



The Weekly Forerunner

St. John the Baptist Orthodox Church

301 Struthers Liberty Rd

Campbell, OH 44405

OCA - Diocese of the Midwest



MARCH BULLETIN SPONSOR

In memory of my father George— Given By V.R. Andrew Bartek

Liturgical & Events Schedule

Sunday, March 17

9:35 AM: Hours

10:00 AM: Divine Liturgy / Monthly Panachida / Social / Forgiveness Vespers / festival meeting

Monday, March 18

6:00 PM: Canon of St Andrew / Confessions

Tuesday, March 19

6:00 PM: Canon of St Andrew / Confessions

Wednesday, March 20

6:00 PM: Canon of St Andrew / Confessions

Thursday, March 21

6:00 PM: Canon of St Andrew / Confessions

Friday, March 22

6:00 PM: Presanctified Liturgy (If you intend to receive Holy Communion, begin your fast no later than noon) / Social & Lenten talk given by Subdeacon Donald

Saturday, March 23

9:00 AM: Divine Liturgy (St. Theodore Saturday) / Confessions

5:30 PM: Confessions

6:00 PM: m Great Vespers / Confessions

Sunday, March 24

9:35 AM: Hours

10:00 AM: Divine Liturgy / Procession of Icons / Lenten social

4:00 PM: Sunday Vespers for Annunciation w/ procession of Icons at St. Theodosius in Cleveland w/ His Eminence Nicolae of the Romanian Metropolia.

5:00 PM: Sunday Vespers for Annunciation w/ procession of Icons at Archangel Michael Greek Orthodox Church, Campbell

For those interested: Lenten Matins will begin every morning at 11:00 AM in the church. If you would like to join me, please RSVP me. Otherwise, they will be prayed at the rectory.

PRAYER OF ST. EPHRAIM

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. *(Prostration)*

O God, cleanse me a sinner. *(12 times)*
deep bow, then:

Read the entire prayer again with a single prostration at the end.

Be a Greeter in Church

We are looking for a person, or several people, who would be interested in greeting people Sunday mornings from 9:30 AM until the completion of the sermon.

If this is something you, or someone you know, would be interested in please contact Father. He will review details at that time.

VESPER HYMN / CHEESEFARE SUNDAY

Let us set out with joy upon the season of the fast, preparing ourselves for spiritual combat. Let us purify our souls and cleanse our bodies. As we fast from food, let us also fast from every evil passion, rejoicing in the virtues of the Spirit. Let us preserve with love and so be deemed worthy to venerate the passion of Christ our God and with great spiritual gladness to behold His holy resurrection.

Office: 330-755-4931 / Cell: 570-212-8747

<https://www.stjohnthebaptist-campbell.org/>

padrebartek@gmail.com

PLEASE KEEP OUR ELDERS OF THE CHURCH & SHUT-INS IN YOUR PRAYERS– UPDATED 1-18-24

Send a “Thinking of You” card or remember their Birthday with a card. If anyone needs to be added, please contact Fr. Andrew.

THE LITURGY OF THE PRESANCTIFIED GIFTS

Because of its paschal character, the normal divine liturgy is not served on week-days of Great Lent in the Orthodox Church. In its place, so that the faithful would not be left without Holy Communion, the Liturgy of the Presanctified Gifts is served.

The practice of serving the Presanctified Liturgy during Great Lent is an ancient practice witnessed to by the following canon of the church which certainly bears witness to a piety of a much earlier date.

On all days of the holy fast of Great Lent, except on the Sabbath (i.e., Saturday), and the Lord’s Day (i.e. Sunday) and the holy day of the Annunciation, the Liturgy of the Presanctified Gifts is to be served. (Canon 52, Quinisext Council, 692 A.D.) At present, the Liturgy of the Presanctified Gifts is prescribed for Wednesday and Friday evenings during the Great Lent. This liturgy is the solemn Lenten Vespers with Holy Communion added to it. The Communion is received from the Sacramental Gifts of bread and wine offered and sanctified at the Divine Liturgy of the previous Lord’s Day, hence its Name of the Liturgy of the **Presanctified Gifts**.

