



Saint Michael the Archangel Orthodox Church

146 Third Avenue, Rankin, PA 15104
Pastor: Very Reverend Nicholas Ferencz, PhD
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Glory to Jesus Christ! Glory Forever!
Slava Isusu Christu! Slava vo v'iki!

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MARCH 24, 2019

COMMEMORATION OF OUR HOLY FATHER GREGORY PALAMAS, ARCHBISHOP OF THESSALONIKA

Sun., Mar. 24 Commemoration of St. Gregory Palamas, Archbishop of Thessalonika.

8:15 – 8:45 AM Holy Mystery of Confession

9:00 AM Divine Liturgy

Panachida: Barbara Banosky - 40 day memorial

2:30 PM Holy Mystery of Confession

3:00 PM Lenten Mission here at St. Michael's

Wed., Mar. 27 Holy Monk Benedict

6:30 PM Holy Mystery of Confession

7:00 PM Divine Liturgy of the Presanctified Gifts

Fri., Mar. 29 Martyrs Sabinus and Papas. Apostle Aristobulos of the 70, 1st Bishop of Britain.

6:30 PM Holy Mystery of Confession

7:00 PM Divine Liturgy of the Presanctified Gifts

SAT., MAR. 30 3RD ALL SOULS SATURDAY. Monk Alexis. Bishop Patrick, Enlightener of Ireland

8:15 – 8:45 AM Holy Mystery of Confession

9:00 AM Divine Liturgy and reading of the lists of the deceased (Hramoty)

Sun., Mar. 31 Veneration of the Holy and Life-Giving Cross

8:15 – 8:45 AM Holy Mystery of Confession

9:00 AM Enthronement and Veneration of the Holy Cross. Divine Liturgy

2:30 PM Holy Mystery of Confession

3:00 PM Lenten Mission at St. John's in East Pittsburgh

Holy Mystery of Confession: See Schedule.

Every prudent person does not weep in advance, but he waits for whatever the Lord will send him. And what the Lord sends—whether good or bad—he accepts with joy and strives to endure according to his strength. But if he cannot endure—he repents for his faintheartedness. But we become fainthearted beforehand; while still not seeing any misfortune or sorrow, we grieve before the sorrow ever comes. Christian, live in a Christian manner. – St. Anatoly

PEOPLE STUFF

Prayer List: *Deceased:* Barbara Banosky

Living: Fr. Joseph Cervo. Pañi Joanna Ferencz. Pañi Dorothy Hutnyan. Pañi Donna Smoley. Fran Acmovic. Dana Andrade. Gloria Andrade. Michael Artim. Gregory Michael Aurilio. Jane Barclay. Donald Bodnar. Charlene Borsic. Jaime Budes. Barbara Chappie. Steve Bournius. Rebecca, David & Bradley Noah Cozad. Mary Ann Crouse. George & Margaret Dorogy. Christina Duranko. Breanne Glass. Dorothy Glass. Eddie Gombos. Jennifer Hartrick. Shirley Hrubic. Kevin Ianni. Gary Ingelido. Alisha Krass. Carson Krass. Savanna Lee Krass. Joan Martell. Brian Masterovsky. Michael Mehalik. Zoe Mehalik. Helen Mihalik. Bill & Patti Novotnak. Frank Palmieri. Diane Phillips. Millie and Edward Phillips. Michael Platt. Anna Senich. Bernice Sindak. Terry Slezak. Margaret Stemler. Milton and Thelma Supak. Diana Terezis. Bobby and Dee Triffanoff. John Varoscak. Paul & Valerie Yednak. Jeanne Zajac. *Prospora Bakers:* Trudy Trifanoff. Delores Cubakovic, and their intentions.

Welcome! We welcome to our church this morning all visitors, guests, relatives, and friends of Saint Michael Church. We pray your visit with us is spiritually rewarding, holy and life-giving. Visit often!

F(E)ASTING

The next Feast is the Annunciation to Holy Mary Theotokos, on Sunday, April 7.

LENTE FASTING: *[Those who are interested will find a little booklet in the vestibule detailing all the guidelines for the Lenten Fast]*

Traditional Guidelines:

- On weekdays (**Monday through Friday inclusive**) in the second, third, fourth, fifth and sixth weeks, one meal a day is permitted, to be taken in the afternoon following Vespers, and at this one meal xerophagy [*Strict Fast*] is to be observed.
- On **Saturdays and Sundays in Lent**, with the exception of Holy Saturday, two main meals may be taken in the usual way [i.e., cooked], around mid-day and in the evening, with wine and olive oil; but meat, animal products and fish are not allowed.

