



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

**First Sunday of Lent: Triumph of Orthodoxy**

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

March 8 2020

## 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

### Today

**4:30 pm** *Pan-Orthodox Vespers (Holy Trinity Greek Orthodox Church, North Hills)*

### Monday, March 9

5:00 pm Lenten Vespers

### Tuesday, March 10

9:00 am Lenten Matins (Morning Service)

9:30 am Trisagion in memory of Leonard Soroka

9:40 am-12:00 pm Office Hours/Church Open

### Wednesday, March 11

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

### Thursday, March 12

9:00 am Lenten Matins (Morning Service)

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

### Friday, March 13

7:00 pm Akathist to St Nicholas

### Saturday, March 14

5:00 pm Vespers with Cathedral Vigil

### Sunday, March 15

10:00 am Divine Liturgy / Church School after

## Announcements

➤ **We have now completed the first week of Great Lent.** It was an intense first week of the Fast as we celebrated nine services at church, for our spiritual sustenance. 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.

➤ The **complete Lenten schedule of services** is enclosed in today's bulletin. Please keep it in a prominent place in your home so that you can be encouraged to increase your worship of God during the Great Lenten season.

➤ Please see the **Easter Baskets for Needy Families** flier in today's bulletin and make a generous Lenten contribution by either donating items on the list or making a financial contribution. You can fill out the slip today or speak with Donya Yewisiak. Deadline for all contributions is Sunday, April 5. Thank you!

➤ **Our March hoagie sale** is being held on Wednesday, March 25. 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@verizon.net. Orders are due on Sunday evening, March 22. Orders can be picked up between noon and 1 pm at the church hall on Wednesday, March 25.

## Prayers

➤ **Ill and infirm:** *Known to be hospitalized:* (none) *Home:* Michelle Bittner, Paul Yewisiak, Jan Widel. *Shut in, Rehabilitation, or Nursing Home:* Garnette Kerchum, Eleanor Kovacs, Olga Tryszyn, Mary Zapp.

➤ **From Mat. Nancy K. Mell and Gregory Mell** for the departed servant, Dn. Joseph Mell; for the health of family and Michelle Bittner. **From Doris Wasilko** for the departed servant, John Polny; for the health of Michelle Bittner. Many Years! **From Marsha Wasilko** for the departed servant, John Polny (3/5/96); for the health of Michelle Bittner; Happy Birthday & Many Years to Chuck! **From Charles A. Wasilko** for the health of (sisters) Doris & Marsha and Michelle Bittner. **From John Kowalcheck** for the health of Olga Cozza Kowalcheck. **From Nancy Shaytar** for the health of husband, George and Michelle Bittner. **From John & Olga** for the health of Galina Vilкова. **From Donya Yewisiak** for the departed servant, Reader Leonard Soroka (3/10/19). **From Rune Family** for the health Mark & Kay Miller; special intentions. **From the Yurkowski Family** for the departed servant, Michael Richard Wasilko. **From Lindy Hamilton** for the health of Elaine Hamilton, Michelle Bittner and Paul Yewisiak; special intentions. **From Dawna Beckett** for the departed servant, Gregory Beckett (17<sup>th</sup> anniversary of his repose-Memory Eternal). **From Tatyana Sechler** for the departed servants, Polina, Slava, Bruce, Marina, Galina, Lida; for the health of Veronica, Tatyana, Diana, Andriana, Adick, Tomas and Cristofer.

## Thank You

➤ to our March donor, **Lindy Hamilton**, for donating all the categories (Bulletin \$60, Holy Bread \$50, Communion Wine \$40, Altar Candles \$25, Incense \$10) in loving memory of her parents and twin-brother, Russell.

