



## Welcome!

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 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!

## This Week

- Monday, March 5**  
5:00 pm Lenten Vespers
- Tuesday, March 6**  
5:00 pm Lenten Vespers
- Wednesday, March 7**  
6:00 pm Liturgy of the Presanctified Gifts  
Lenten Fellowship Meal
- Thursday, March 8**  
5:00 pm Lenten Vespers
- Friday, March 9**  
7:00 pm Akathist to St Nicholas of Myra
- Saturday, March 10**  
4:30 pm Confessions  
5:00 pm Great Vespers
- Sunday, March 11**  
10:00 am Divine Liturgy

**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.

McKees Rocks/Pittsburgh, PA  
OrthodoxPittsburgh.org

March 4, 2018

## Announcements

- **The Lenten season has begun.** The Church prescribes that we refrain from eating meat and dairy products throughout the entirety of Lent and Holy Week. We're also called to increase our personal prayer, church attendance, and charity. May God strengthen you in your Lenten journey to enter the Lord's Pascha.
- **Our Parish-wide charitable endeavor is underway!** We provide 12 Easter Baskets for local families in need. Please see the insert in today's bulletin on how you can contribute!
- **Our Sisterhood's Annual Lenten Soup Sale will be held on Sunday, March 11. You'll have the option to purchase delicious, homemade soup during Coffee Hour for \$8/quart.** The money raised will support our ministry to our ill/shut-in parishioners and to purchase new kitchen equipment we need for "Welcome to the Table" as well as for future events for our Parish!
- **Join us for our Lenten Fish Dinner** on Sunday, March 25 (Feast of the Annunciation) after the Divine Liturgy!
- **Spring forward** this coming Saturday night! Daylight Savings Time begins on Sunday, March 11 at 2:00 am. Head to bed an hour early and set your clocks ahead one hour.

We who... on account of their different manners would not live with men of a different tribe, now, since the coming of Christ, live familiarly with them. – *St Justin Martyr, Apology, Chapter 14*

Archpriest Thomas Soroka, *Rector*  
Deacon Luke Loboda, *Attached*  
Mat. Janet Mihalick, *Choir Director*

## Prayers

- **Ill and infirm:** *Known to be Hospitalized* (none). *Home:* Georgiann Robes. *Shut in, Rehabilitation, or Nursing Home:* Olga Bednar, Olga Tryszyn, Mary Zapp.
- **From Mat. Nancy K. Mell and Gregory Mell** for the departed servant, Dn. Joseph Mell; for the health of family. **From Marsha Wasilko** for the health of the Wasilko family; Happy Birthday & Many Years to Chuck! **From Charles A. Wasilko** for the health of (sisters) Doris & Marsha. **From Doris Wasilko** for the departed servants from the Wasilko & Dyczko families; for the health of Chuck on his birthday—Many Years. **From Donya Yewisiak** for the health of Reader Leonard. **From George & Nancy Shaytar** for the departed servant, (brother) John Shaytar.



## Thank You

- to Chuck Wasilko for sponsoring the bulletin for the month of March on the occasion of his birthday. May God richly bless him!

## Family Tips for Lent

\* Don't sweat the small stuff. Most parents find it's better to resist the temptation to read labels while shopping in the store, or to try to monitor what our older kids are choosing to eat when they aren't at home. Let's not set up standards of perfection that will quickly succumb to the practical realities of family life. The overall goal is that we and our children will cleanse our souls, simplify our lives, practice a greater degree of love and self sacrifice, and prepare for the Feast of Pascha. Our own father confessors can best guide us as to how to do this without ruining the atmosphere in our homes with Lenten grumpiness.

\* Do create a Lent-friendly kitchen. We can keep our pantries free of dairy-heavy snacks and Beef Jerky. Our food buying can set an example, and so can our choices. But then, we also need to remember that our children are still children! I'll never forget His Grace Bishop Joseph's exhortation when, at a women's retreat, a mother asked him, "How do we handle the fast with our children?" "Your fasting should be more rigorous than your children's fasting," he said. He went on to explain that what we do while they are watching is more important than what we make them do. Also, as the cooks, we can help them along by finding tasty, albeit simple recipes that they enjoy. Try the book *When You Fast: Recipes for Lenten Seasons* by Catherine Mandell.

\* Do put thought into managing the family calendar. Life sure doesn't stop during Lent, does it? It relentlessly marches on with baseball playoff games, school plays, non-Orthodox family weddings, and western Easter gatherings. We have to decide at the beginning of each Lenten week what to do, and what to forgo. In this, there are two temptations: to try to make each service and live as if nothing else is happening, or to shrug and give up attempting extra Lenten efforts, since it's just too out of step with the rest of the world. (*cont. below*)

***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 Today

March 4, 2018

## **Troparion of the Resurrection Tone 6**

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!

## **Troparion of St Gregory Tone 8**

O light of Orthodoxy! Teacher of the Church! It's confirmation!  
O ideal of monks and invincible champion of theologians!  
O wonder-working Gregory, glory of Thessalonica and preacher of grace!  
Always intercede before the Lord that our souls may be saved!