PREPARATION OF THE GIFTS

At the Lord’s Day Liturgy, the priest prepares a “lamb” (the bread which becomes Christ’s Body at the Divine Liturgy) which is then consecrated together with the wine and is kept for the Presanctified Liturgy.

On the evening when this liturgy will be served, the Lenten Vespers begins in the usual way. During the chanting of the psalms (Kathisma), after the Great Litany, with prayer and incensing, the priest places the Presanctified Gifts on the diskos. He carries them in solemn procession around the back of the altar table to the table of oblation.

HYMNS AND READINGS

After the singing of the evening psalm, **Lord I call upon Thee**, with the special hymns for the given day, the evening entrance is made and the hymn **Gladsome Light** is chanted. There then follow the two readings proper to Lenten Vespers, from **Genesis** and from **Proverbs**. Between these two readings, with their prescribed prokeimenon verses, the celebrant blesses the faithful with the censer and a lighted candle proclaiming: **THE LIGHT OF CHRIST** *Cont’s pg 8*

PRAYER LIST– Updated 3-13-24

PARISHIONERS: Achilles Arvan / Audrey Chengelis / Donna Chiarelli / Pauline Fesz / Mary Fredericks / George Horodnic / Anthony Jesko, Jr. / Paula Kennedy / Sue Kennedy / George Kolesar / Barbara Kolesar / Ronald (Thomas) Moore / Mary Jane Puskas / Kenny Ruff / Joanna Shepelevich / Dorothy Shirilla / Julia Simko / Marion Zwinski

HIERARCHS & CLERGY: Archbishop Benjamin / Archbishop Alexander / Archbishop Melchizedek / Archbishop Nathaniel / Bishop Matthias / Fr. James Gleason (Fr.)

FAMILY & FRIENDS: Chrissy (Fr.) / David (Willison) / Frank Batura (Fr.) / Dominic (Centofanti) / Ellen (Clark) / Genna & her un-born baby (Koval) / Paul Demkosky (Fr.) / John Galpin (Fr.) / Bruce Harris (Sabo) / Katie (Garrity) / Basil Glovinsky (Fr.) / Ellen (Kessler) / Paul (Kolesar) / Karen (Vansuch) / Kathy (Kolesar) / Malakai (Kolesar) / Joe Kollar (Fr.) / Andrew LaChard (Jesko) / Julie Kusinski (Fr.) / Jonathan Leso (Fr.) / Mea (Mahan) / Mary (Mahan) / Pauline Meath (Fr.) / Matushka Raissa (Nicoloff) / Eugene (Pallai) / Teri Petroff (Fr.) / Matushka Helen (Psinka) / Chris Quotap (Fr.) / William Romanchak (Fr.) / Roxanne Yannito) / Julia Shirilla / Katherine (Steffaro) / Johanna (Tusinac) / Richard (Tusinac) / Brian (Shirilla) / Joseph (Vansuch) / Eleanor Marie (Vansuch) / Paula (Voytilla) / Mary Ann Bozichovich (Kennedy) / Patty Bozichovich (Vansuch) / Drew (Willison) / Emilia Yannito / Catherine Zile (Fr.) / Zoland Zile (Fr.)

MILITARY FAMILY & FRIENDS: Cory Deaton (Fr.) / Alena Grabavoy (Fr.) / Liam Garrity (Zelinsky)

MISCELLANEOUS: Metropolitan Paul (Orthodox Diocese of Aleppo) & Archbishop John (Archdiocese of Aleppo) still being held captive / The UN & IOCC humanitarian aid workers around the world / Those suffering persecution in Syria, Iraq, Israel, Egypt, Ukraine and around the world.

Sunday of Cheesefare: Expulsion of Adam from Paradise

Commemorated on March 17

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit...."

