



## 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!

## This Week

### Tuesday, January 14

9:00 am Matins (Morning Service)

9:30 am-12:00 pm Office Hours/Church Open

### Thursday, January 16

9:00 am Matins (Morning Service)

9:30 am-12:00 pm Office Hours/Church Open

### Saturday, January 18

4:30 pm Confessions

5:00 pm Vespers with Cathedral Vigil

### Sunday, January 19

9:15 am Adult Education

10:00 am Divine Liturgy

After Services Church School

**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.**

Archpriest Thomas Soroka, Rector

Deacon Luke Loboda, Attached

Mat. Janet Mihalick, Choir Director

## Sunday After Theophany

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

January 12, 2020

## Announcements

### ➤ Notice: Annual Parish Meeting Date

**Change:** The Parish Council, with Fr Thomas's agreement, has moved to **change the date of the parish's Annual Meeting to Sunday, February 16** after the Divine Liturgy (for this year only). This change in date is in accordance with our parish By Laws, Article IV, Section 1, paragraph a: "...Should circumstances preclude having an annual Parish Meeting at its regularly appointed time, then an alternate date agreed upon by the Rector and the Parish Council can be selected." The Parish Council is transitioning to a new Treasurer before the annual Parish Meeting. This has caused a delay in preparing accurate reports for the meeting and time is needed to make this transition. Please see John Kowalcheck or Fr Thomas with any questions.

➤ **Anyone who would like to have Fr Thomas come to bless their home** should contact him directly at [frthomas@orthodoxpittsburgh.org](mailto:frthomas@orthodoxpittsburgh.org). Everyone is encouraged to have their home blessed during this season of the year.

➤ **Our January hoagie sale** is being held on Wednesday, Jan 29. Italian Hoagies and wraps are \$6.50 each and the Turkey hoagies and wraps are \$7.00 each. Orders can be placed by calling 412-974-9912, faxing 724-926-4052 or emailing [rjmbmsam1@verizion.net](mailto:rjmbmsam1@verizion.net). Orders are due on Sunday evening, Jan 26. Orders can be picked up between noon and 1 pm Jan 30 at the church hall on Wednesday, Jan 29.

## Prayers

➤ **Ill and infirm:** *Known to be hospitalized:* (none) *Home:* Nancy Pravlochak, Paul Yewisiak. *Shut in, Rehabilitation, or Nursing Home:* Garnette Kerchum, Eleanor Kovacs, Georgiann Robes, Olga Tryszyn, Mary Zapp.

➤ **From Mat. Nancy K. Mell and Gregory Mell** for the departed servant, Dn. Joseph Mell; for the health of family, Michelle Bittner and Paul Yewisiak. **From Doris Wasilko** for the departed servant, (brother) Raymond; for the health of the Nancy Shaytar and Janet Widel & Sandi Tirpak on their birthdays. **From Marsha Wasilko** for the departed servant, (brother) Ray (1/10/17); Happy Birthday & Many Years to Jan Widel & Sandi Tirpak! **From Charles A. Wasilko** for the departed servant, (brother) Raymond; for the health of (sisters) Doris & Marsha. **From Lindy Hamilton** for the health of Elaine Hamilton; special intentions. **From George & Nancy Shaytar** for the health of Michelle Bittner and Paul Yewisiak. **From Alexandria Tirpak** for the health of Paul and Michelle; Birthday blessings to Janet; special intentions. **From John & Olga** for the health of Galina Vilkova and for the health and salvation of our family. **From Donya Yewisiak** for the health of Michelle Bittner and Georgiann Robes; special Happy Birthday (75 years) to Jan Widel & Sandi Tirpak; special intention. **From Mat. Joni Soroka** for the health of Paul Yewisiak and (father) John on his 89<sup>th</sup> birthday. **From Alina** for the departed servant, Sergei.

**2020 Church Offering Envelopes** are now available at the Candle Desk. They are assigned by name and number. If you need assistance, please see Kristie Mertz.

## This Week in Church School

**Today's lesson:** The Letter of James

**Verse (younger classes):** James 3:5- "Even so the tongue is a little member and boasts great things. See how great a forest a little fire kindles."

**Questions to ask/review:**

- What did God give us the tongue for?
- Describe a time when you were hurt by someone's words.
- Describe a time when your words hurt another.
- How can our tongue hurt others?
- How can words burn others like a fire?

**Verse (older classes):** James 4:1-2- "Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members?"

**Questions to ask/review:**

- Who was James? What was his relationship to Jesus?
- Describe examples in your life and the Scriptures when someone was consumed with anger.
- What did the anger push them to do? What damage was done? Was it worth it? Why not?
- Why do we get angry? What is behind the anger?
- Why is most anger sinful? How does it harm us? How does it harm the Church?