## This Week in Church School

**Today's lesson:** Divine Liturgy Part I: Preparation to Liturgy of Catechumens  
**Questions to ask/review:**

- What do the priest and deacon do before the liturgy begins? (Proskomedia)
- How can we best prepare for liturgy?
- What three songs do we sing at the beginning of liturgy? Where do the words come from?
- What happens at the Little Entrance?
- What songs are sung immediately after the Little Entrance?
- What is the Trisagion Hymn?
- What readings are chanted each Sunday?
- Why is this part of the liturgy known as the "Liturgy of the Catechumens"? (Catechumens could stay and participate fully during this part)

### Suggested Activities at home:

- Make liturgy cards with brief descriptions. Shuffle them and have your child put them in order.
- Make a list of living and departed for your family to pray for on the way to Church. This will remind you of how the priest remembers them during the Proskomedia.

**Prayer:** Lord, bless us with the miracle of your body and blood, this week and every week.

**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.*

**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

## **Tone 5 Troparion** of the 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 2 Troparion** of the Sunday of Orthodoxy

We venerate Thy most pure image, O Good One;  
and ask forgiveness of our transgressions, O  
Christ our God.  
Of Thine own will Thou wast pleased to ascend  
the Cross in the flesh  
and deliver Thy creatures from bondage to the  
Enemy.  
Therefore with thankfulness we cry aloud to  
Thee:  
“Thou hast filled all with joy, O our Savior,//  
by coming to save the world.”

## **Tone 8 Kontakion** from the Lenten Triodion

No one could describe the Word of the Father;  
but when He took flesh from thee, O Theotokos,  
He accepted to be described,  
and restored the fallen image to its former state  
by uniting it to divine beauty.//  
We confess and proclaim our salvation in words  
and images.

## **Prokeimenon** Tone 4 (Song of the Three Youths)

Blessed art Thou, O Lord God of our Fathers and  
praised and glorified is Thy name forever!

## **Epistle of the Sunday** (Heb 11:24-26, 32-12:2a)

By faith Moses, when he became of age, refused  
to be called the son of Pharaoh’s daughter,  
choosing rather to suffer affliction with the  
people of God than to enjoy the passing

pleasures of sin, esteeming the reproach of  
Christ greater riches than the treasures in  
Egypt; for he looked to the reward.

And what more shall I say? For the time would  
fail me to tell of Gideon and Barak and Samson  
and Jephthah, also of David and Samuel and the  
prophets: who through faith subdued kingdoms,  
worked righteousness, obtained promises,  
stopped the mouths of lions, quenched the  
violence of fire, escaped the edge of the sword,  
out of weakness were made strong, became  
valiant in battle, turned to flight the armies of  
the aliens. Women received their dead raised to  
life again.

Others were tortured, not accepting deliverance,  
that they might obtain a better resurrection.  
Still others had trial of mockings and  
scourgings, yes, and of chains and  
imprisonment. They were stoned, they were  
sawn in two, were tempted, were slain with the  
sword. They wandered about in sheepskins and  
goatskins, being destitute, afflicted, tormented—  
of whom the world was not worthy. They  
wandered in deserts and mountains, in dens and  
caves of the earth.

And all these, having obtained a good testimony  
through faith, did not receive the promise, God  
having provided something better for us, that  
they should not be made perfect apart from us.

Therefore we also, since we are surrounded by  
so great a cloud of witnesses, let us lay aside  
every weight, and the sin which so easily  
ensnares us, and let us run with endurance the  
race that is set before us, looking unto Jesus, the  
author and finisher of our faith...

## **Gospel of the Sunday** (Jn 1:43-51)

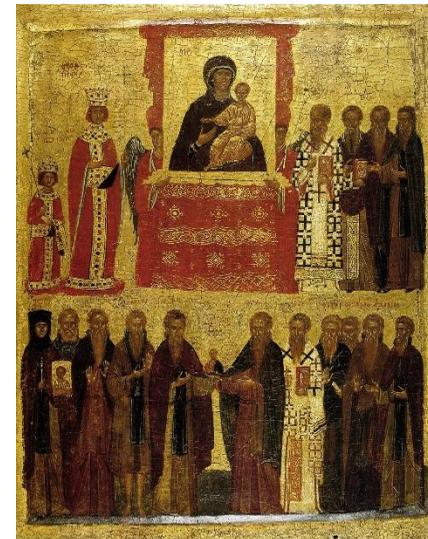
The following day Jesus wanted to go to Galilee,  
and He found Philip and said to him, “Follow  
Me.” Now Philip was from Bethsaida, the city of  
Andrew and Peter. Philip found Nathanael and  
said to him, “We have found Him of whom  
Moses in the law, and also the prophets, wrote—  
Jesus of Nazareth, the son of Joseph.” And  
Nathanael said to him, “Can anything good come  
out of Nazareth?” Philip said to him, “Come and  
see.”

