



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

Second Sunday of Lent: St Gregory Palamas

McKees Rocks/Pittsburgh, PA

OrthodoxPittsburgh.org

March 15, 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

Monday, March 16

5:00 pm Lenten Vespers

Tuesday, March 17

9:00 am Lenten Matins (Morning Service)

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

Wednesday, March 18

6:00 pm Liturgy of the Presanctified Gifts

Thursday, March 19

9:00 am Lenten Matins (Morning Service)

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

Friday, March 20

7:00 pm Panikhida for the Departed

Saturday, March 21

5:00 pm Vespers with Cathedral Vigil

Sunday, March 22

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.

Announcements

➤ **We have now completed the second week of Great Lent** 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, worship, and charity. Given the medical crisis in our world, this is not a time to lessen our efforts, but rather to intensify them. May God strengthen you in your Lenten journey to enter the Lord's Pascha.

➤ **Our dear life-long parishioner** and co-worker Michelle Bittner fell asleep peacefully in the Lord early on the morning of March 10 at home with her husband and son by her side. Michelle fought a valiant year-long battle with pancreatic cancer. Viewing at Szal Funeral Home in McKees Rocks on today from 1:00 to 7:00 pm. Parastas will be held at the Funeral Home at 6:00 pm. Funeral services will be held tomorrow at the Church beginning at 10:00 am preceded by a short Trisagion service at the Funeral Home at 9:30 am. May God grant her eternal rest with all the saints and Memory Eternal!

➤ **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@verizion.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, and newly departed Rocco Mell and Michelle Bittner; for the health of family. **From Doris Wasilko** for the departed servant, Michelle Bittner; for the health of Paul Yewisiak, Jan Widel and George Shaytar. **From Marsha Wasilko** for the departed servants, (cousin) Michael Wasilko (3/12/19) and Michelle Bittner. **From Charles A. Wasilko** for the departed servants, (cousin) Michael Wasilko, (uncle) Mike Wasilko and Michelle Bittner. **From John Kowalcheck** for the health of Olga Cozza Kowalcheck on her birthday. **From Nancy Shaytar** for the departed servant, Michelle Bittner; for the health of husband, George. **From John & Olga** for the health of Galina Vilcova. **From Donya Yewisiak** for the departed servant, Michelle Bittner. **From Cathy Namisnak** for the departed servant, Michelle Bittner; for the health of Janet Widel, Paul Yewisiak and David Namisnak. **From Amelia Kuck** for the departed servants, (father) Richard and Michelle Bittner~Memory Eternal; for the health of Alexandria, Sarah and Lindsay. **From Lindy Hamilton** for the departed servant, Michelle Bittner; for the health of Elaine Hamilton and Paul Yewisiak.

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.

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.

Coronavirus Update

Adult Education, Church School and Coffee Hour (post-Liturgy fellowship) **will not be held for the next two Sundays** (March 15 and 22). Similarly, the Lenten Fellowship Meal **will not be held for the next two Wednesdays** (March 18 and 25). This is being done to limit time together in enclosed spaces.

We must reiterate the strongest terms that **anyone who is sick or feeling ill with a communicable disease**, or those who have been exposed to those who are ill with a communicable disease should refrain from coming to church for several weeks.

Icons and the blessing cross **may be shown veneration by bowing the head** before the icon. You may also touch your forehead to the icon or cross to show honor to the subject depicted.

The Eucharist (the Body and Blood of Christ) will continue to be imparted in our traditional manner. However, we are encouraged (but not required) to open our mouths wide and tilt our heads back to receive a portion of the Sacred Mysteries. **Those who open their mouths to receive communion should receive first. Then those who wish to receive in the more traditional way (closing your mouth on the spoon), as well as children, should come forward afterward.**

During this unprecedented time, parishioners are encouraged to **practice meticulous hygiene of their hands and face, washing thoroughly and frequently.** We should do our best to practice "**social distancing**" which means to keep a safe distance from one another, not touch, kiss, or shake hands with others This helps slow the spread of the virus.

Hymns and Readings for Today

Tone 6 Troparion of the Resurrection

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.

Tone 8 Troparion of 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 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 incorruptible crowns!”

Tone 8 Kontakion of 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!”

Tone 5 Prokeimenon of the Sunday

Thou, O Lord, shalt protect us / and preserve us from this generation forever. (*Ps 11/12:7*)

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, 32*)

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

Enduring Trials

(*Chrysostom*) Let us not then be disturbed, neither dismayed, when trials befall us. For if the gold refiner sees how long he ought to leave the piece of gold in the furnace, and when he ought to draw it out, and does not allow it to remain in the fire until it is destroyed and burnt up: much more does God understand this, and when He sees that we have become more pure, He releases us from our trials so that we may not be overthrown and cast down by the multiplication of our evils. Let us then not be repining, or faint-hearted, when some unexpected thing befalls us; but let us suffer

Him who knows these things accurately, to prove our hearts by fire as long as He pleases: for He does this for a useful purpose and with a view to the profit of those who are tried.

On this account a certain wise man admonishes us saying My Son, if you come to serve the Lord prepare your soul for temptation, set your heart aright and constantly endure and make not haste in time of trouble; Sirach 1:1-2 yield to Him he says, in all things, for He knows exactly when it is right to pluck us out of the furnace of evil. We ought therefore everywhere to yield to Him and always to give thanks, and to bear all things contentedly, whether He bestows benefits or chastisement upon us, for this also is a species of benefit. For the physician, not only when he bathes and nourishes the patient and conducts him into pleasant gardens, but also when he uses cautery and the knife, is a physician all the same: and a father not only when he caresses his son, but also when he expels him from his house, and when he chides and scourges him, is a father all the same, no less than when he praises him. Knowing therefore that God is more tenderly loving than all physicians, do not enquire too curiously concerning His treatment nor demand an account of it from Him, but whether He is pleased to let us go free or whether He punishes, let us offer ourselves for either alike; for He seeks by means of each to lead us back to health, and to communion with Himself, and He knows our several needs, and what is expedient for each one, and how and in what manner we ought to be saved, and along that path He leads us. Let us then follow wherever He bids us, and let us not too carefully consider whether He commands us to go by a smooth and easy path, or by a difficult and rugged one: as in the case of this paralytic. It was one species of benefit indeed that his soul should be purged by the long duration of his suffering, being delivered to the fiery trial of affliction as to a kind of furnace; but it was another benefit no less than this that God was present with him in the midst of the trials, and afforded him great consolation.

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.

- 7 ~~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.)

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