



## 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

### Tonight

7:00 pm – Forgiveness Vespers

### Monday, March 11 – Clean Monday/Lent Begins

7:00 pm Canon of St Andrew of Crete

### Tuesday, March 12

NO SERVICE

### Wednesday, March 13

6:00 pm Liturgy of the Presanctified Gifts  
Lenten Fellowship Meal

### Thursday, March 14

NO SERVICE

### Friday, March 15

7:00 pm Akathist to Our Sweetest Lord Jesus

### Saturday, March 16

4:30 pm Confessions

5:00 pm Great Vespers

### Sunday, March 17

9:00 am Adult Education

10:00 am Divine Liturgy

5:00pm Pan-Orthodox Vespers

St Nicholas Serbian Orthodox Church

2110 Haymaker Road, Monroeville, Pa 1514

The Pan Orthodox Choir of Pittsburgh  
under the direction of Fr Thomas  
will sing the responses

Archpriest Thomas Soroka, *Rector*

Deacon Luke Loboda, *Attached*

Mat. Janet Mihalick, *Choir Director*

## Forgiveness Sunday

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

March 10, 2019

## Announcements

➤ The **Lenten season begins tomorrow**. We are called to increase our prayer, fasting, and charity. We are called to offer this “tithe” of the year to regain what we have lost spiritually. Let us not lose the opportunity that God is offering us to return to our true home. May God strengthen you!

➤ **The 2019 Lenten Schedule** is now published. Please give prayerful consideration to your increased participation in the beautiful and meaningful services of the Lenten season. Let us journey together to the Holy Pascha! **Great Lent begins tomorrow, Monday, March 11 and Pascha is on Sunday April 28.** (Western Easter is on Sunday, April 21). **Begin the Lenten journey with your church family at Forgiveness Vespers on tonight at 7:00 pm.** *If you have never attended, it's an experience you'll never forget.*

➤ **Our annual Blini** (Russian crepe) dinner will be held on today after the Divine Liturgy. Tickets will be sold at the door. Adults \$8 Children 7 and up \$4. You will not want to miss this!

➤ **“Spiritual Self-Care: Warming Up Our Parishes”** is a Lenten retreat on Saturday, April 13 at St Mary Orthodox Church (OCA) in the Southside led by Mother Christophora of Holy Transfiguration Monastery of Ellwood City. Divine Liturgy begins at 9:30 am followed by a Lenten brunch. The talk begins at 11:30 am and the retreat will end around 1:00 pm. The event is free and open to the public.

➤ **Church School Students** are asked to bring an icon from home for next week's procession commemorating the Triumph of Orthodoxy. Icons will be provided for those who did not bring on.

## Prayers

➤ **Ill and infirm:** *Known to be Hospitalized; Jack Saban (VA). Home: Nancy Pravlochak, Georgiann Robes. Shut in, Rehabilitation, or Nursing Home:* Olga Bednar, Garnette Kerchum, Olga Tryszyn, Mary Zapp.

➤ Vigil Lights **From Mat. Nancy K. Mell and Gregory Mell** for the departed servants, Dn. Joseph Mell; for the health of family, Michelle Bittner and Charles Wasilko on the occasion of his birthday~Many Years! **From Charles A. Wasilko** for the departed servant, John Polny; for the health of Michelle Bittner. **From Marsha Wasilko** for the departed servant, John Polny (3/5/96); for the health of Reader Leonard and Michelle Bittner; Happy Birthday & Many Years to Chuck! **From Doris Wasilko** for the departed servant, John Polny; for the health of Michelle Bittner; Happy Birthday to Chuck! **From George & Nancy Shaytar** for the departed servant, (mom) Sophia Kraynak; for the health of Alise Lugin and Michelle Bittner. **From John & Olga** for the health of Nora Kowalcheck on her birthday. **From Donya Yewisiak** for the health of Reader Leonard and Michelle Bittner. **From Michelle Bittner** for the health of Jack Saban & Greg; special intentions. **From Lindy Hamilton** for the health of Elaine Hamilton and Richard Hogya. **From John Kowalcheck** for the health of Olga Cozza on her birthday. **From Nancy Shaytar** for the health of (husband) George on his birthday.

## Thank you

➤ to **Lindy Hamilton** for donating the bulletins for the month of March in prayerful remembrance of parents Russell and Ethel Marie Hamilton.

**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.**

## Advice for Great Lent

“Fasting, prayer, alms, and every other good Christian deed is good in itself, but the purpose of the Christian life consists not only in the fulfillment of one or another of them. The true purpose of our Christian life is the acquisition of the Holy Spirit of God. But fasting, prayer, alms and every good deed done for the sake of Christ is a means to the attainment of the Holy Spirit. Note that only good deeds done for the sake of Christ bear the fruit of the Holy Spirit. Everything else that is not done for the sake of Christ, even if it is good, does not bring us a reward in the life to come, not does it bring the grace of God in this life. This is why our Lord Jesus Christ said, ‘Whoever gathereth not with me scattereth’ (Matt. 12:30). (*St. Seraphim of Sarov*)

“Many human activities, good in themselves, are not good because of the motive for which they are done. For example, fasting and vigils, prayer and psalmody, acts of charity and hospitality are by nature good, but when performed for the sake of self-esteem they are not good.” (*St. Maximos the Confessor*)