Saint Patrick, Bishop of Armagh, Enlightener of Ireland

Commemorated on March 17

Saint Patrick, the Enlightener of Ireland was born around 385, the son of Calpurnius, a Roman decurion (an official responsible for collecting taxes). He lived in the village of Bannavem Taberniae, which may have been located at the mouth of the Severn River in Wales. The district was raided by pirates when Patrick was sixteen, and he was one of those taken captive. He was brought to Ireland and sold as a slave, and was put to work as a herder of swine on a mountain identified with Slemish in Co. Antrim. During his period of slavery, Patrick acquired a proficiency in the Irish language which was very useful to him in his later mission. *Con't Pg 7*

March Candle & Bulletin Sponsors

Bulletin: In memory of my dad George on the occasion of his b-day– Given by V.R. Andrew Bartek

Wine: In honor of Matthew Vansuch on occasion of his b-day-Given by Rdr. Nicholas & Monica Vansuch

Incense: In honor of my mother Mary Frederick for her good health. –Given by Sherrie Frederick

Iconostasis Candles & Eternal Light: In honor of my dad, AP John Steffaro, on the occasion of his Birthday- Elizabeth Willison

Altar Candles: In memory of my grandparents Michael & Helen Pasloskey and my grandparents John Psinka and Elizabeth Reams & Larry & Andrea Chamberlain - Given by Natalia Simko

Tetrapod Candles: In memory of my mother Olga L. Sveda- Given by Barbara Kolesar / In honor of my dad, AP John Steffaro & deda ordination- Willison family Family

St. Herman Candles: Commemorating all who participate in maintenance of the church, the teachers, singers & those who participate in social events. Praying for everyone to love one another.

St. Panteleimon Icon Candles– AVAILABLE

Protection Icon Candles: For the Health of Mattushka Helen Psinka– Given by Michael & Natalia Simko

St. John the Baptist Candles: AVAILABLE

Flowers: In Memory of my dad, AP John Psinka– Given by Natalia Simko / March 13th Flowers in Memory

<u>\$50 per month</u>	<u>\$30 per month</u>	<u>\$25 per month</u>
*Wine	*St. Herman candles	Incense
*Bulletin	*St. Panteleimon Icon candles	
*Iconostasis Candles & Eternal Light	*Protection Icon candles	<u>Flowers</u> - \$50 per week
*Altar Candles	*St. John the Baptist candles	
*Tetrapod Candles		

ATTENDANCE: A Comparison - MARCH	2023	2024
1st week		
Vespers	7	No Vespers (vacation)
Divine Liturgy	87 / 56 Communicants	73 / 40 Communicants
2nd Week		
Vespers	23	16
Divine Liturgy	48 / 32 Communicants	51 / 37 Communicants
3rd Week		
Vespers	12	
Divine Liturgy	65 / 40 Communicants	
4th Week		
Vespers	NO Vespers (weather)	
Divine Liturgy	53 / 40 Communicants (weather)	
5th Week		
Vespers	No record (4 weeks)	
Divine Liturgy	No record (4 weeks)	

MARCH FINANCIALS

Expenses	\$8,360.19
Income	\$8,026.00
TOTAL	(\$334.19)

Weekly Tithe	\$7,427
Weekly Candles	\$189
Protection Candles	\$30
Altar Candles	\$150
Wine	\$50
Pascha Flowers	\$170
Advent Social	\$10

