



Archpriest Thomas Soroka, *Rector*  
Deacon Luke Loboda, *Attached*

**Second Saturday/Sunday of Great Lent**

McKees Rocks/Pittsburgh, PA  
OrthodoxPittsburgh.org March 27-28, 2021

**Announcements**

➤ **Donations are now being sought** for the completed iconography in the Children’s (“cry”) Room. Please refer to the table below to see suggested donations to support this incredible gift to our children. Fr Theodore will complete the drawings in the Candle Kiosk Room later this year. **(Strikethrough is donated)**

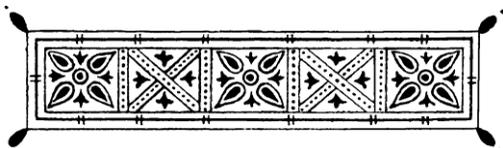
Icon	Donation
Three Youths	<del>\$750.00</del>
St Kevin	<del>\$375.00</del>
Noah's Ark	<del>\$1,000.00</del>
St Eustice	<del>\$375.00</del>
St Abigail	<del>\$375.00</del>
Jonah and the Whale	<del>\$500.00</del>
Elijah and the Fiery Chariot	<del>\$500.00</del>
St Cuthbert	<del>\$375.00</del>
St Sergius of Radonezh	<del>\$500.00</del>
St Seraphim of Sarov	<del>\$500.00</del>
St Mildred	\$375.00
St Herman of Alaska	\$500.00
St Paul of Obnoka	<del>\$375.00</del>
St George	<del>\$375.00</del>
St Michael the Archangel	<del>\$500.00</del>
St Blaise	\$375.00
St Modestus	\$375.00
St Stylianos	<del>\$375.00</del>
Unsleeping Eye of Christ w Mary and Archangel Gabriel	<del>\$750.00</del>
Daniel in the Lion's Den	<del>\$375.00</del>
St Tryphon	<del>\$375.00</del>
St Edith	<del>\$375.00</del>

**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’s Schedule**

- Saturday, March 27**  
10:00 am Divine Liturgy/Church School  
5:00 pm Great Vespers with Cathedral Vigil
- Sunday, March 28**  
10:00 am Divine Liturgy/Church School
- Monday, March 29**  
5:00 pm Lenten Vespers
- Tuesday, March 30**  
9:00 am Lenten Matins  
9:30 am-12:00 pm Office Hours
- Wednesday, March 31**  
6:00 pm Presanctified Liturgy  
Fellowship meal following
- Thursday, April 1**  
9:00 am Lenten Matins  
9:30 am-12:00 pm Office Hours
- Friday, April 2**  
7:00 pm Akathist to St Nicholas
- Saturday, April 3**  
10:00 am Divine Liturgy/Church School  
5:00 pm Great Vespers with Cathedral Vigil
- Sunday, April 4 (Veneration of the Cross)**  
10:00 am Divine Liturgy/Church School



**Prayers**

➤ **Ill and infirm:** *Known to be hospitalized:* (none)  
*Home:* George Shaytar, Sandi Tirpak, Paul Yewisiak. *Shut in, Rehabilitation, or Nursing Home:* Garnette Kerchum, Eleanor Kovacs, Natalie Popovich, Olga Tryszyn.

➤ **Vigil Lights** From **John and Nancy Pravlochak** for the departed servant John Pravlochak Sr on the anniversary of his death; for the health of Michael and Mia; Christina on her engagement; our family; and Jan Pravlochak. From **Mat Joni Soroka** for the health of John and Nancy; for special intentions. From **Mat. Nancy and Gregory Mell** for the departed servant of God Dn Joseph Mell; for the health of family. From **Alexandra Tirpak** for the departed servants of God William and John; for the health of my family; and for special intentions. From **Charles Wasilko** for the health of sisters Doris and Marsha. From **Marsha Wasilko** for the departed servant Aunt Julia Falick; Happy Birthday and Many Years to Suzy Polny! From **Dawna Beckett** for the health of Pearl Jula Petkash; Christopher Beckett on his 26th birthday. From **John Kowalcheck and Olga Cozza** for the health of Galina Vilкова and Xenia/Nora Kowalcheck and her child to be born; for Dana Kowalcheck and protection for her surgery and recovery. From **Lindy Hamilton** for the health of Elaine Hamilton and Victoria Scott and Elizabeth Hamilton on their 30th birthday. From **Doris Wasilko** for the departed servant Aunt Julia Falick; for the health of Suzy Polny on her birthday.

**Thank You**

➤ **to John and Deb Burgess** for sponsoring these categories of monthly donations for March: (Bulletin \$60, Holy Bread \$50, Communion Wine \$40, Altar Candles \$25) and to the **John Mahalchak family** (Incense \$10) for the health of friends and family.

*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.*

**This Week in Church School**

**Today's lesson:** Jonah

**Scripture reference:** Book of Jonah

**Questions to ask/review:**

- Who was Jonah? What did God ask him to do?
- Why did Jonah disobey God?
- Are you ever asked to do something you dislike? What? Why?
- What were the consequences to Jonah for disobedience?
- What did Jonah do to escape the belly of the fish?
- How did the people of Nineveh respond to Jonah?
- Why does God often choose to show mercy even though we deserve punishment?
- Do we usually show mercy toward others, or do we like to see people get what they deserve?
- How can we begin to show more mercy toward others?

