in Church School

**Today's Lesson:** Monasticism, St. Anthony, and St. Seraphim

**Questions to ask/review:**

- What is monasticism?
- -How do monks (and nuns) live?
- -Compare your daily life to the life of a monk. Compare it to a hermit.
- -How will our lives during Lent become more similar to monastic life?
- -Who was St. Anthony of Egypt? Why did he choose the monastic life?
- -Who was St. Seraphim of Russia? Why did he choose the monastic life?
- -What miracles were performed by St. Anthony and St. Seraphim?

**Suggested Activities at Home:**

Prepare for Lent by discussing changes to the family routines and schedules. Discuss how your life will be more similar to that of a monastic.

**Prayer:** Pray each day the prayer of St. Ephraim the Syrian, another great monk:

“O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power and idle talk. (*Prostration*) But give rather the spirit of chastity, humility, patience, and love to Thy servant. (*Prostration*) Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed art Thou, unto ages of ages. Amen. (*Prostration*).”

**Children & Confession:** When should children start coming to confession? While there is no one-size-fits-all answer, children usually begin participating in the sacrament around second grade (age 8). Each year, we reserve confession on Lazarus Saturday morning (this year, April 8) for children, especially those who will be coming for the first time. In the coming weeks, there will be a special class during Sunday School for those children planning on coming to confession on April 8. More details to come. Please contact Fr. Tom or one of the deacons with any questions.

**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.**

# Hymns and Readings for Sunday, March 12

## **Tone 6 Troparion** (Resurrection)

The Angelic Powers were at Thy tomb;  
the guards became as dead men.  
Mary stood by Thy grave,  
seeking Thy most pure body.  
Thou didst capture hell not being tempted by it.  
Thou didst come to the Virgin, granting life.  
O Lord, Who didst rise from the dead,//  
glory to Thee.

## **Tone 4 Troparion** of 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 granting 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!

*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** (Heb 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!”

## **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) The righteous shall be  
in everlasting remembrance! He shall not fear  
evil tidings! (Ps. 111:6) 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**

“**Prayer consisting of words alone** does not  
help if the heart does not participate in prayer.  
God hears only a fervent prayer. Abba Zoilus of  
Thebaid was once returning from Mt. Sinai and  
met a monk who complained to him, that they  
are suffering much from drought in the  
monastery. Zoilus said to him: ‘Why don’t you  
pray and implore God?’ The monk replied: ‘We  
have prayed and have implored, but there is no  
rain.’ To this, Zoilus replied: ‘It is evident that  
you are not praying fervently. Do you want to be  
convinced that it is so?’ Having said this, the  
elder raised his hands to heaven and prayed.  
Abundant rain fell to the earth. Seeing this, the  
astonished monk fell to the ground and bowed  
before the elder, but the elder, fearing the glory  
of men, quickly fled. The Lord Himself said: ‘Ask  
and it will be given you’ (St. Luke 11:9). In vain  
are mouths full of prayer if the heart is empty.  
God does not stand and listen to the mouth but  
to the heart. Let the heart be filled with prayer  
even though the mouth might be silent. God will  
hear and will receive the prayer. For God only  
listens to a fervent prayer.” – *Saint Nikolai  
Velimirovich*