Other Income: (that doesn't stay here):
Cleveland Deanery \$35

Monthly Charity Income
St. Basil Workers \$274

REPOSED LIST FOR FEBRUARY / MARCH

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| <ul style="list-style-type: none"> 1- Anna Rago (1920) © 1- Konstantin Pavchula (1933) © 1- Spiros Psaromatis (1936) © 1- Johnny Basala (1995) 2- Gerasimakis Mikes (1930) © 4- Theodora Anos (1963) © 4- Marie Feltovich (2004) © 5- Emily Vasilchek (1970) © 5- Mary Bilchik (1923) © 5- Milan Milasav (1926) © 6- Joseph Libertyn (1989) © 6- Joseph Macala Jr (1993) © 6- Eva Nedostup (1921) © 6- Mike Korfia (1932) © 6- Alexander Tsvetanoff (1949) © 8- Helen Konik (1925) © 8- Olga Sweda (1995) © 9- Rampo Nikoloff (1957) © 9- Stephen Feltovich, Jr. (2015) © 10- David Joseph Wargo (1977) © 10- Mary Durshaw (1980) © 11- John Kostrounis (1924) © 11- Nicholas Sivachko (1934) © 11- Christine James (1959) © 11- Helen Kalafut (1962) © 11- Olga (Dr Nicoloff cousin) 2023 12- Metropolitan Nicholas (2011) 12- Margaret Krause (2009) © 12- Eli Maystevovich (1951) © 13- George Malchisky Sr (1980) 13- Steven Gozur (1993) © 13- Robert Ferdericks (2023) 14- Steven Nosik (1987) © 14- Nikita Meris (1933) © 14- John Furin (1933) © 15- Tatianna Muc (1931) © 15- Mary Furin (1996) © | <ul style="list-style-type: none"> 16- Mary Grubich (1931) © 16- Catherine Kovchuiak (1947) © 18- Sub-deacon William Livosky (2015) © 18- Vladimir Conkich (1924) © 18- Still born Sabastinak (1924) © 18- John Furin (1934) © 19- Manthas Geanakis (1956) © 21- Tai Whitham 21- Sava Yovansvich (1920) © 21- Michael Barol (1965) © 22- Matthew Pacak (1969) © 22- Anna Sweesy (2010) © 22- Theodore Boldosh (1931) © 23- John Olesko (1971) © 23- Andrew Zlatfoff, Sr. (1975) © 24- Mary Bolina (1988) © 25- Pani Janette Moriak (1997) 25- David Chikerotis (2019) 26- Joseph Krause (1998) © 26- Michael Urchak (2005) © 26- Irene Homulos (2005) © 26- Vasili Spirtos (1925) © 26- George Konstaudinidis (1943) © 26- Tony Deligeorge (1957) © 26- Dan Barbus (1958) © 27- Darlene Hryb (2017) © 27- Bogan Bolgar (1927) © 27- Evdokia Vasilika (1932) © 27- George Britven (1957) © 28- Anthony Fojcik (1920) © 28- John Patellis (1926) © 29- Trofin Melnik (1931) © 30- Nicholas Aasta (1921) © 30- George Andras (1999) © 31- Helen Homulas (1974) © 31- James Malli (1925) © 31- Katherine Hamanzi (1946) © |
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Matthew 6:14-21 (Gospel)

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

MARCH SOCIALS

- 17- Sisterhood / Cheese-fare Sunday
- 24- Open
- 31- Open

March 2024 ~ Monthly Charity

St. Basil's Workers

EASTERFEST TAKEOUT ONLY

Saint John's Orthodox Church

301 Struthers Liberty Road, Campbell, Ohio 44405

Pre-Orders only:

Order Deadline is **Friday, March 22, 2024 at 5:00pm**

Please place your order with: Maureen Koval @330-727-7323

KOLACHI

Apricot, Nut or Poppy seed
\$15/each

PASKA (Easter Bread)

Raisin or Plain
\$9/each

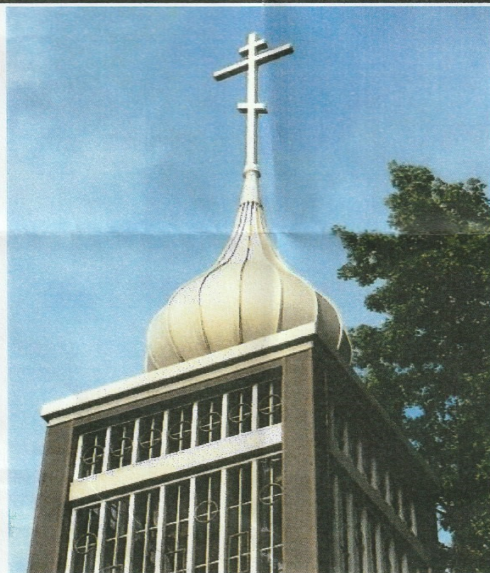
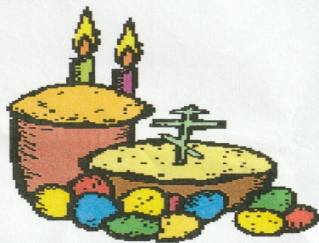
SIRNAYA (SWEET)

