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Great Lent—the Great Fast

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, Archbishop Jovan, Bishop Robert, Metropolitan Savas, Metropolitan Kallistos of Diokleia, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, 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 Smoly nec, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Father George Livanos, Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father Steve Hutnick [COVID-`9], Father Victor Wronskyj [COVID-19], Father George & Dobrodijka Oksana Bazylevsky, Fr. Volodymyr Muzychka [COVID-19], Diakonissa Mary Ann Cherkas, Joshua Agosto and his family, Eva Malesnick, Nick Behun, Grace Holupka, Joseph Sliwinsky, Gary & Linda Mechtly, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachele, 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 Luciow, Theresa Ditto, Mary Ann Musial, 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, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, 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, Susan Lucas, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, 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], 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, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Steven—Harry Batch's cousin, Rose Mary Pavlovich—Mary Anne Kuznik's Cousin, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Micky Delans [COVID-19], Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Dolores Wachnowsky, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Deacon Joe Uzar—vocations, Tim—surgery, Archimandrite Raphael—COVID-19, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko [triple by-pass], John, Kris & Kait, Jeff & Mary Jane Double [COVID-19], Terri Crosby-Vega [COVID-19], Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Mike, Amy, Nathan, & Ben Forbeck [COVID-19], David Salazar, Ann Zurasky [knee replacement], James Mary, Barbara Shegat & Chaplain Rachelle Zazzu, Joyce [stroke], Toni Weber, and 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.

Dear Brothers and Sisters in Christ... There is NOTHING to keep us from praying...for each other, for our family and friends, and most of all for the first responders—EMTs, nurses, doctors, firefighters, police officers, and members of our military who keep us safe. Be well, and be SAFE!!! God Bless!

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.

SERVICES IN SLICKVILLE

SUNDAY, April 18 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM
FIFTH SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; MARTYRS
THEODULUS & AGATHOPODES-DEACON & OTHERS; SAINT PUBLIUS OF
EGYPT-MONK; SAINTS THEONAS, SYMEON, & PHORBINUS OF EGYPT;
SAINT MARK THE ANCHORITE OF ATHENS; SAINT PLATO-ABBOT OF THE
STUDION; SAINT THEODORA-NUN OF THESSALONICA

Tone 4

Hebrews 9:11-14; Galatians 3:23-29
Mark 10:32-45; Luke 7:36-50

SUNDAY, April 25 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS
10:30 AM

SIXTH SUNDAY OF GREAT LENT; PALM SUNDAY; ENTRY OF THE LORD INTO
JERUSALEM; VENERABLE BASIL THE CONFESSOR-BISHOP OF PARIUM;
HIEROMARTYR ZENO-BISHOP OF VERONA; VENERABLE ISAAC THE
SYRIAN-ABBOT OF SPOLETO, ITALY; MARTYRS MENAS, DAVID, & JOHN OF
PALESTINE; VENERABLE VIRGIN ANTHUSA OF CONSTANTINOPLE;
VENERABLE ATHANASIA-ABBESS OF AEGINA

*******BLESSING OF PALMS & PUSSY WILLOWS*******

Tone 5

Philippians 4:4-9
John 12:1-18

SUNDAY, May 04 PASCHAL DIVINE LITURGY 10:30 AM
THE RESURRECTION OF OUR LORD AND SAVIOR JESUS CHRIST

Resurrection Tone

Acts 1:1-9
John 1:1-17

BULLETIN INSERT FOR 18 APRIL 2021

FIFTH SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; MARTYRS
THEODULUS & AGATHOPODES-DEACON & OTHERS; SAINT PUBLIUS OF
EGYPT-MONK; SAINTS THEONAS, SYMEON, & PHORBINUS OF EGYPT;
SAINT MARK THE ANCHORITE OF ATHENS; SAINT PLATO-ABBOT OF THE
STUDION; SAINT THEODORA-NUN OF THESSALONICA

TROPARION—TONE 8

The image of God was truly preserved in you, O Mother,
For you took up the Cross and followed Christ.
By so doing, you taught us to disregard the flesh, for it passes away;
But to care instead for the soul, since it is immortal.
Therefore your spirit, O holy Mother Mary, rejoices with the angels.

