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CHRIST IS RISEN! CHRISTOS VOSKRES! CHRISTOS ANESTI!

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Father Bob, Archbishop Daniel, Metropolitan Antony, Metropolitan Yuriy, Archbishop Jovan, Metropolitan Savas, Father Jakiw Norton, Father Paul Stoll, Father Joseph Kopchak, Father Elias Warnke, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John & Pani Mary Anne Nakonachny, Father Steve Repa, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Paisius McGrath, Father Michael Smolynech, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father George & Dobrodijka Oksana Bazylevsky, Father Angelo Artemas, Father John Haluszczak, 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, 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, Yvonne Christy, Father Deacon Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Gaele 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, Linda Cawley, Gerald Cogley, 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, 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, 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, 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 Zeliszczuk, 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, 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, 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 & Jan Jennings, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy & Sharon Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Theresa Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Rose Mary Pavlovich—Mary

Anne Kuznik's Cousin, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Father Joe Uzar—newly ordained, Tim—surgery, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko [triple by-pass], John, Kris & Kait, Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Mike & Amy Forbeck, David Salazar, James Mary, Barb Bookser, Dr. Paul Riley, David Hess, Serena, Wyatt, Makenzie, Jennifer, Carolyn Strittmatter, Barbara Shegat & Chaplain Rachelle Zazzu, Candace Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [infant], Elizabeth [5-year-old], Lillian Skowvron, Pani Cathy Danczak, Sue & Greg Heinen, Paul Simpson [Father Bob's cousin, car accident], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Linda Snow, the McKenna family, David Gazella, Brian & Michele Cannone, Robert & Eleanor Rodrigues & family, Father Deacon James Rossetti & Diakonissa Kari—ordination!, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Brett Crosby, Randy Lapuh, Henry & Shirley [skin cancer] Tkacik, Diane & Arthur Chaklis, Denny Mader, Myra Woodruff [cancer], Zoe Oswalt—Fr. Bob's cousin [cancer], Barbette [cancer] & Scott, Kristin [cancer], Erm Hartmann, Barbara Bookser [cancer], Bob Mazzuca [cancer], Marko, Taylor, Terri Crosby-Vega, Christine Mohamed, Sue Demko, Tammy Marsico, Terry & David Hartnett, Jamie Ball, Kay Williams, Hannah Stewart, Jim Wyko—Alex's friend, Dan Losego, Lisa Bruce, Yvette, Barry Bender, Scott McDougall, Pam & Jennifer, Andrew Zelleznick, and Susan Pulcini—Father Ted Pulcini's mom. We pray that God will grant them all a speedy recovery.

PLEASE REVIEW THE NAMES ON THE PRAYER LIST ABOVE AND LET FATHER BOB KNOW ANY NAMES THAT CAN BE REMOVED...

He who desires to see the Lord within himself endeavors to purify his heart by the unceasing remembrance of God. **Venerable Isaac the Syrian, bishop of Nineveh—On the Prayer of Jesus p.49**

PLEASE, PLEASE, PLEASE! PRAY FOR PEACE IN THE WORLD—AND OUR LIVES!

Dear Brothers and Sisters in Christ... There is NOTHING to keep us from praying...for each other, for our family and friends, and most

TROPARION OF THE MYRRH-BEARING WOMEN—TONE 2

The angel came to the myrrh-bearing women at the tomb and said: Myrrh is meet for the dead; but Christ has shown Himself a stranger to corruption! So proclaim: The Lord is risen, granting the world great mercy.

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

KONTAKION—TONE 2

Thou didst command the Myrrhbearers to rejoice, O Christ!
By Thy Resurrection, Thou didst stop the lamentation of Eve, O God!
Thou didst command Thy apostles to preach: The Savior is Risen!

PROKEIMENON—TONE 6

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

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

READER: To Thee, O Lord, will I call. O my God, be not silent to me.

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

READER: O Lord, save Thy people.

PEOPLE: And bless Thine inheritance.

ALLELUIA VERSES—TONE 8

Lord, Thou wast favorable to Thy land; Thou didst restore the fortune of Jacob.

Mercy and truth have met; righteousness and peace have kissed each other.

THE HYMN TO THE THEOTOKOS (Replaces "It Is Truly Meet")

The angel cried unto Mary, who was full of Grace

Hail, oh pure virgin, oh pure virgin

once again I hail Thee

Thy Son has risen from His three days in the grave,

and He has raised the dead with Him,

Oh rejoice, all ye people.

Oh shine with clear radiance, shine on new Jerusalem

For the glory of the Lord is shining up on you.

Rejoice! Rejoice! now and be joyful--oh Zion, and though

oh pure one and adorable birthgiver of God,

in the rising again of HIM who was born of Thee.