PASKA

\$8/4oz mold

PAGACHI

Potato/Cheese
\$9/each



HALUSHKI

Cottage Cheese or Cabbage
\$9/quart

HORSERADISH

Homemade Beef or White
\$5/each

LAMB BUTTERMOLDS

\$6/each

PIGS FEET

\$7/12oz cup

BORSCHT (Beet/Cabbage)

\$8/quart



Pickup date: **Friday, March 29, 2024**

12:00pm - 5:00pm (P/U times will be provided for you)

EASTERN ORTHODOX CLERGY ASSOCIATION OF MAHONING VALLEY / LENTEN VESPERSCCHEDULE– SERVICES BEGIN @ 5:00 pm

March 24: Triumph of Orthodoxy (Archangel Michael Greek—401 12th Street Campbell) (Lenten meal provided)

March 31: St Gregory Palamas (Holy Trinity Romanian— 626 Wick Ave, Youngstown) Speaker Fr. Mykola Zomchak

April 7: Cross Veneration- (St. John the Forerunner Greek— 4955 Glenwood Ave, Boardman)

April 14: St. John Climakos- (St John the Baptist OCA— 2220 Reeves RD NE, Warren)

April 21: St Mary of Egypt— (St Nicholas Greek— 220 North Walnut St, Youngstown)

This is a great opportunity, through our Orthodox worship services, to re-enter our Lenten spiritual exercise of preparation for the Great Days of Palm Sunday, Holy Week and Pascha.

Come and share fellowship with the Orthodox faithful in and around the Mahoning Valley. Make new acquaintances, renew old friendships, grow in your Orthodox Faith. Visit the Clergy Association website: orthodoxyoungstown.org

Office: 330-755-4931 / Cell: 570-212-8747

<https://www.stjohnthebaptist-campbell.org/>

padrebartek@gmail.com

March Celebrations

- 1 Marilyn Calzon
- 2 Lori Batura, Andy Zenko
- 4 Kaitlyn Kuzemchak
- 6 AP John Steffaro
- 11 Cindy Ferrick
- 14 Reader Matthew Vansuch
- 16 Paul Bojan, Claudia Zile
- 18 Thomas Zelinsky
- 20 Gianna Hryb, Reader Jacob Hryb
- 21 Brooklyn Lariccia
- 24 Ann Jesko
- 25 Ephraimia Andrews
- 27 Mary Jane Puskas
- 30 Bobbie Royhab



NAMES DAY

- 4 AB Daniel of Chicago & the Diocese of the Mid-west
- 4 His Grace Bishop Gerasim of Forth Worth
- 17 AB Alejo of Mexico
- 17 His Grace Bishop Alexis of Alaska

St Patrick con't from pg 3

He prayed during his solitude on the mountain, and lived this way for six years. He had two visions. The first told him he would return to his home. The second told him his ship was ready. Setting off on foot, Patrick walked two hundred miles to the coast. There he succeeded in boarding a ship, and returned to his parents in Britain.

Some time later, he went to Gaul and studied for the priesthood at Auxerre under Saint Germanus (July 31). Eventually, he was consecrated as a bishop, and was entrusted with the mission to Ireland, succeeding Saint Palladius (July 7). Saint Palladius did not achieve much success in Ireland. After about a year he went to Scotland, where he died in 432.

Patrick had a dream in which an angel came to him bearing many letters. Selecting one inscribed "The Voice of the Irish," he heard the Irish entreating him to come back to them.

Although Saint Patrick achieved remarkable results in spreading the Gospel, he was not the first or only missionary in Ireland. He arrived around 432 (though this date is disputed), about a year after Saint Palladius began his mission to Ireland. There were also other missionaries who were active on the southeast coast, but it was Saint Patrick

who had the greatest influence and success in preaching the Gospel of Christ. Therefore, he is known as "The Enlightener of Ireland."