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

KONTAKION—TONE 3

Having been a sinful woman, you became through repentance a Bride of Christ.

Having attained angelic life, you defeated demons with the weapon of the Cross!

Therefore, O most glorious Mary, you are a Bride of the Kingdom!

PROKEIMENON—TONE 4

READER: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Rejoice in the Lord, O you righteous! Praise befits the just!

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: God is wonderful in His saints, the God of Israel!

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Let Thy mercy, O Lord, be upon us.

PEOPLE: As we have set our hope on Thee.

ALLELUIA VERSES—TONE 1

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

The Third Sunday of Great Lent Veneration of the Holy Cross

Mark 8:34-38, 9:1

And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it. For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul? Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels. And he said unto them, Verily I say unto you, That there be some of them

that stand here, which shall not taste of death, till they have seen the kingdom of God come with power. (KJV)

The third Sunday of Great Lent has arrived. The intensity of the journey to Pascha is increasing. The focus this week is on the Cross of Christ. Serious believers draw strength and purpose from Jesus Christ's Cross.

Passions, temptations, and personal sinfulness are crushed with the Lord's help. Serious believers confront personal sinfulness with honesty, repent, confess and begin anew in Jesus Christ.

The journey to Pascha intends the salvation of the soul. The soul is most valuable. Believers are to protect, honor and nourish the soul at all costs. The Church provides Great Lent for believers to clearly address care of the soul.

The Lord Jesus Christ's sacrifice on the Cross embodies His love for each person. Renewal in Jesus Christ comes through repentance, confession and restored unity with Christ.

Daily honoring Great Lent as intended by the Church enables believers to address the hunger of the soul for peace with Christ. Increased prayer, fasting and almsgiving facilitate repentance and renewal.

Lenten services in the church offer instruction and nourishment beneficial to the soul. Serious believers benefit from Lenten services and are transformed by their personal participation.

Attendant joy characterizes the journey to Pascha for the active believer. Believers adhering to the Church's teachings firmly reject sinful ways and embrace the life in Christ.

The Lord Jesus Christ grows in the believer and the believer grows in Christ to the degree the believer honors Great Lent and the journey to Pascha. Believers giving themselves completely to Christ benefit beyond measure.

St. Mark's Gospel speaks of the Kingdom of God coming with power. The Gospel reading for today states those losing their lives for Christ and the Gospel save their lives.

Refraining from the sinful ways offered by worldly temptations is essential in the Lenten journey. Evil thrives in the world and at times can deceptively appear to be appealing. Unity with the Lord involves following the narrow path.

St Matthew's Gospel states: "...wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and **narrow** is the way, which leadeth unto life, and few there be that find it." (Mt. 7:13-14)

The Christian life requires personal discipline. Believers desiring peace and eternal life say "no" to temptations that put the soul in peril. Loving

Christ involves taking up personal crosses in daily life as Christ took up His Cross.

Active and attentive prayer keeps the mind centered in Christ. The images a person lets into the home, the mind, the heart, and the soul affect personal disposition and actions.

The home, heart, mind, and soul are to be vigilantly guarded to ensure Christ is ever-present and welcome. Evil has very cunning ways of getting into the home, the mind, heart, and soul.

Images on the television, phones and computers can assault the mind, heart and soul. Families can unwittingly allow images into their homes which threaten peace and harmony of the mind, heart, and soul.

Believers need to be alert as to what enters the mind, the heart, and the soul.

Bodily senses and energy are intended for blessed purposes. Use of speech and hearing have no place in the judgment of others.

Love, peace, and joy are epitomized in the Crucified and Risen Christ. Serious believers seeking to grow in Christ use Great Lent and the journey to Pascha to learn more about the Crucified and Resurrected Christ.

When Holy Week arrives and Pascha is eventually celebrated, the believers actively honoring Great Lent and the journey to Pascha will realize personal changes in their selves.

Jesus Christ grows in the person to the degree the person loves Christ and is united with Christ. Constant repentance and communion make the full life in Christ possible.

God's Holy Church provides Great Lent and the journey to Pascha for the benefit of all. Wise individuals seeking complete unity with Jesus Christ take up their crosses and follow Christ.