COMMUNION HYMNS

Receive ye the Body of Christ; taste ye the fountain of immortality.

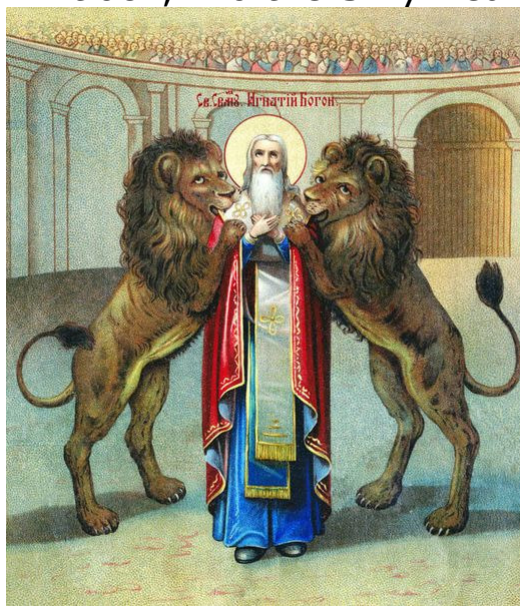
Praise the Lord from the heavens! Praise Him in the highest!

Father Thomas Soroka offers:

See that you all follow the bishop, even as Jesus Christ does the Father, and the presbytery as you would the apostles; and reverence the deacons, as being the institution of God. Let no man do anything connected with the Church without the bishop. Let that be deemed a proper Eucharist, which is [administered] either by the bishop, or by one to whom he has entrusted it. Wherever the bishop shall appear, there let the multitude [of the people] also be; even as, wherever Jesus Christ is, there is the Catholic Church. It is not lawful without the bishop either to baptize or to celebrate a love-feast; but whatsoever he shall approve of, that is also pleasing to God, so that everything that is done may be securely and properly.

Moreover, it is in accordance with reason that we should return to soberness [of conduct], and, while yet we have opportunity, exercise repentance towards God. It is well to reverence both God and the bishop. He who honours the bishop has been honoured by God; he who does anything without the knowledge of the bishop, does [in reality] serve the devil. Let all things, then, abound to you through grace, for you are worthy. You have refreshed me in all things, and Jesus Christ [shall refresh] you. You have loved me when absent as well as when present. May God recompense you, for whose sake, while you endure all things, you shall attain unto Him.

-St Ignatius of Antioch, "To the Smyrneans" (c. 160 AD)



We have reached a point in the life of humanity when people are saved only through uncomplaining endurance of misfortunes, with faith in God and hope in His merciful kindness. Today no one can find salvation by any other means. **Abbot Nikon Vorobiev**—*Abbot Nikon Letters to Spiritual Children p.34*

While the children of Babylon—by which I mean our wicked thoughts—are still young, we should dash them to the ground and crush them against the rock, which is Christ (cf. Ps. 137:9; 1 Cor 10:4.). If these thoughts grow stronger because we assent to them, we will not be able to overcome them without much pain and labour. **St. John Cassian—Philokalia, Vol. 1 p.77**

Thomas Sunday John 20:19-31

Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you. And when He had so said, He shewed unto them His hands and His side. Then were the disciples glad, when they saw the Lord. Then said Jesus to them again, Peace be unto you: as My Father hath sent Me, even so send I you. And when He had said this, He breathed on them, and saith unto them, Receive ye the Holy Ghost: Whose soever sins ye remit, they are remitted unto them; and whose soever sins ye retain, they are retained. But Thomas, one of the twelve, called Didymus, was not with them when Jesus came. The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe. And after eight days again His disciples were within, and Thomas with them: then came Jesus, the doors being shut, and stood in the midst, and said, Peace be unto you. Then saith He to Thomas, Reach hither thy finger, and behold My hands; and reach hither thy hand, and thrust it into My side: and be not faithless, but believing. And Thomas answered and said unto Him, My Lord and my God. Jesus saith unto him, Thomas, because thou hast seen Me, thou hast believed: blessed are they that have not seen, and yet have believed. And many other signs truly did Jesus in the presence of His disciples, which are not written in this book: But these are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have life through his name. (KJV)

Hristos Voskrese! Vaistinu Voskrese!

Christ is Risen! Indeed He is Risen!

God's Holy Church continues to celebrate the Resurrection of the Lord Jesus Christ with great joy. After having been put to death on the Cross and risen from the Tomb, the Lord Jesus Christ visited his disciples.

St. John's Gospel for today describes the disciples' experience with the Risen Jesus Christ. Christ's Resurrection is verified in the present Gospel. The disciples' witnessing of the Risen Christ is clearly documented.

Holy Apostle Thomas had his doubts removed when he had the opportunity to personally see the Risen Christ. To this very day, God's Holy Church continues to celebrate the Resurrection in the present.