Jesus saw Nathanael coming toward Him, and  
said of him, “Behold, an Israelite indeed, in  
whom is no deceit!” Nathanael said to Him,  
“How do You know me?” Jesus answered and  
said to him, “Before Philip called you, when you  
were under the fig tree, I saw you.” Nathanael  
answered and said to Him, “Rabbi, You are the  
Son of God! You are the King of Israel!”

Jesus answered and said to him, “Because I said  
to you, ‘I saw you under the fig tree,’ do you  
believe? You will see greater things than these.”  
And He said to him, “Most assuredly, I say to  
you, hereafter you shall see heaven open, and  
the angels of God ascending and descending  
upon the Son of Man.”

## **Communion Hymn** (Ps 148, 32)

Praise the  
Lord from  
the heavens!  
Praise Him  
in the  
highest!  
Rejoice in  
the Lord, O  
you  
righteous!  
Praise befits  
the just



# Restoration of Icons

The Icon depicting this event is often named, in  
Greek, the Restoration of the Holy Icons (H  
Αναστήλωσις των εικόνων). At the centre is the  
Icon of the Virgin Hodegetria, depicting the  
Theotokos as the “Directress”, pointing to Christ  
in her arms. This icon is believed to be the first  
one painted by the Evangelist Luke and so held a  
very special place in Constantinople’s history.  
The icon is held high by two angels, whilst  
gathered around are various saints and martyrs  
holding icons themselves. The number and  
identity of the surrounding saints can vary, but  
the ones shown in the icon at the top of this post  
are usually always shown. They are:

**Top row** (from left): St Theodosia (feast day  
May 29), Venerable Ioannikos (Nov. 4),  
Theodore of the Studion (Nov. 11), Theodore  
Graptus (Dec. 27), and Stephen the New (Nov.  
28).

**Bottom row:** Regent Theodora, the young  
emperor Michael, and Methodius, Patriarch of  
Constantinople, who together convened the  
council (Jun 14); Michael, Bishop of Synnada  
(May 23), and Tarasius, Bishop of  
Constantinople (Feb 25).

Not all of the saints gathered were at the  
Council, and indeed some were murdered long  
before the synod was convened; all are  
presented in the Icon because of their  
unswerving defence of the Orthodox Faith  
regarding the veneration of icons. Other related  
saints sometimes shown include St John  
Damascene (Dec 4), St Theophylact (Mar. 8),  
and St Cassiane the Hymnographer (Sep 7).

All this happened on the first Sunday of Great  
Lent, which is why the Triumph of Orthodoxy  
continues to be celebrated on this day, often  
with processions of Icons.

## EASTER FOOD BASKETS FOR NEEDY FAMILIES 2020

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, April 5, 2020.** 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

Easter Food Baskets for Needy Families 2020

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 \$\_\_\_\_\_.

# CELEBRATE ORTHODOXY!



THE ORTHODOX CLERGY BROTHERHOOD OF GREATER PITTSBURGH INVITES YOU TO THE PITTSBURGH AREA

## SUNDAY OF ORTHODOXY PAN-ORTHODOX VESPERS

Sunday, March 8, 2020 at 4:30 PM  
Holy Trinity Greek Orthodox Church  
985 Providence Boulevard  
Pittsburgh, PA 15237

Celebrant and Homilist: His Grace Bishop John  
Antiochian Orthodox Diocese of Worcester and New England

Also featuring the Pan-Orthodox Choir under the direction of Fr. Tom Soroka  
Vespers will be followed by fellowship and Lenten refreshments.

# SUNDAY, MARCH 8, 2020