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Great Lent—Saint John Climacus

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Daniel, Metropolitan Antony, Metropolitan Yuriy, Anastasia [Metropolitan Yuriy's mom], Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, Father Nestor Kowal, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John & Pani Mary Anne Nakonachny, Father Steve Repa, Protopresbyter William Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smolynec, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Pani Mary Ann Chubenko, Father Jim Orr, Joshua Agosto and his family, Eva Malesnick, Nick Behun, Grace Holupka, Joseph Sliwinsky, Gary & Linda Mechtly, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Sam Wadrose, Isabella Olivia Lindgren, Ethel Thomas, Donna, Erin, Michael Miller, Grace & Owen Ostrasky, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Liz Stumpf, Theodore Nixon, Michelle Corba Kapeluck, Linda Hippert & family, Margaret Vladimir, Luke Emmerling, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Archbishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, Nathan Forbeck, Sarah Doyle, Samuel Peters, Esther Holupka, David Vallor, Henry Faraly, Julie Eiler, Dorothy Lednovich, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—young man with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Carl & Margaret Reed, Lydia Wilson, Robert Pointon, Walter Cecelia, John Persico, Jeff Miller, Mary

Kernick, Glenn Miller, Jean Marie, Donna & Walter McCrackin, Bonnie & Eugene Blair [Pani Gina's parents], David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Strozh [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Howard Simpson, Chris, David Hiles, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, Susan Lucas, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philpa, Kateryna Kocelko, Nancy Heinbaugh, Mira Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Howell Swarm, Jane Bielewicz Allred, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Kyranna Cherpas, Pastor Bruce Nordeen, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Sherri Walewski, Marika Zeliszcuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], Stella McKeag, Margie Sekelsky, Gary Howell, Fran Fulton, Gina Catanese, Bill Vizza, Jamie Swarm, Kevin Allen (from Ancient Faith Radio), Kathy Flaherty, Tori Reade-Henry's niece, Derick-Glen Burlack's neighbor, Michael, Nichole & Christopher, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, Gregory Cervo, Lisa Bruce, Martha Nezolyk, Kathy Cvetkovich, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Phil Bouse, Ralph & Beverly Stoker, Noah Willard, Nikola, Natalie, Nikola, & Nevenka Jovonovich, Julia Collier, Amy Kemerer, Thomas Smith, Tracy Slaugenhaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam & Gordon Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Joe Samchuck—vocations, Albert Heckman, Brianna Stumpf, Stanley Porembka, David & Terry Coyne Hartnett, Mike C., Jennifer Scheirer [Nick Behun's daughter], Catherine Beecham [Father Bob's cousin], JoAnne & Dave Andrews, Rev. Peg Bowman, Pat Jennings, Tim Sams, Mike Ruzzi, Cindy M., Stephen Popichak—Fr. Bob's brother, Mary Kay

Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, Bill Boretsky, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Susan Pulcini—Father Ted Pulcini’s mom. ARNOLD: Homer Paul Kline and Walter Sakol. We pray that God will grant them all a speedy recovery.

“As it is impossible to verbally describe the sweetness of honey to one who has never tasted honey, so the goodness of God cannot be clearly communicated by way of teaching if we ourselves are not able to penetrate into the goodness of the Lord by our own experience.” -St. Basil the Great, Conversations on the Psalms

PLEASE REMEMBER IN YOUR PRAYERS: All Christians and the others in the Middle East who are suffering during this time of great tragedy and unrest. May God watch over and keep them safe! Lord have mercy!

Please remember ALL American service men and women in your prayers. May God watch over them and all American service men and women—and bring them all home safely!

REMEMBER—PRAYERS ARE ALWAYS FREE!

Communion Fasting: nothing to eat or drink after midnight, EXCEPT in cases where your doctor tells you to eat or drink something for medical reasons: medication, diabetes, etc. If you have a question, please ask Father Bob.

AT ANY TIME—if there is an emergency, if you have questions, or if you just need to talk, please CALL FATHER BOB at [412] 279-5640.