“Let thy mind fast from vain thoughts; let thy memory fast from remembering evil; let thy will fast from evil desire; let thine eyes fast from bad sights: turn away thine eyes that thou mayest not see vanity; let thine ears fast from vile songs and slanderous whispers; let thy tongue fast from slander, condemnation, blasphemy, falsehood, deception, foul language and every idle and rotten word; let thy hands fast from killing and from stealing another's goods; let thy legs fast from going to evil deeds: Turn away from evil, and do good.” (*St. Tikhon of Zadonsk*)



**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 10, 2019

## **Troparion of the Resurrection Tone 8**

Thou didst descend from on high, O Merciful One!  
Thou didst accept the three day burial to free us  
from our sufferings!  
O Lord, our Life and Resurrection: Glory to Thee.

## **Troparion of St Nicholas Tone 4**

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.

## **Kontakion of the Resurrection Tone 8**

By rising from the tomb Thou didst raise the dead  
and resurrect Adam.  
Eve exults in Thy resurrection,  
and the world celebrates Thy rising from the dead,  
O greatly Merciful One.

## **Kontakion of the Triodion Tone 6**

O Master, Teacher of Wisdom,  
Bestower of virtue,  
Who teaches the thoughtless and protects the poor:  
Strengthen and enlighten my heart.  
O Word of the Father,  
Let me not restrain my mouth from crying to Thee:  
Have mercy on me, a transgressor,  
O Merciful Lord.

## **Prokeimenon Tone 8 (Ps 76)**

Pray and make your vows before the Lord our God!

## **Epistle of the Sunday (Rom 13:11-14:4)**

And do this, knowing the time, that now it is high  
time to awake out of sleep; for now our salvation is  
nearer than when we first believed. The night is far  
spent, the day is at hand. Therefore let us cast off  
the works of darkness, and let us put on the armor  
of light. Let us walk properly, as in the day, not in  
revelry and drunkenness, not in lewdness and lust,  
not in strife and envy. But put on the Lord Jesus

Christ, and make no provision for the flesh, to fulfill  
its lusts.

Receive one who is weak in the faith, but not to  
disputes over doubtful things. For one believes he  
may eat all things, but he who is weak eats only  
vegetables. Let not him who eats despise him who  
does not eat, and let not him who does not eat  
judge him who eats; for God has received him.  
Who are you to judge another's servant? To his  
own master he stands or falls. Indeed, he will be  
made to stand, for God is able to make him stand.

## **Gospel of the Sunday (Mt 6:14-21)**

"For if you forgive men their trespasses, your  
heavenly Father will also forgive you. But if you do  
not forgive men their trespasses, neither will your  
Father forgive your trespasses.

"Moreover, when you fast, do not be like the  
hypocrites, with a sad countenance. For they  
disfigure their faces that they may appear to men to  
be fasting. Assuredly, I say to you, they have their  
reward. But you, when you fast, anoint your head  
and wash your face, so that you do not appear to  
men to be fasting, but to your Father who is in the  
secret place; and your Father who sees in secret  
will reward you openly.

"Do not lay up for yourselves treasures on earth,  
where moth and rust destroy and where thieves  
break in and steal; but lay up for yourselves  
treasures in heaven, where neither moth nor rust  
destroys and where thieves do not break in and  
steal. For where your treasure is, there your heart  
will be also."

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

Praise the Lord from the heavens! Praise Him in  
the highest!

The **monthly hoagie sale** will be held on  
Wednesday, March 27. Please see Bob Madalinsky  
for details.

# Today 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 the 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? 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:**

- 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).

# Prayer, Mercy, and Fasting

There are three things, my brethren, by which faith stands firm, devotion remains constant, and virtue endures. They are prayer, fasting and mercy. Prayer knocks at the door, fasting obtains, mercy

receives. Prayer, mercy and fasting: These three are one, and they give life to each other.

Fasting is the soul of prayer, mercy is the lifeblood of fasting. Let no one try to separate them; they cannot be separated. If you have only one of them or not all of them together, you have nothing. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others you open God's ear to yourself.

When you fast, see the fasting of others. If you want God to know that you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give. If you ask for yourself what you deny to others, your asking is a mockery.

Let this be the pattern for all men when they practice mercy: show mercy to others in the same way, with the same generosity, with the same promptness, as you want others to show mercy to you.

Therefore, let prayer, mercy and fasting be one single plea to God on our behalf, one speech in our defense, a threefold united prayer in our favor.

Let us use fasting to make up for what we have lost by despising others. Let us offer our souls in sacrifice by means of fasting. There is nothing more pleasing that we can offer to God, as the psalmist said in prophecy: A sacrifice to God is a broken spirit; God does not despise a bruised and humbled heart.

To make these acceptable, mercy must be added. Fasting bears no fruit unless it is watered by mercy. If you do not release the springs of mercy, your fasting will bear no fruit.

When you fast, if your mercy is thin your harvest will be thin; when you fast, what you pour out in mercy overflows into your barn. Therefore, do not lose by saving, but gather in by scattering. Give to the poor, and you give to yourself. You will not be allowed to keep what you have refused to give to others. (*St Peter Chrysologus*)