**Suggested Activities at home:**

- Look at pictures of whales and other large sea creatures.
- Show kindness to someone who you do not think is deserving.

**Prayer:** Lord, teach us to be merciful to those who love us and those who hate us. Amen.



# Hymns and Readings for Saturday, Mar 27

## **Tone 8 Troparion** for the *Departed*

Thou only Creator Who, with wisdom profound,  
mercifully orderest all things,  
and givest unto all that which is useful:  
Give rest, O Lord, to the souls of Thy servants  
who have fallen asleep,//  
for they have placed their trust in Thee, our  
Maker and Fashioner, and our God.

*Glory to the Father, and to the Son, and to the Holy Spirit.*

## **Tone 8 Kontakion** for the *Departed*

With the saints give rest, O Christ, to the souls  
of Thy servants,  
where sickness and sorrow are no more  
*neither* sighing, but life everlasting!

*Now and ever and unto ages of ages. Amen.*

## **Tone 8 Theotokion** for the *Departed*

We have thee as a wall and a haven  
and an intercessor well-pleasing unto God,//  
Whom thou hast borne O Virgin Theotokos, the  
salvation of the faithful.

## **Tone 6 Prokeimenon** for the *Departed*

Their souls shall dwell with the blessed. (*Ps.*  
*24:13a*)

## **Epistle** of the *Saturday* (Hebrews 3:12-16)

Beware, brethren, lest there be in any of you an  
evil heart of unbelief in departing from the  
living God; but exhort one another daily, while  
it is called “Today,” lest any of you be hardened  
through the deceitfulness of sin. For we have  
become partakers of Christ if we hold the  
beginning of our confidence steadfast to the end,  
while it is said:

“Today, if you will hear His voice,  
Do not harden your hearts as in the rebellion.”

For who, having heard, rebelled? Indeed, was it  
not all who came out of Egypt, led by Moses?

## **Epistle** for the *Departed* (1 Thes 4:13-17)

I do not want you to be ignorant, brethren,  
concerning those who have fallen asleep, lest  
you sorrow as others who have no hope. For if  
we believe that Jesus died and rose again, even  
so God will bring with Him those who sleep in  
Jesus.

For this we say to you by the word of the Lord,  
that we who are alive and remain until the  
coming of the Lord will by no means precede  
those who are asleep. For the Lord Himself will  
descend from heaven with a shout, with the  
voice of an archangel, and with the trumpet of  
God. And the dead in Christ will rise first. Then  
we who are alive and remain shall be caught up  
together with them in the clouds to meet the  
Lord in the air. And thus we shall always be  
with the Lord.

## **Gospel** of the *Saturday* (Mark 1:35-44)

Now in the morning, having risen a long while  
before daylight, He went out and departed to a  
solitary place; and there He prayed. And Simon  
and those who were with Him searched for Him.  
When they found Him, they said to Him,  
“Everyone is looking for You.”

But He said to them, “Let us go into the next  
towns, that I may preach there also, because for  
this purpose I have come forth.”

And He was preaching in their synagogues  
throughout all Galilee, and casting out demons.

Now a leper came to Him, imploring Him,  
kneeling down to Him and saying to Him, “If  
You are willing, You can make me clean.”

Then Jesus, moved with compassion, stretched  
out His hand and touched him, and said to him,  
“I am willing; be cleansed.” As soon as He had  
spoken, immediately the leprosy left him, and he  
was cleansed. And He strictly warned him and  
sent him away at once, and said to him, “See  
that you say nothing to anyone; but go your  
way, show yourself to the priest, and offer for  
your cleansing those things which Moses  
commanded, as a testimony to them.”

## **Gospel** for the *Departed* (John 5:24-30)

“Most assuredly, I say to you, he who hears My  
word and believes in Him who sent Me has  
everlasting life, and shall not come into  
judgment, but has passed from death into life.  
Most assuredly, I say to you, the hour is coming,  
and now is, when the dead will hear the voice of  
the Son of God; and those who hear will live. For  
as the Father has life in Himself, so He has  
granted the Son to have life in Himself, and has  
given Him authority to execute judgment also,  
because He is the Son of Man. Do not marvel at  
this; for the hour is coming in which all who are  
in the graves will hear His voice and come  
forth—those who have done good, to the  
resurrection of life, and those who have done  
evil, to the resurrection of condemnation. I can  
of Myself do nothing. As I hear, I judge; and My  
judgment is righteous, because I do not seek My  
own will but the will of the Father who sent Me.

## **Communion Hymn** for the *Departed*

Blessed are they whom Thou hast chosen and  
taken, O Lord. Their memory is from generation  
to generation. (*Ps. 64:4a; 101:12b*) Alleluia,  
Alleluia, Alleluia!