SCHEDULE OF SERVICES

SUNDAY, MARCH 22 NO SERVICE IN SLICKVILLE
THIRD SUNDAY OF GREAT LENT; ADORATION OF THE MOST HOLY CROSS; HOLY 40 MARTYRS OF SEBASTE-CYRION, CANDIDUS, DOMNUS, HESYCHIUS, & OTHERS; URSAIANUS OF NICOMEDIA; RIGHTEOUS CAESARIUS-BROTHER OF SAINT GREGORY THE THEOLOGIAN; SAINT TARSUS OF LICONIUM

Tone 7

Hebrews 12:1-10

Matthew 20:1-16

**SUNDAY, MARCH 29 Saint Basil-OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
FOURTH SUNDAY OF GREAT LENT; SAINT JOHN OF THE LADDER OF DIVINE
ASCENT; MARTYR SABINAS OF HERMOPOLIS-EGYPT; MARTYR PAPAS OF
LYCAONIA; APOSTLE ARISTOBULUS OF THE 70-BISHOP OF BRITAIN;
HIEROMARTYR ALEXANDER-POPE OF ROME; MARTYR TROPHIMUS & THALUS OF
LAODICEA; MARTYR JULIAN OF ANAZARBUS**

Tone 8

Hebrews 6:13-20; Ephesians 5:9-19

Mark 9:17-31; Matthew 4:25-5:12

**SUNDAY, APRIL 05 Saint Basil-OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
FIFTH SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; MONK-MARTYR
NICON & 199 DISCIPLES IN SICILY; MARTYRS PHILETAS THE SENATOR, WIFE
LYDIA, SONS MACEDON & THEOPREPIUS, NOTARY CRONIDES, &
AMPHILOCHIUS THE CAPTAIN IN ILLYRIA; VENERABLE NICON OF THE
PERCHEVSKY LAVRA**

Tone 1

Hebrews 9:11-14

Mark 10:32-45

***Litany in Blessed Memory of Frank Pendlyshok, John Cherepko, Ollie
Pendlyshok, Stella Peanoske, Rose Lopushanski, Mary Haluszczak, Vladimir
Hanczar, Michael Brittan, Deacon Dennis Lapushansky, & Lynne Giglione—Fr.
Bob***

BULLETIN INSERT FOR 22 MARCH 2020

**THIRD SUNDAY OF GREAT LENT; ADORATION OF THE MOST HOLY CROSS; HOLY 40 MARTYRS
OF SEBASTE-CYRION, CANDIDUS, DOMNUS, HESYCHIUS, & OTHERS; URSAIANUS OF
NICOMEDIA; RIGHTEOUS CAESARIUS-BROTHER OF SAINT GREGORY THE THEOLOGIAN; SAINT
TARSUS OF LICONIUM**

TROPARION—TONE 1

O Lord, save Thy people, and bless Thine inheritance.

Grant victories to the Orthodox Christians, over their adversaries;

And, by virtue of Thy cross, preserve Thy habitation.

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

KONTAKION—TONE 7

Now the flaming sword no longer guards the gates of paradise;

It has been mysteriously quenched by the wood of the Cross!

The sting of death and the victory of hell have been vanquished;

For Thou, O my Savior, didst come and cry to those in hell:

Enter again into Paradise.

INSTEAD OF "O HOLY GOD"

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify Thee.
Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify Thee.
Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify Thee.
Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.
And Thy holy Resurrection, we glorify Thee.
Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify Thee.

PROKEIMENON—TONE 7

READER: Extol the Lord our God; worship at His footstool, for it is Holy!

PEOPLE: Extol the Lord our God; worship at His footstool, for it is Holy!

READER: The Lord reigns; let the peoples tremble!

PEOPLE: Extol the Lord our God; worship at His footstool, for it is Holy!

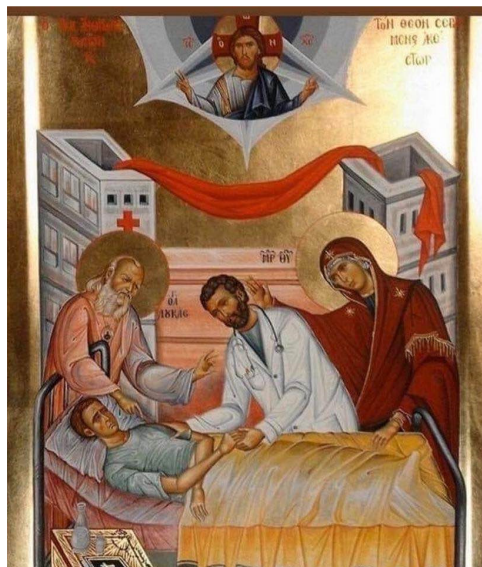
READER: Extol the Lord our God.

PEOPLE: Worship at His footstool, for it is Holy!

ALLELUIA VERSES

Remember Thy congregation which Thou hast gotten of old.

God is our King before the ages; He has worked salvation in the middle of the earth.