His autobiographical Confession tells of the many trials and disappointments he endured. Patrick had once confided to a friend that he was troubled by a certain sin he had committed before he was fifteen years old. The friend assured him of God's mercy, and even supported Patrick's nomination as bishop. Later, he turned against him and revealed what Patrick had told him in an attempt to prevent his consecration. Many years later, Patrick still grieved for his dear friend who had publicly shamed him.

Saint Patrick founded many churches and monasteries across Ireland, but the conversion of the Irish people was no easy task. There was much hostility, and he was assaulted several times. He faced danger, and insults, and he was reproached for being a foreigner and a former slave. There was also a very real possibility that the pagans would try to kill him. Despite many obstacles, he remained faithful to his calling, and he baptized many people into Christ.

The saint's Epistle to Coroticus is also an authentic work. In it he denounces the attack of Coroticus' men on one of his congregations. The Breastplate (Lorica) is also attributed to Saint Patrick. In his writings, we can see Saint Patrick's awareness that he had been called by God, as well as his determination and modesty in undertaking his missionary work. He refers to himself as "a sinner," "the most ignorant and of least account," and as someone who was "despised by many." He ascribes his success to God, rather than to his own talents: "I owe it to God's grace that through me so many people should be born again to Him."

By the time he established his episcopal See in Armagh in 444, Saint Patrick had other bishops to assist him, many native priests and deacons, and he encouraged the growth of monasticism.

Saint Patrick is often depicted holding a shamrock, or with snakes fleeing from him. He used the shamrock to illustrate the doctrine of the Holy Trinity. Its three leaves growing out of a single stem helped him to explain the concept of one God in three Persons. Many people now regard the story of Saint Patrick driving all the snakes out of Ireland as having no historical basis.

Saint Patrick died on March 17, 461 (some say 492). There are various accounts of his last days, but they are mostly legendary. Muirchu says that no one knows the place where Saint Patrick is buried. Saint Columba of Iona (June 9) says that the Holy Spirit ***Con't pg 9***

Presanctified Gifts con't from Pg 2

ILLUMINES ALL! This blessing symbolizes the light of Christ's resurrection which illumines the Old Testament scriptures and the entire life of man, the very Light with which Christians are illumined in the life of the Church through holy baptism.

After the singing of the evening psalm, **Let my prayer arise in Thy sight as incense, the prayer of St. Ephraim is read** and the augmented litany is chanted. Then the Presanctified Gifts are brought in solemn, silent entrance to the altar table with singing of the special entrance hymn:

Now the powers of heaven do serve invisibly with us, Lo, the King of Glory enters, Lo, the mystical sacrifice is upborne, fulfilled.

Let us draw near in faith and love, and become communicants of life eternal. Alleluia, Alleluia, Alleluia.

The prayer of St. Ephraim is read once again, with the proper litany and the special prayer before Holy Communion. The **Our Father** is sung and the faithful receive Holy Communion from the Presanctified Gifts to the singing of the psalm verse: **O taste and see that the Lord is good. Alleluia.**

After Holy Communion, the people "depart in peace" with thanksgiving to God for His Coming. The special dismissal prayer asks God for a successful fulfillment of Lent and for the ability to reach a worthy celebration of the Great Feast of Pascha—the Resurrection of the Lord:

O Almighty Lord...Who has brought us to these all-holy days for the purification of soul and body, for the controlling of carnal passions...and the hope of the resurrection...enable us to fight the good fight, to accomplish the course of the Fast, to preserve inviolate the Faith... to be accounted victors over sin...and uncondemned, to attain unto and to adore Thy Holy Resurrection...

The evening reception of Communion at the Liturgy of the Presanctified Gifts is fulfilled after a day of prayer and fasting, with the total abstinence from food or water at least from the early morning hours of the day. Some consider the taking of even light, Lenten food on the morning of the Presanctified Liturgy as a "lessening" of discipline. Those who have fasted a whole working day in preparation for the evening participation in the Holy Sacraments, however, know the great difficulty of the effort, as well as the very special spiritual fruits it brings from God.