A Pastoral Interpretation: Try to fast and pray more than last year, with more focus and concentration. Who knows, in fifty or sixty years, if we keep trying, we may become more perfect!

ALL SOULS SATURDAYS: Reminder: we celebrate two more All Souls Saturdays during Lent, and the final one the day before Pentecost. Check the calendar. All are welcome to come and pray for their deceased loved ones.

PARISH STUFF

Update! Sunday Deanery Lenten Missions Today – Ours! Next Sunday – St. John’s in East Pittsburgh! Confessions will be available starting at 2:30 PM. Lenten Vespers begins at 3:00 PM. Lenten repast follows. *April 14:* St. John’s, North Side. **Be there or be square.**

Our Gifts to God and our Church

March 17, 2019

Attendance	38
Communions	25

Collections

Monthly	
Sunday	815.00
All Candles	200.00
Patriarchal Pence	10.00
St. Cyril Food Pantry	260.00
Building Maintenance	60.00
Diocesan Membership	168.00
Church Repairs	100.00
Total Offerings:	1613.00

Building and Repairs Donations to Date
\$3366! *God bless your generosity!*

A weak person prays that no one slanders him, a courageous person prays that God will help him not to slander others, neither in word nor thought. – St. Ambrose

- **For Our Mission on March 24:** We are asking for donations of Baked Goods for the dessert for the Mission. Everyone is welcome to bring a dessert on that day: Fasting (no dairy) and non-fasting (dairy) desserts are all welcome! Thanks much!

Update! Agape Offerings: Today: Christina Duranko, in memory of Barbara Banosky.

Church Repairs: *We thank all of our parishioners* for your ongoing, active interest in the well-being of our parish. God bless us every one! So far, we have **\$3366** donated toward this new work. Total cost of this work was **\$3800**. *We thank you for your generosity. God bless!*

In the course of prayer, there sometimes occur dreams, laziness, melancholy, and coldness towards everything, lasting for a few days and even a week. It probably happened that before this we were secretly plundered by the enemy through vainglory, pride, judging others, anger, or something else. The spiritual enemy does violence to our nature so that we pass our days in idleness and laziness, rather than preparing for eternity. But if we are overcome due to our infirmity, let us not be despondent because of this, but instead let us humble ourselves and struggle with the help of God. The power of God is made perfect in infirmity. – St. Anatoly

DIOCESE, DEANERY AND ADDITIONAL STUFF

New! Lenten Retreat at Saint Alexander Nevsky Cathedral in the North Hills. See flyer on hall bulletin board for details. Please direct questions on the retreat to Father Michael Senyo, Dean of the Cathedral. Contact info is on the flyer.

Lenten Family Retreat: Presentation of Christ Orthodox Church, East Pittsburgh, PA. March 30, 2019, 10 AM to 2 PM. Theme: “Repentance in the Modern World”. Retreat Schedule includes

- *Service Project* benefitting the homeless community of McKeesport
- *Presentations* by Fr. Alex Goussetis
- *Lunch and Fellowship*

Young Adult Spring Retreat. March 29–31 at Camp Nazareth. Open to Young Adults 19–35. Fee: \$75. Theme:

“Staying Sane in a Troubled World.” Keynote Speaker: Dr. Al Rossi. More info on flyer in the hall.

Reminder! DIOCESAN LENTEN RETREAT, sponsored by the National ACRY. St Nicholas Church, Homestead, PA, Sat April 6, 2019, 9:00 am – 5:00 pm. *Presenters will be* Metropolitan Gregory, “Focusing on the Ladder of Divine Ascent and Our Spiritual Journey One Step at a Time”, and Fr. David Urban, “Windows to Heaven – Icon of Divine Ascent and the Feasts of the Church.” *Registration Deadline is* March 31, 2019.

New! 52nd Annual Ukrainian Pysanky Sale! Ss Peter and Paul Orthodox Church, Carnegie, PA. Sunday, April 14, 11 am – 4 pm. See the flyer on the hall bulletin board for details!