**Suggested Activities at home:**

- Make a "tongue jar", decorate it, and put a penny in each time a family member says something that hurts someone else.
- Explore the tongue with sweet, sour, salty, and bitter things with a blindfold on.
- Seek forgiveness for recent times when you have hurt someone in your words or anger.

**Prayer:** Lord, forgive me for the acts of my mighty tongue and help me to control it better tomorrow. OR Lord, forgive me for my anger and bring me peace. Amen.

**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

## **Troparion of the Resurrection) Tone 5**

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.

## **Troparion of the Feast Tone 1**

When Thou, O Lord, wast baptized in the Jordan, the worship of the Trinity was made manifest! For the voice of the Father bear witness to Thee, calling Thee ‘His beloved Son,’ and the Spirit, in the form of a dove, confirmed the truthfulness of His word. O Christ our God who hast revealed Thyself, And hast enlightened the world, 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 5**

Thou didst descend into hell, O my Savior, shattering its gates as almighty, resurrecting the dead as Creator and destroying the sting of death.  
Thou hast delivered Adam from the curse, O Lover of Man  
and we all cry to Thee, O Lord, save us!

## **Kontakion of the Feast Tone 4**

Today Thou hast appeared to the universe,  
And Thy light, O Lord, hast shone on us,  
who with understanding, praise Thee:  
Thou hast come and revealed Thyself,  
O Light Unapproachable!

## **Prokeimenon of the Postfeast Tone 1 (Ps 33)**

Let Thy mercy, O Lord, be upon us as we have set our hope on Thee!

## **Epistle of the Posteast (Eph 4:7-13)**

But to each one of us grace was given according to the measure of Christ’s gift. Therefore He says: “When He ascended on high, he led captivity captive, and gave gifts to men.” (Now this, “He ascended”—what does it mean but that He also first descended into the lower parts of the earth? He who descended is also the One who ascended far above all the heavens, that He might fill all things.)

And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ...

## **Gospel of the Postfeast (Mt 4:12-17)**

Now when Jesus heard that John had been put in prison, He departed to Galilee. And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, that it might be fulfilled which was spoken by Isaiah the prophet, saying:

“The land of Zebulun and the land of Naphtali, by the way of the sea, beyond the Jordan, Galilee of the Gentiles: The people who sat in darkness have seen a great light, and upon those who sat

in the region and shadow of death, light has dawned.”

From that time Jesus began to preach and to say, “Repent, for the kingdom of heaven is at hand.”

## **Hymn to the Theotokos of the Feast**

Magnify, O my soul,  
the most pure virgin Theotokos, more honorable than the heavenly hosts!  
No tongue is capable of praising you worthily;  
the angelic mind is over-awed in exalting you, O Theotokos!  
But accept our faith,  
since you are gracious and know our divine love.  
You are the Protectress of Christians  
and we praise you!

## **Communion Hymn (Titus 1:11)**

Praise the Lord from the heavens. Praise Him in the highest. The grace of God has appeared for the salvation of all men. Alleluia!

## Martyr Tatiana of Rome

Tatiana was a Roman whose parents were of great nobility. She was a Christian and a deaconess in the church. After the death of Emperor Heliogabalus, Emperor Alexander, whose mother Mammaea was a Christian, reigned in Rome. The emperor himself was wavering and indecisive in the Faith for he kept statues of Christ, Apollo, Abraham and Orpheus in his palace. His chief assistants persecuted the Christians without the emperor's orders. When they brought out the virgin Tatiana for torture, she prayed to God for her torturers. And behold, their eyes were opened and they saw four angels around the Martyr. Seeing this, eight of them believed in Christ for which they also were tortured and slain. The tormentors continued to torture Tatiana. They whipped her, cut off parts of her body; they scraped her with irons. So all disfigured and bloody, Tatiana was thrown into

the dungeon that evening so that the next day, they could, again, begin anew with different tortures. But God sent His angels to the dungeon to encourage her and to heal her wounds so that, each morning, Tatiana appeared before the torturers completely healed. They threw her before a lion, but the lion endeared himself to her and did her no harm. They cut off her hair, thinking, according to their pagan reasoning, that some sorcery or some magical power was concealed in her hair. Finally, Tatiana along with her father were both beheaded. Thus, Tatiana ended her earthly life about the year 225 A.D., and this heroic virgin, who had the fragile body of a woman but a robust and valiant spirit, was crowned with the immortal wreath of glory.