The Liturgy of the Presanctified Gifts is one of the

Great masterpieces of Orthodox piety and liturgical creativity. It reveals in its form and content the central Christian doctrine and experience, namely that our entire life must be spent in prayer and fasting in order that we might enter into communion with Christ who comes at the end as "a thief in the night." It tells us that all of our life, and not only the time of Great Lent, or one day of the Fast, is completed with the Presence of the victorious Christ who is risen from the dead. It witnesses to the fact that Christ will come at the end of the ages to judge the living and the dead and to establish God's Kingdom "of which there will be no end." It tells us that we must be ready at His coming, found watching and serving, in order to be worthy to "enter into the joy of the Lord."

The Liturgy of the Presanctified Gifts is one of the most beautiful and most meaningful liturgical services in the Orthodox Christian Church.

Father Thomas Hopko

Romans 13:11-14:4 (Epistle)

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.

PRAYER

In the name of the Father and the Son and the Holy Spirit. We were exiled once, O Lord, from paradise, through disobedience eating from the tree of knowledge; but You, our God and Savior, have led us back into Your Kingdom, through Your cross and saving passion. By the intercessions of the Theotokos and through the power of the Cross, give us strength to keep the fast in holiness and to worship Your divine resurrection, the Passover of salvation. Amen.

Matin Hymn, Cheesefare Sunday

St Patrick Con't from pg 7

revealed to him that Patrick was buried at Saul, the site of his first church. A granite slab was placed at his traditional grave site in Downpatrick in 1899.

PARADISE LOST AND REGAINED

How do you feel when you lose something important? What is the most important thing you could lose? According to a saying attributed to St Anthony the Great "The most grievous loss, the worst calamity and greatest disaster is for a person to know God." A person may in a lifetime achieve many things and rejoice in many delights. Yet of what value are all these if the same person misses personal communion with God and is instead separated from God?

Adam sat before paradise lamenting and weeping over his nakedness: "woe is me! By evil deceit was I led astray and now I am in exile from glory. Woe is me!...no more shall I look upon the face of the Lord my God and Maker, for I shall return to the earth from which I was taken.

Vesper Hymn, Cheesefare Sunday

Study the following hymn which instructs each of us how to apply the themes of Cheesefare Sunday during the coming Lent: *Adam was driven out of paradise because in disobedience he partook of food; but Moses was granted a vision of God because he had cleansed the eyes of his soul by fasting. If, then, we long to dwell again, in paradise, let us abstain from all needless food. If we desire to see God, let us like Moses fast forty days. With sincerity let us preserve in prayer and intercession; let us still the sinful passions of our soul; let us subdue the rebellious instincts of the flesh...O Son of God, Lifegiver, in You we set our hope: count us worthy of a place with the angels, by the intercessions of the Mother who bore You, O Christ, of the Apostles and the Martyrs and of all the saints.*

Matin Hymn, Cheesefare Sunday

LENTEN BOOKS FOR SALE

There are some Lenten prayer books for sale:

Pre-sanctified Liturgy

Holy Saturday

And some others.

Please check at the Candle desk. Price: \$3.00 each

GOD'S FORGIVENESS

Forgiveness is a central theme of Cheesefare Sunday which is also known as the Sunday of Forgiveness. "Turn to God, so that He will forgive your sins!" The Apostle Peter cried out to the people at the Temple (Acts 3:19). The Apostle John taught Christians: "If we confess our sins to God, He will keep His promise and do what is right: He will forgive us our sins and purify us from all our wrongdoing" (1 John 1:9) St. Isaac, the Syrian urges each of us: "Arouse yourself and with tears pray to the Saviour of the world that He may take away the sin from your heart and disperse the inner darkness, so that you may be deemed worthy to see the light of His grace" (Mystical Treatises). Read 1 John 3:19:-24 a passage entitled "Courage before God."

Many of the hymns of Cheesefare Sunday seek to remind each worshiper of Adam's experience of separation from God and to lead each Christian to true repentance: *Come, my wretched soul, and weep today over your acts. I weep for my loss, O Savior, and cry to You with faith: Forsake me not, O God of love, but call me back to you.*

Matin Hymn, Cheesefare Sunday

With prayers and tears let us seek our Lord and Savior. Putting aside all memories of evil, let us cry aloud: We have sinned against You, Christ our King; save us as the people of Nineveh in days of old, and in Your compassion make us sharers in Your heavenly kingdom.