The Third Sunday of Great Lent. Veneration of the Cross. Holy Hieromartyr Basil, Presb. of Ancyra. March 22/April 4, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic

Via **Father George L. Livanos:** Fr. Matthew Baker from the FB page of Father Allan Boyd:

"The priest is not a religious super-hero. Rather, the priest, according to this Sunday's Epistle Reading (Hebrews 5:2-4), is a person with three chief distinguishing characteristics.

First: he is in touch with his own weaknesses: he knows his own fragility, his limitations; he does not hide them from himself or other people.

Second: because of this, he can have compassion on the weaknesses of others—his weaknesses, his own brokenness, become the very means and form of his compassionate sharing with others.

And third: he is called by God."

-Fr. Matthew Baker of Blessed Memory

+Prayer for Clergy Wives+ *Much needed!!!*

O Almighty and Sovereign Father, who have said that in quietness and trust we would find our strength [Isaiah 30:15] and who have given strength to the wives of Thy servants in every age, from Elizabeth the wife of Zechariah in ancient days to Matushka Olga of Alaska in our own: bless Thy handmaidens the clergy wives of Thy Church, and fill them with Thy joy. As they wait upon Thee, renew their strength [Isaiah 40:31], and defend them from all assaults of visible and invisible enemies. Let them find refuge under the shelter of Thy wings, that protected by Thy love they may ever praise Thee. Give them courage and perseverance that they may pass victoriously through this age and finally receive their reward in the age to come. Grant this, O merciful Father, through Jesus Christ our Lord, to whom with Thee and Thine All-Holy, Good, and Life-Creating Spirit, we ascribe all might, majesty, dominion, and power, now and ever and unto ages of ages. Amen.

In Christ Service,

Fr. George L. Livanos, Proistamenos, All Saints Greek Orthodox Church, Canonsburg, PA

The Fourth Sunday of Great Lent Mark 9:17-31

And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit; And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not. He answereth him, and saith, O faithless generation, how long shall I be with you? how long shall I suffer you? bring him unto me. And they brought him unto him: and when he saw him, straightway the spirit tare him; and he fell on the ground, and wallowed foaming. And he asked his father, How long is it ago since this came unto him? And he said, Of a child. And oftentimes it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do any thing, have compassion on us, and help us. Jesus said unto him, If thou canst believe, all things are possible to him that believeth. And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief. When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him. And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead. But Jesus took him by the hand, and lifted him up; and he arose. And when he was come into the house, his disciples asked him privately, Why could not we cast him out? And he said unto them, This kind can come forth by nothing, but by prayer and fasting. And they departed thence, and passed through Galilee; and he would not that any man should know it. For he taught his disciples, and said unto them, The Son of man is delivered into the hands of men, and they shall kill him; and after that he is killed, he shall rise the third day. (KJV)

St. John Climacus Matthew 4:25-5:12

And there followed Him great multitudes of people from Galilee, and from Decapolis, and from Jerusalem, and from Judaea, and from beyond Jordan. And seeing the multitudes, He went up into a mountain: and when He was set, his disciples came unto Him: And He opened His mouth, and taught them, saying, Blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are they that mourn: for they shall be comforted. Blessed are the meek: for they shall inherit the earth. Blessed are they which do hunger and thirst after righteousness: for they shall be filled. Blessed are the merciful: for they shall obtain mercy. Blessed are the pure in heart: for they shall see God. Blessed are the peacemakers: for they shall be called the children of God. Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you. (KJV)

Today the Holy Orthodox Church arrives at the Fourth Sunday of Great Lent. The journey to Pascha is well underway. The events of Great and Holy Week and Pascha are beginning to appear on the horizon.

St. Mark's Gospel for today speaks of Jesus' arrest, death, and resurrection. Believers actively participating in the journey to Pascha cherish the Gospel readings.

Jesus' power to heal the afflicted son is clearly described in St. Mark's Gospel. The value of strong belief, prayer and fasting are credited as necessary for healing to occur.

Active participants in the journey to Pascha experience the healing power of the Lord Jesus Christ. Participating in Great Lent by increased prayer and fasting with firm belief results in changes to the believer.