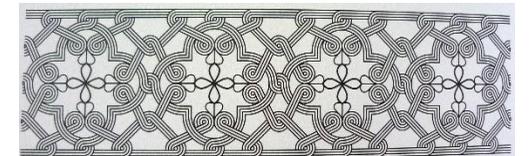
## Hebrews 3:12-13

Take heed, brethren, lest there be in any of you  
an evil heart of unbelief in departing from the  
living God. For from hardness unbelief arises:  
and as in bodies, the parts that have become

callous and hard do not yield to the hands of the  
physicians, so also souls that are hardened yield  
not to the word of God. For it is probable  
besides that some even disbelieved as though  
the things which had been done were not true.

Therefore he says, Take heed lest there be in  
any of you an evil heart of unbelief in departing  
from the living God. For since the argument  
from the future is not so persuasive as from the  
past, he reminds them of the history, in which  
they had wanted faith. For if your fathers (he  
says) because they did not hope as they ought to  
have hoped, suffered these things, much more  
will you. Since to them also is this word  
addressed: for, Today (he says) is ever, so long  
as the world lasts.

Wherefore exhort ye one another daily, while it  
is called today. That is, edify one another, raise  
yourselves up: lest the same things should befall  
you. Lest any one of you be hardened by the  
deceitfulness of sin. Do you see that sin  
produces unbelief? For as unbelief brings forth  
an evil life, so also a soul, when it has come into  
a depth of evils, becomes contemptuous  
Proverbs 18:3, and having become contemptuous  
it endures not even to believe, in order thereby  
to free itself from fear. For they said (one says),  
The Lord shall not see, neither shall the God of  
Jacob regard. Psalm 94:7 And again, Our lips are  
our own: who is Lord over us? Psalm 12:4; and  
again Wherefore has the wicked man provoked  
God to wrath? Psalm 10:13; and again, The fool  
has said in his heart, there is no God; they are  
corrupt and become abominable in their doings.  
Psalm 14:1 There is no fear of God before his  
eyes, for he was deceitful before Him, to find  
out his iniquity and to hate. Psalm 36:1-2 Yea  
and Christ also says this same thing, Every one  
that does evil, hates the light and comes not to  
the light. John 3:20 –*St John Chrysostom*



# Hymns and Readings for Sunday, March 28

## **Tone 1 Troparion** (Resurrection)

When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body,  
Thou didst rise on the third day, O Savior, granting life to the world.  
The powers of heaven therefore cried to Thee, O Giver of Life:  
“Glory to Thy Resurrection, O Christ!  
Glory to Thy Kingdom!//  
Glory to Thy dispensation, O Thou Who lovest mankind!”

## **Tone 8 Troparion** (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!

*Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.*

## **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 5 Prokeimenon**

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** (Mark 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**

Praise the Lord from the heavens, praise Him in the highest! (*Ps. 148:1*) The righteous shall be in everlasting remembrance! He shall not fear evil tidings! (*Ps. 111:6*) Alleluia, Alleluia, Alleluia!

# Unceasing Prayer

Let no one think, my brother Christians, that it is the duty only of priests and monks to pray without ceasing, and not of laymen.

No, no; it is the duty of all of us Christians to remain always in prayer.

At first it may appear very difficult to you, but be assured, as it were from Almighty God, that this very name of our Lord Jesus Christ, constantly invoked by you, will help you to overcome all difficulties, and in the course of time you will become used to this practice and will taste how sweet is the name of the Lord. Then you will learn by experience that this practice is not impossible

and not difficult, but both possible and easy. This is why St. Paul, who knew better than we the great good which such prayer would bring, commanded us to pray without ceasing. He would not have imposed this obligation upon us if it were extremely difficult and impossible, for he knew beforehand that in such case, having no possibility of fulfilling it, we would inevitably prove to be disobedient and would transgress his commandment, thus incurring blame and condemnation. The Apostle could have had no such intention.

Moreover, bear in mind the method of prayer – how it is possible to pray without ceasing, namely by praying in the mind. And this we can always do if we so wish. For when we sit down to work with our hands, when we walk, when we eat, when we drink we can always pray mentally and practice this mental prayer – the true prayer pleasing to God. Let us work with the body and pray with the soul. Let our outer man perform his bodily tasks, and let the inner man be entirely dedicated to the service of God, never abandoning this spiritual practice of mental prayer, as Jesus, God and Man, commanded us, saying: "But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret" (Matthew 6:6).

The closet of the soul is the body; our doors are the five bodily senses. The soul enters its closet when the mind does not wander hither and thither, roaming among things and affairs of the world, but stays within, in our heart. Our senses become closed and remain closed when we do not let them be attached to external sensory things, and in this way our mind remains free from every worldly attachment, and by secret mental prayer unites with God its Father. "And thy Father which seeth in secret shall reward thee openly," adds the Lord. God who knows all secret things sees mental prayer and rewards it openly with great gifts. For that prayer is true and perfect which fills the soul with Divine grace and spiritual gifts. As chrism perfumes the jar the more strongly the tighter it is closed, so prayer, the more fast it is imprisoned in the heart, abounds the more in Divine grace.