## **Hymn of Praise to Saint Tatiana**

*By St. Nikolai Velimirovich*

*You grieve over the youth of your body, Oh, be reasonable!*

*Youth which passes, is it worthwhile to grieve over; you judge!*

*There is only one youth, youth in eternity, That is the true youth, youth without aging, This is worthwhile to ask for, and for it, to shed tears,*

*Even if you have to pay for it with the death of the body.*

*Tatiana purchased the costly with the less costly.*

*For dust and water, the Divine wine;*

*For the body that ages, eternal youth*

*And for a few tears, Cherubic joy.*

*Betrothed to Christ, the Immortal King,*

*She remained faithful to her Betrothed;*

*By the power of a pure spirit, crushed temptations*

*And bravely endured frightening tortures.*

*Around her were heard angelic footsteps;*

*As a wrinkled cloth, her body she shed,*

*And a soul free of earthly ties*

*Was raised to the wedding feast in the Kingdom without tears.*



## International Soup Sampling

**TO BENEFIT IOCC**

**Saturday, February 8, 2020 | 11-2**

**Experience tastes from around the world!**

Sample five homemade soups for \$10,  
and take your favorite quart home for a \$10 donation.

**HOLY CROSS GREEK ORTHODOX CHURCH**  
123 Gilkeson Rd. (Mt. Lebanon) · Pittsburgh, PA 15228

For questions or to pre-order soup (by January 25), contact  
Marianne at 412-668-0420 or marianne.carmack@gmail.com

Youth groups & children's ministries from all jurisdictions will assemble health kits.  
All area youth are invited! Donations are needed to purchase bulk health kit supplies.  
To sponsor kits, call Nick Terezis at 740.282.5198



## Health Kit Drive and Assembly

**Youth Volunteers and Monetary Donations Needed!**

**February 8, 2020 | 11:30 AM – 12:30 PM**

Kit assembly will take place during International Soup Sampling to Benefit IOCC.

**HOLY CROSS GREEK ORTHODOX CHURCH**  
123 Gilkeson Rd. (Mt. Lebanon) · Pittsburgh, PA 15228

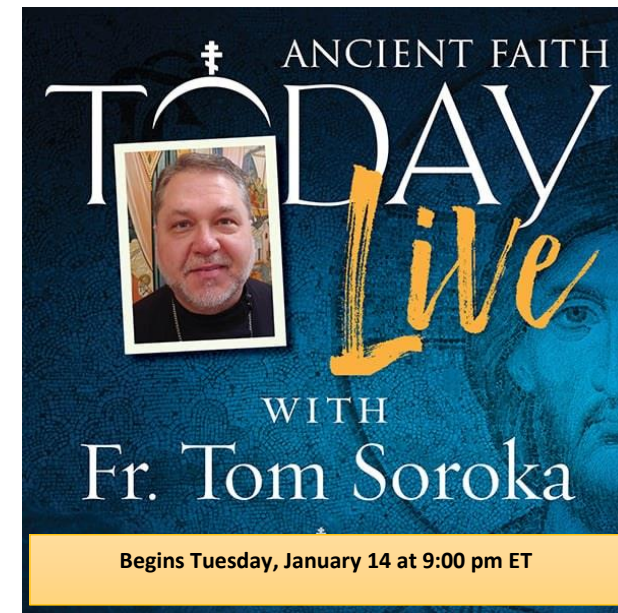
All Orthodox Youth Groups are asked to participate.

Students, please bring your volunteer forms for school credit.

**OUR GOAL IS TO ASSEMBLE ONE THOUSAND HEALTH KITS.  
DONATIONS ARE NEEDED TO PURCHASE BULK HEALTH KIT SUPPLIES.**

To donate, please make checks payable to "Holy Cross Agape Fund" with "IOCC Health Kit Project" in the memo, and mail to Nick Terezis, c/o IOCC, 306 Marberry Drive, Pittsburgh, PA 15215.

Please contact Deno at 412-833-8771 or dmpappas22@gmail.com  
to coordinate your youth group attendance.



† ANCIENT FAITH  
**TODAY**  
*Live*

WITH  
**Fr. Tom Soroka**

**Begins Tuesday, January 14 at 9:00 pm ET**



## Ice Skating at PPG Place

All Archdiocesan youth and their families  
are invited to go ice skating at PPG Rink on...

**Sunday, January 26, 2020**

**5 p.m. – 7 p.m.**

Cost is \$17 per person and includes admission, ice skate rentals  
and a hot dog snack (Make checks payable to Pittsburgh District FOCA)

RSVP by Mon., Jan. 20 to Marcie Killmeyer at 412-445-8482 or  
[map\\_turtle@hotmail.com](mailto:map_turtle@hotmail.com) (please provide a cell phone number in case of bad weather)

Sponsored by Archdiocesan Youth Committee and Pittsburgh District FOCA