Vesper Hymn, Cheesefare Sunday

The hope of the humble and repentant soul is Christ. "we have someone who pleads with the Father on our behalf—Jesus Christ, the righteous one. And Christ Himself is the means by which our sins are forgiven" (1 John 2:1-2). This hope of forgiveness is expressed by the following hymn in the form of a personal prayer: *O Christ my Savior, boldly I put my trust in the abundance of Your mercies and in the blood that flowed from Your divine side; for through Your blood You have sanctified the nature of mortals.*

Matin Hymn, Cheesefare, Sunday

40 Day Remembrance

March 31

Subdeacon Wylie Meath / Paul

April 7

Charlette Zenko

YOUTH HEALTH KIT DRIVE & ASSEMBLY– IOCC YOUTH VOLUNTEERS & MONETARY DONATIONS NEEDED

When: April 13, 2024 from 11:30-1:00pm

Where: Holy Cross Greek Orthodox Church
123 Gilkeson RD (Mt. Lebanon), Pittsburg, PA

All Orthodox Youth groups are asked to participate. Students, please bring your volunteer forms for school credit.

Our goal is to assemble several 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 Ava Terezis at 614-569-2414 or AvaT.Orthodox@gmail.com to coordinate your youth group attendance.

Flyer on bulletin board in basement

MEDITATION

St. Paul speaks to me personally when he says: “You know that the time has come for you to wake up from your sleep” (Romans 13:11). I know that every hour is the hour of decision. Every hour can be an opportunity for new life. But because of my forgetfulness, carelessness, and laziness, not every hour is the hour of decision, not every hour is the opportunity for deeper communion with Christ. Thus the call of Lent resounds with power and promise: Awaken from sleep! Take up the weapons of Christ! Put on the newness! The question to my soul is: Are you spiritually alive or asleep? If alive, thank the Lord. If asleep, when do you plan to awaken? If not during the Great Lent, then when? May the Lord help me to die to my old self that I might live again in the newness of Christ’s resurrec-



THE TIME HAS COME!

Cheesefare Sunday is the last day on which the eating of dairy and egg products is allowed. The next day, Pure or Clean Monday, Great Lent begins, a period of fasting from meat, fish, dairy, and egg products. The time of the Great Fast has come!

ORIGINS OF THE LENTEN FAST

In the earliest days of Christianity, only two days of fasting were designated prior to Easter (Friday and Saturday). Later the entire week of the Lord’s coming to Jerusalem, His arrest, trial, and passion was set aside for fasting. By the fourth century the period of fasting had been extended an additional forty days in imitation of Jesus’ forty-day fast in the wilderness before His temptation. (Matthew 4:1-2)

Strict fasting in the ancient Christian tradition meant eating no food at all during the day, or it meant eating sparingly of either dry foods or boiled vegetables and grains. Strict fasting is possible today in monasteries, in agricultural settings, and for some individuals living in modern society. Of course fasting regulations do not apply to people who are ill, in hospitals, to expectant mothers, Small children or to others following special diets under a doctors care.

Fasting entails not only the quality of foods but also the consumption. The key words should be moderation and simplicity of meals.

Some hymns of Cheesefare call us to begin Great Lent as athletes begin a race. The race is the present life. The prize is the Kingdom of God. Athletes begin a race not with downcast but with eager spirits; not with gloomy but with radiant faces. Here are some examples: *The time has come! The spiritual contest begins! The victory over demonic powers is at hands! Let us put on the armor of self-control and clothe ourselves in the glory of the angels, that we may attain boldness before God.*

Matin hymn, Cheesefare Sunday

Let us set out with joy upon the season of the fast, preparing ourselves for spiritual combat. Let us purify our souls and cleanse our bodies. As we fast from food, let us also fast from every evil passion, rejoicing in the virtues of the spirit. Let us persevere with love and so be deemed worthy to venerate the passion of Christ our God and with great spiritual gladness to behold his holy resurrection.

Vesper Hymn, Cheesefare Sunday