The Church proclaims with conviction: "Christ is Risen!" Believers everywhere respond with certainty: "Indeed He is Risen!" Minds, hearts, and souls of believers are filled with the joy of the Risen Christ.

Churches around the world and through the centuries have proclaimed and have celebrated the Resurrection with conviction and great certainty. Daily life changes with the celebration of the Resurrection.

The Resurrection causes hope to rise and guides Christian lives. Gloom is erased. Believers are empowered in the Risen Christ. The Risen Jesus brings peace and is the Source of peace for believers.

Church services are radiant in celebrating the Resurrection. The Risen Christ illuminates the future for believers. The door to eternal life is firmly open for seekers of God's Kingdom.

Death's barrier is removed by the Lord Jesus Christ. Believers have reason to greet each day with joy. Christians share the wonderful news of the Resurrection with each other.

Language barriers are transcended as the news of the Resurrection spreads through the centuries and around the world. God's Holy Church fills with overflowing joy in celebrating the Risen Christ.

The Gospel of the Holy Apostle and Evangelist John serves as an authoritative source for verifying the Resurrection. The Gospel message is proclaimed in parish churches and monasteries everywhere.

Believers have their belief in the Resurrection confirmed in the unfolding of each day of life. The Risen Christ is readily apparent for those with eyes to see and the faith to believe.

Holy Thomas exclaimed: "My Lord and my God!" when he met the Risen Christ. Believers of every century experiencing the Risen Christ make the same exclamation in the way they go about living.

Thomas Sunday holds great importance in the Church. Thomas Sunday testifies to the Resurrection celebrated on Pascha. The Church witnesses to and proclaims the Resurrection on Sundays throughout the year.

Believers verify and witness to the Resurrection in their personal relationships throughout earthly life. At Baptism believers die and rise with Christ.

Resurrection joy is central to the hearts, minds, and souls of believers. The Church will continue to celebrate the Resurrection in the days ahead.

Believers immersed in the joy are transformed by Christ. Parish churches, Christian homes, and communities experience the great difference the Resurrection makes.

The Resurrection offers great Light. The Resurrection is the embodiment of Hope. Thomas Sunday adds to the proof for conviction and action. Peace rises to the fore on Thomas Sunday.

Jesus Christ's Resurrection is the foundation for the greatest awe! Offer unending gratitude to the Risen Christ. Join with the Holy Apostle Thomas and firmly proclaim: "My Lord and my God!"

Thomas Sunday. Holy Hieromartyr Terence. April 10/23, 2023. Hidden Valley, Pennsylvania. Father Rodney Torbic

The heart that loves carnal delights is unfaithful to the Lord. "Ye cannot serve God and Mammon." ***Righteous John, Wonderworker of Kronstadt—My Life in Christ p.199***

We must pray that we may be constantly and firmly assured in our hearts that everything we have—both of soul and body, in prosperity and adversity, and all our possessions as well as all the circumstances of our life—come from God, from His Power, and not from nature, or chance, or from ourselves. ***Righteous John, Wonderworker of Kronstadt—My Life in Christ p.116***



So the order of things has become inverted: instead of God within, the heart seeks for pleasures without and is content with them. **Unseen Warfare**

Bodily illness is not an obstacle to purity of heart, provided we give the body what its illness requires, not what gratifies our desire for pleasure. Food is to be taken in so far as it supports our life, but not to the extent of enslaving us to the impulses of desire. To eat moderately and reasonably is to keep the body in health, not to deprive it of holiness. **St. John Cassian—Philokalia, Vol. 1 p.74**

...everything good that you find in yourself, consider not yours but God's, for every good gift and every perfect gift is from above (James 1:17), and from all your soul thank the Father of lights for this. Every

foolish thing that you find in yourself ascribe to yourself, your weakness, and your foolish habits. **Metropolitan Gregory (Postnikov) of St. Petersburg—How to Live a Holy Life p.98**



Faith comes not through pondering but through action. Not words and speculation but experience teaches us what God is. To let in fresh air we have to open a window; to get tanned we must go out into the sunshine.

Tito Colliander—Way of the Ascetics p.1

It is advisable to avoid such kinds as add to the body's weight and appetite: strong spices, meat, spirituous drinks, and such foods as are solely for the palate's enjoyment. For the rest, one may eat what is cheap and most easily available, they say. But by "moderate" they mean one meal a day, and that one light enough not to fill the stomach to satiety.

Tito Colliander—Way of the Ascetics p.77



REMINDERS: NO KNEELING until the Kneeling Prayers of Pentecost Sunday. Instead of "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service *until Ascension Thursday*, we sing "Christ is Risen!" Also, we do not say the prayer to the Holy Spirit "O Heavenly King" until Pentecost Sunday.