

Prayers

➤ **Ill and infirm:** *Known to be hospitalized (none); Home:* Bob Brewster, John Mahalchak (son). Nancy Shaytar, Natalie Toooh, *Shut in, Rehabilitation, or Nursing Home:* Natalie Popovich, Michael Soroka.

➤ **Vigil From Mat. Nancy K. Mell & Gregory Mell** for the departed servant, Dn. Joseph Mell; for the health of family. From **Doris Wasilko** for the departed servants, John Polny, Michelle Bittner, and Michael Wasilko. From **Marsha Wasilko** for the departed servants, cousin, Michael Wasilko and Michelle Bittner (3/10/20); for the health of the Wasilko family. From **Charles A. Wasilko** for the departed servants, cousin, Michael Wasilko and Michelle Bittner. From **Mat. Joni Soroka** for the departed servant, grandmother, Elizabeth (3/20/99); for the health of family. From **Lindy Hamilton** for the health of the Hamilton & Scott families; special intention. From **Mr. & Mrs. Richard Blaha** for the departed servants, parents, brother, and relatives; for the health of wife, Sonia, family, friends, siblings, and serving soldiers; for birthdays, special intentions, and peace. From **the Pravlochaks** for the departed servant, Tommy Zelesnik; for the health of Christina & child, Mat. Nancy, and brother, David. From **John Mahalchak family** for the health of friends & family, John, Cheryl, Daniel, Mary, Gregory, Cindy, John, Joseph, and Mary. From **John & Olga** for the health of Galina Vilcova.

➤ **Thank you to our March donors:** From **Anonymous** (Bulletins \$30). **Anonymous** (Holy Bread (\$50)). From **Donya Yewisiak** (Altar candles \$25) in memory of Reader Leonard Soroka. From **the Robes Family** (Communion Wine \$40) for the health of Nicholas Robes on his birthday. From **John Mahalchak** (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: Isaiah

Scripture reference: Book of Isaiah

Questions to ask/review:

Who was Isaiah? Where did he live? How were Judah and Israel separate?

What is a prophet? What did prophets speak about? What are some ways God can speak to us?

What are some of the major prophecies of Isaiah?

What happened to Judah when Isaiah's warnings went ignored?

What are the consequences of going against God's will? Is it fair for every bad deed to have a bad consequence?

Does God sometimes let people "get by" without suffering the consequences? Is that fair?

What about others who do wonderful deeds all their lives and never get any recognition? Is God fair? Explain.

Suggested Activities at home:

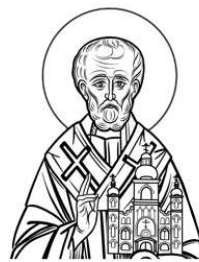
Create your own incense burner using a tuna can. Make a tuna can incense burner. Freeze the can full of water. Use hammer and nails to make holes that produce a pleasing design on the sides. Remove ice. Punch 3 holes along the top rim and cut a length of wire for each. Twist wires to attach to can and to each other to make a hanger.

Prayer: Lord, may your Eucharist cleanse us of our sins. Amen.

Jan Widel's husband, Chuck, is turning 85 on March 21! Jan has asked that we shower him with birthday cards. If you can drop a card in the mail (they don't have email) send it to:

Chuck Widel

2009 Lakeview Drive
Belle Vernon, PA 15012



Whether you're searching for a new church home or just visiting, we're 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 scan the QR Code** as your offering today. Please join us downstairs following the service. We want to get to know you! God bless you!

This Week

Sunday, March 16: St Gregory Palamas
10:00 am Divine Liturgy/Church School

Monday, March 17
5:00 pm Lenten Vespers

Tuesday, March 18
9:00 am Lenten Matins (Morning Service)
9:30 am-12:00 pm Office Hours

Wednesday, March 19
6:00 pm Liturgy of the Presanctified Gifts
Lenten Fellowship Meal following Liturgy

Thursday, March 20
9:00 am Lenten Matins (Morning Service)
9:30 am-12:00 pm Office Hours

Friday, March 21
7:00 pm Akathist to St Nicholas

Saturday, March 22
3:30 pm Exploring Orthodox Christianity
4:30 pm Confessions
5:00 pm Parish Vigil

Sunday, March 23: Sunday of the Cross
10:00 am Divine Liturgy / Church School
5:00 pm Vespers at St Alexander, Allison Pk

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 16, 2025

Announcements

➤ **Synaxis News:** Our first parish Synaxis of 2025 will be held this coming Tuesday, March 18 in two locations, East Pittsburgh and South Hills. Check your email for locations and times!

➤ We are pleased to announce that an anonymous donor has pledged **\$50,000 as a matching donation challenge** to raise needed funds for the dome restoration project which is slated for Q3 of 2025.

We prayerfully ask that you consider giving a **generous donation** to help meet this matching challenge by Pascha, April 20, 2025.

More will be sent out this week via email.

➤ Please see Kristie Mertz on how to utilize our new **online giving platform** <https://orthodoxpittsburgh.churchtrac.com/>. We encourage everyone who can to begin using online, recurring giving for your offerings.

➤ **Flower donations:** Please consider a special financial offering to help adorn the church with flowers for Pascha, as well as the Sunday of the Cross, Annunciation, Palm Sunday. Please earmark your gift for flowers. God bless 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 16

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 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 has 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 incurruptible crowns!”

Tone 5 Prokeimenon

Thou, O Lord, shalt protect us / and preserve us from this generation forever. (Ps. 11:7)

Epistle Hebrews 1:10-2:3 (Sunday)

“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 Mark 2:1-12 (Sunday)

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

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 thy body into a throne, and thy womb He made more spacious than the heavens. All of creation rejoices in thee, O Full of Grace. Glory to thee!

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!

St Gregory Palamas: Quotes

"Every day we should stand in awe of Him, as He is with us, and do what is pleasing before Him. If we are unable now to perceive Him with our physical eyes, we can, if we are watchful, see Him continuously with the eyes of our understanding and not just see Him, but reap great benefits from Him."

"If you put something fragrant on to burning coals, you motivate those who approach to come back again and to stay near, but if instead you put on something with an unpleasant, oppressive smell, you repel them and drive them away. It is the same with the mind. If your attention is occupied with what is holy, you make yourself worthy of being visited by God, since this is the sweet savor which God catches scent of. On the other hand, if you nurture evil, foul and earthly thoughts within you, you remove yourself from God's supervision and unfortunately make yourself worthy of His aversion."

"... the passion for popularity brings such injury upon those it masters that it shipwrecks faith itself. Our Lord confirms this when He says, 'How can you have faith in Me when you receive honor from one another and do not seek for the honor that comes from the only God?' (cf. Jn. 5:44)."