## **Kontaion of St Gregory Tone 8**

Holy and divine instrument of wisdom,  
joyful trumpet of theology,  
together we sing your praises, O God-inspired Gregory.  
Since you now stand before the Original Mind, guide our minds to Him, O Father,  
so that we may sing to you: "Rejoice, preacher of grace!"

## **Kontakion of the Triodion Tone 4**

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:  
We have sinned more than the sands of the sea;  
but forgive us, O Master of All,  
so that we may receive the incorruptible crowns.

## **Prokeimenon Tone 5 (Ps 12)**

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 (Mk 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!"

## **Communion Hymn (Ps 148)**

Praise the Lord from the heavens! Praise Him in the highest! The righteous will be in everlasting remembrance; he shall not fear evil tidings

## **Family Tips During Lent (continued)**

With the former, we get after our kids if they aren't good sports about the fasting and church attendance. With the latter, we mostly ignore the holy season because of our kids' complaints or our own laziness. As always, we need to strive for balance

Sister Magdalen reminds us in *Children in the Church Today*, being a wise parent "sometimes involves letting go temporarily of secondary aspects in order to concentrate on central things (faith, love, freedom, truth). We know that 'secondary' things contribute to the essentials, and we try to live in a way that makes this manifest, and to explain it to our young people. However, we may have to wait patiently while our children go through the experience of sorting out the central meaning of life for themselves." This good counsel extends to all of the Lenten disciplines. Let's go forward into this journey with enthusiasm, knowing that in due season we will "reap, if we faint not."



## **Sayings of St Gregory Palamas**

The Lord came to send fire upon the earth (cf. Lk. 12:49), and through participation in this fire He makes divine not just the human substance which He assumed for our sake, but every person who is found worthy of communion with Him.

...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. This vision destroys all sin, demolishes all evil, and drives away everything bad. It gives birth to purity and dispassion, and bestows eternal life.

# Today in Church School

## **Today's lesson: Lazarus**

### **Questions to ask/review:**

- Where was Jesus when Lazarus became sick? (not nearby)
- Who were the sisters of Lazarus? (Mary and Martha)
- How was Lazarus doing by the time Jesus came? (in the tomb for 4 days)
- Why is the 4 days important; why did Lazarus "already smell"? (The 4 days show true corruption, the rotteness inside us all, defeated by Jesus in the tomb, since He alone is without corruption or sin)
- How did Jesus describe Himself to Martha? (I am the Resurrection and the Life, He who believes in Me will live forever)
- Why did Jesus cry? (he loved Lazarus, and he grieves because death was not supposed to happen to humanity)
- What happened to Lazarus after Jesus prayed? (he was resurrected and Jesus told him to walk out of the tomb)
- Was this the first person Jesus raised from the dead? (No, the son of the widow of Nain and the daughter of Jairus, but both had just died; they had not been dead for 4 days)

### **Suggested activities at home:**

- Visit a cemetery. Pray for your departed loved ones or those buried there. Discuss the story of Lazarus and our hope in the Resurrection.
- Play a game where your child wraps themselves in clothes and hides in the closet. Tell them to come out like Lazarus and discuss the meaning of Christ's act.
- Read the scripture at bedtime: John 11.
- Prayer: Lord Jesus, by raising Lazarus from the dead before Your passion, you confirmed the universal resurrection, O Christ God! Amen.





## EASTER FOOD BASKETS FOR NEEDY FAMILIES 2018

Please review the list of food items and indicate on the form the food item or monetary donation which you have selected to donate for the Easter Basket project. Please make checks payable to "St. Nicholas Orthodox Church." Acknowledgements for donations will be issued for tax purposes. Donations will be accepted through Sunday, March 25, 2018.

Please submit completed form to Donya Yewisiak at your earliest convenience.

- 12- Hams (fully cooked- whole/semi-boneless)
- 12- Rings of Kielbasi
- 12- Five pound bags of potatoes
- 12- Five pound bags of flour
- 12- Five pound bags of sugar
- 12- Cans of vegetables (corn, green beans, peas, sliced beets, etc.)
- 12- Jars of applesauce (24 oz.)
- 12- Jars of pickles
- 12- Cans of black olives
- 12- Cans of fruit (pineapple slices)
- 12- Boxes of Jell-O
- 12- Boxes of pudding
- 12- Boxes of cake mix
- 12- Cans of cake icing
- 12- Three pound cans of coffee
- 12- Bottles of salad dressing
- 12- Jars of horseradish
- 12- Two liter bottles of soda

Additionally, monetary donations will be accepted in lieu of perishable and miscellaneous items. Eggs, cheese, milk, bread, fresh fruit, vegetables, and children's Easter baskets will be purchased for the recipient families. Distribution of the baskets will be coordinated through the Holy Family Institute of McKees Rocks, PA.

Thank you,

Donya Yewisiak  
Project Coordinator  
412 848 7513 cell

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### Easter Food Baskets for Needy Families 2018

Name \_\_\_\_\_

I would like to donate \_\_\_\_\_

(Please indicate number and type of item.)

I would like to make a monetary donation in the amount of \$\_\_\_\_\_.