Christ increases in lives of believers participating in the Divine services of Great Lent. Strong faith, prayer and fasting facilitate the transformation in Christ. Partaking of the Body and Blood of Christ makes a difference in the believer.

The journey to Pascha is a journey of joy. The pain of the Cross and the suffering of Christ are always in the serious believer's mind. Christ's voluntary suffering and death made possible the unforgettable Resurrection joy.

Grateful believers regularly express gratitude to the Crucified and Risen Lord. Gratitude takes many different forms. Demonstrating love, forgiveness and compassion in daily relationships are the best forms of gratitude toward God.

Being humble and gracious in personal relationships and caring for the soul are ways to show appreciation to the Lord. Ardently following the Lord's commandments reflect deep love for the Lord.

Daily life entails a constant internal battle with evil arising in the heart, mind, and soul. This Fourth Sunday of Great Lent is dedicated to St. John

Climacus. St. John Climacus is known for defining steps for growth in Jesus Christ.

The journey to Pascha intends growth in Jesus Christ for each participant. All believers in the Church are called to participate in the journey unified in faith and love for the Lord.

Believers around the world and through the centuries unite in the journey to Pascha. Christ's betrayal, arrest, trial, crucifixion, burial, and resurrection are in believers' hearts, minds, and souls of every century.

This Fourth Sunday of Great Lent challenges believers to push forward in the journey to Pascha. The Lord provides daily strength for the journey. Jesus Christ did not shy away from the tragedy of His Death.

Jesus Christ did not withdraw from being arrested and tortured. Christ faced His accusers. Christ defeated death and resurrected. The journey to Pascha is a timeless lesson for believers bringing newness to life each year.

God's Holy Church in wisdom provides Great Lent, Holy Week and Pascha.

The Church provides nourishment each day in the journey to Pascha. The Lord God always provides for the faithful.

The Fourth Sunday of Great Lent. St. John Climacus. Holy Hieromartyr Mark, Bishop of Arethusa. March 29/April 11, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic

Refuge

Psalm 45/46:1-God is our refuge and strength, a very present help in trouble. (KJV)

The Lord God is ever ready to receive persons turning to Him in faith and hope. Sincere believers are never disappointed when seeking refuge in the Lord God. The Lord is the definitive Source of protection and strength for seekers of refuge. The Lord God offers refuge for persons experiencing serious personal problems. The soul finds peace, purpose, and clarity when refuge is taken in the Lord God.

Psalm 45/46:7-The Lord of hosts is with us; the God of Jacob is our refuge. Selah. (KJV)

God is ever-present and within reach during the believer's earthly existence. God is always within reach to believers reaching out in prayer and firm faith. Seeking refuge in the Lord is a beneficial life-changing and life-renewing action. Hunger in the soul is addressed when believers turn to the Lord seeking refuge. When refuge is taken in the Lord, the world's problems no longer seem as great.

Psalm 56/57:1-Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast. (KJV)

Taking refuge in the Lord enables believers to face the difficult storms of life. Serious believers place full confidence in the value of taking refuge in the Lord. The world's problems look differently when the believer takes refuge in the Lord. When the believer takes refuge in the Lord, the heart experiences needed peace. The Lord provides a protective shield around believers seeking personal refuge.

Psalm 61:8/62:7-In God is my salvation and my glory: the rock of my strength, and my refuge, is in God. (KJV)

Believers experience salvation when turning to the Lord completely for refuge. God's values become the believer's values when refuge is taken in the Lord. Eternal life becomes the new reality of refuge seekers in the Lord's midst. Old ways and old habits are cast behind as life begins anew in the Lord God. The Lord God strengthens believers turning to Him for refuge and salvation.

Psalm 61:9/62:8-Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah. (KJV)

Honesty with the self and the Lord are expected when the believer takes refuge. The Lord God is attentive to believers pouring out their hearts when in refuge. Comforting love, mercy and compassion characterize taking refuge in the Lord. Life is renewed for believers taking refuge in the Lord and seeking salvation. Taking refuge in the Lord results in gratitude and joy arising in the believer's heart.