COVID-19 compared to other common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No
Fatigue	Sometimes	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes*	No
Runny nose	Rare	Common	Sometimes	Common
Sneezing	No	Common	No	Common

*Sometimes for children

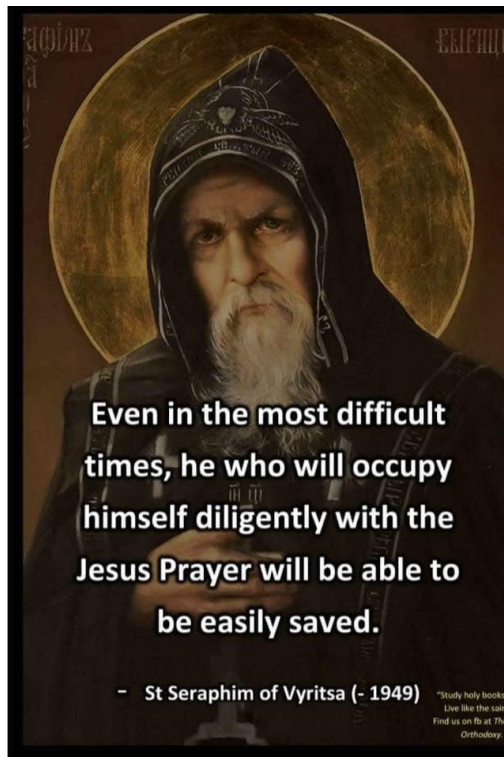
Sources: CDC, WHO, American College of Allergy, Asthma and Immunology

BUSINESS INSIDER



Deacon Haralambos Papadopoulos demos the new Censortron 1500 censor during the liturgy for the first (and incidentally the last) time - 2020 (Colorized)

Lord Jesus Christ, Son of God, have mercy on me, a sinner!



Even in the most difficult times, he who will occupy himself diligently with the Jesus Prayer will be able to be easily saved.

- St Seraphim of Vyritsa (- 1949) Study Holy Books Use like the saint Find us on fb at The Orthodox

**"The moment you start to resent a person, you become his slave. He controls your dreams, absorbs your digestion, robs you of your peace of mind and goodwill, and takes away the pleasure of your work. He ruins your religion and nullifies your prayers. You cannot take a vacation without his going along. He destroys your freedom of mind and hounds you wherever you go. There is no way to escape the person you resent. He is with you when you are awake. He invades your privacy when you sleep. He is close beside you when you drive your car and when you are on the job. You can never have efficiency or happiness. He influences even the tone of your voice. He requires you to take medicine for indigestion, headaches, and loss of energy. He even steals your last moment of consciousness before you go to sleep. So, if you want to be a slave, harbor your resentments! If you want to be free, forgive."
*(Metropolitan Gerasimos of San Francisco)***

Somebody posted about concerns regarding the Eucharist and celiac disease, wheat allergies, et cetera. If one is legitimately unable to receive the Body because of serious health issues, or any other good reason, God knows and understands. St. Nicholas Cabasilas, a 14th century Byzantine theologian, wrote the following consoling words regarding those who cannot physically receive the Eucharist:

"What conditions does Christ command? Purity of heart, love of God, desire for the sacrament, zeal for communion, a glowing

ardor, a burning thirst. These are the means by which we draw sanctification to ourselves; these are necessary if we are to partake of Christ; without them true communion is impossible. Yet none of these is the property of the body; all are characteristic of the soul...

If then the soul is ready and prepared to receive the sacrament, and if He Who has the power to sanctify and perfect wishes to do so, and desires to continue to give Himself, what can hinder such a communion? Absolutely nothing.

Then, you will say, if a living man has the dispositions which you mention in his soul, and yet does not partake of the Holy Mysteries, will he nevertheless receive the sanctification which the sacrament gives?

`Not in all cases; only when it is physically impossible for him to receive the elements, as it is for the dead. Such was the case of the solitaries who lived in the desert, or in caves and grottoes in the mountain-side, and could not avail themselves of priest or altar. Christ gave them this sanctification in an invisible manner. We know this because they had life, which they could not have had without partaking of the sacrament, for Christ Himself said: `Except ye eat the flesh of the Son of Man and drink His blood, ye have no life in you.'

... It is amazing and supernatural that a man living in corruption can nourish himself on incorruptible flesh; but what is strange in the idea of an immortal soul nourishing itself on immortal food, as is its nature? And if the first thing, which is marvelous and beyond nature, has been accomplished by God in His ineffable love and hidden wisdom, why should He not accomplish the other, which is both logical and likely?"-St. Nicholas Cabasilas, Commentary on the Divine Liturgy, ch. 42