WORDS OF WISDOM FROM SOME WHO ARE WISE IN GOD

Laziness is not a small vice and it is numbered among the mortal sins, and therefore we must force ourselves to fulfill our duties and ask God for help and not rely on our own strength. Seeing our good intentions, He will give strength and power and will help us overcome the paralyzing laziness; but without our effort and good intention, God does not help. During time of infirmity and weakness, let these take the place of our idleness: pain of heart, regret, and humility. – St. Macarius

Laziness often attacks those who labor in piety, and frequently it overcomes a person when he is negligent. To drive away this passion, the holy fathers advise us to hold on to the memory of death, eternal torments, and the blessedness of the righteous, being guided in this with humility, which, by drawing down upon us the mercy of God, will completely free us from the captivity of laziness. – St. Macarius

Faintheartedness often seizes us; this is allowed and happens not only because of very many sins, but even more because of haughtiness. – St. Leo

DO NOT INVESTIGATE the affairs of others—you will lose peace! – St. Anatoly

THOUGHTS ON THE CRUCIFIXION

by Abba Isaiah

The ascent of the cross is made after closing the mouths of the Pharisees and Sadducees. The Sadducees serve as a model of unbelief and hopelessness; the Pharisees, as a model of wickedness, hypocrisy, and vanity.

The mind which wishes to ascend the cross must pour out many prayers and many tears, must cast itself down hourly before God, surrendering itself to His will and begging help from His goodness, that it might strengthen it, protect it, and raise it up to a holy renewal no longer subject to defeat.

A great sorrow appears at the hour of the ascent of the cross. The suppliant needs to have Peter, John, and James accompany him, that is, healthy faith, courageous hope, and love for God.

Our Lord Jesus Christ bore for us suffering and death on the Cross and by these acts serves as a model for us. We must, as the Apostle says, "...know Him, and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death," that we might attain "to the resurrection from the dead" (Philippians 3:10,11). The Lord tasted the gall for our sakes that we might drive all unclean desires out of ourselves, that we might block all their outlets and not permit them to be satisfied by means of our bodies and so destroy us. The Lord tasted vinegar for us, and we must quench all manifestations of anger and every vain confusion in ourselves. The Lord permitted Himself to be spat on that we might learn to have contempt for the opinions of men and the glory of this world. The head of the Lord was crowned with a crown of thorns that we might learn constantly to reproach ourselves and by this means to bear abuse without distress. The stick with which the Lord was beaten about the head is an image of humility for us by which, as with a club, we must rout the pride planted in us by the Devil.

The Lord Jesus, before being nailed to the Cross, was given over to be beaten. This too serves as an exhortation for us: before ascending the cross, we must endure the most varied abuse and accusations from men. The clothing of the Lord was divided by lot: this serves as an example for our emulation. Before ascending the cross we must despise the world and bear without concern the loss of our perishable possessions, as the Apostle said: "... (you) joyfully accepted the plundering of your goods, knowing that you have a better and an enduring possession for yourselves in heaven." (Hebrews 10:34). All this must a man do in order to ascend the cross. But if he does not perform all that our Lord did, so far as he is able, then he cannot ascend the cross.

WHAT IS THE MYSTERY OF THE RESURRECTION OF CHRIST?

Excerpts from St. Simeon the New Theologian

...what is the mystery of the resurrection of Christ our God, which mystically occurs within us, if we desire, and how Christ is buried within us as in a tomb, how He unites with our souls, resurrects within us and together with Himself, resurrects us as well. Christ our God, after He was hung on the Cross and nailed upon it the sin of the whole world, died, and descended into the depths of Hades. Then, rising from Hades, He again entered into His most pure Body and immediately rose from the dead, and afterwards finally ascended into the heavens with much power and glory. Likewise now, when we, leaving this world and worldly vanities, with the confession of the passion of Christ the Lord, enter into the tomb of repentance and humility, He Himself then descends from the heavens, enters into our body as into a tomb, is united with our souls and resurrects them, when they were dead in sin, and having resurrected them, grants the grace to behold the glory of this mystical resurrection....

The feeling of love of the Lord corresponds to how much we fulfill His commandments.

Love of God is expressed most of all by keeping the commandments of God.

If one relies on the will of God—everything good, and even what is unpleasant, everything leads to the salvation of our soul, and in this great wisdom and profundity is revealed. For those that love God all things lead to good. –

All from St. Nikon