Venerable Zachariah the Recluse. Forefeast of the Annunciation. Tuesday of the Fourth Week of Great Lent. March 24/April 6, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic

On Calculating the Date of Pascha

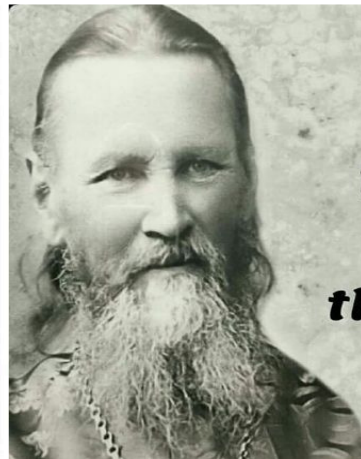
For all Christians, the date on which we celebrate the Glorious Resurrection of our Lord Jesus Christ is determined by the following calculation, called *Computus*, or *Paschalia*:

Pascha falls on the first Sunday after the first ecclesiastical full moon on or after the ecclesiastical vernal equinox (March 21).

Since the actual date of the Vernal equinox can vary, the Church fixed it as March 21 (for those following the Julian Calendar, that falls on April 3 *n.s.*). Therefore, the earliest Easter can fall is March 22, while the earliest that Orthodox Pascha can fall is April 4. All Orthodox Christians* use the Julian Calendar Equinox (April 3) to determine the date of Pascha.

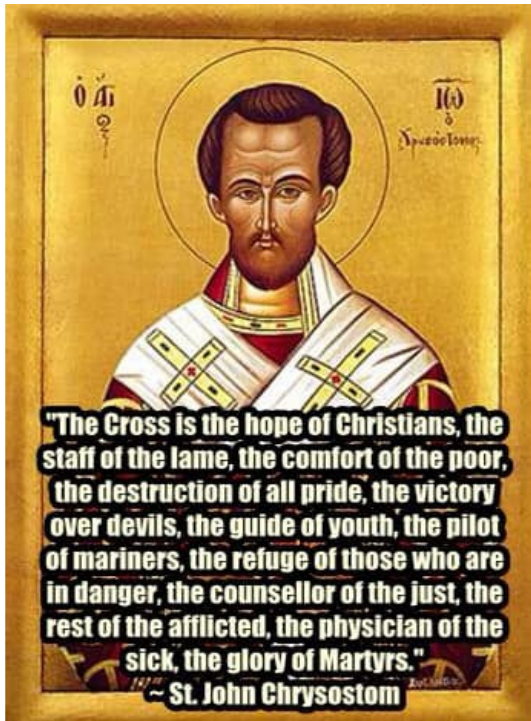
If the full moon falls in the 13-day period between March 21-April 3, it means that Pascha can fall more than a month later than Easter. NOTE: It is *false* to say that the difference between Western Easter and Eastern Pascha is due to the calculation of Passover. Using the Jewish Passover to calculate the date of Pascha is forbidden by Canon 1 of the Synod of Antioch and Apostolic Canon 8.

* Except for the Finnish Orthodox Church, which is required by the Finnish government to celebrate Pascha according to the Gregorian Calendar.

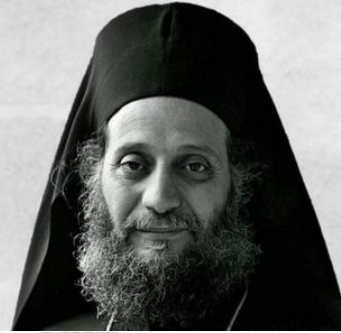


**As air
is necessary
for the body,
so is
the Holy Spirit
for the soul.**

St. John Kronstadt



When, my beloved, your Christian life begins to become difficult and it seems like your cross is unbearable, remain steadfast, become a martyr. Say to yourself, "Let us stand aright." Remain steadfast. Say like the Panagia, "Behold, the servant of the Lord, may it be done to me according to your word." If you will endure, then after the storm will come the calm, and your life will again become festive. Now you will have additional insight and experience into the spiritual struggle. After this trial, after you have lifted up your cross, there will light up within you the flame of divine eros. You will acquire the most beautiful, the most strong, the most pure and the most angelic love, the love of God (Elder Aimilianos).



The Art of Oratory

