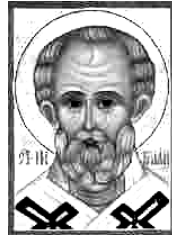


March 15, 2009

St. Nicholas Orthodox Church

320 Munson Avenue
McKees Rocks, PA 15136
412-331-1053
<http://www.stnicholas-oca.org>
info@stnicholas-oca.org



Rev. Thomas Soroka, *Rector*
(412) 299-3942
Rev. Dn. Joseph Mell, *Attached*
Ms. Doris Wasilko, *Choir Director*

Second Sunday of Great Lent – St Gregory Palamas

Schedule of Services and Activities

Sunday, March 15th – 5:00 PM	Vespers, St Gregory Church, Homestead
Monday, March 16th – 5:00 PM	Lenten Daily Vespers
Tuesday, March 17th – 5:00 PM	Lenten Daily Vespers
Wednesday, March 18th – 7:00 PM	Liturgy of the Presanctified Gifts
<i>St Mary's Church, Southside (no services at our parish on that day)</i>	
Thursday, March 19th – 5:00 PM	Lenten Daily Vespers
Friday, March 20th – 7:00 PM	Akathist to St Nicholas
Saturday, March 21st – 5:00 PM	Great Vespers
Sunday, March 22nd – 10:00 AM	Divine Liturgy of St Basil the Great
Sunday, March 22nd – 5:00 PM	Vespers, St Alexander Cathedral, Allison Park



The Lenten fast has begun. The Church prescribes that we refrain from eating meat (including fish, but not shellfish) and dairy products. While it is understood that some find the prescription challenging to attain (for this is indeed the very point – that we indulge too much in fleshly desires, and the challenge of the fast shows this!), everyone is strongly encouraged to do something, and not to ignore the fast completely, which is both unchristian and unorthodox. Most importantly, as the Fathers remind us, we are also to “fast from sin as we fast from food.” May God bless you in your Lenten journey.

The St Nicholas Sisterhood will meet after the Divine Liturgy today to discuss several important events including the bishops visit on Saturday, April 4th and the Deanery Vespers here on Sunday, April 5th.

Those who wish to receive communion during the Presanctified Liturgy on Wednesday evening should fast from after the lunch time, if they are able bodied. Those who are ill, elderly and ailing, pregnant or nursing should adjust their fasting accordingly.

His Beatitude Metropolitan Jonah, and His Grace Bishop Tikhon, will be present for the Sunday of the Cross Vespers at St Alexander Nevsky Cathedral in Allison Park next Sunday, March 22nd at 5:00 PM.

Church Clean up will be held on Saturday, March 28th. See Paul Fuller to help us prepare for Pascha.

We have several Orthodox Children's books that we would have to have donated to our parish library. If you can help, please see Fr Tom or Marsha Wasilko.

His Grace, Bishop Tikhon will visit our parish on **Saturday, April 4th** and be present with us for the **Vespers service at 5:00 PM**. A light reception will be held afterwards. Please make every effort to join us.

St Nick's Corner now has a new inventory of titles from Conciliar Press. Come and browse our entire selection for your Lenten reading!

Our parish will host the Deanery Mission Service on Sunday evening, April 5th at 5:00 PM (St Mary of Egypt Sunday). Everyone is asked to attend.

The next Church School will be held on Saturday, April 11th (Lazarus Saturday) beginning at 9:30 AM and ending at 1:00 PM.

Our next Hoagie/Wrap Sale will be March 18/19, 2009. Order forms can be obtained at the Candle Kiosk.

Vigil Light Donations (Please remember the following people in your prayers): **From Marsha Wasilko** for the health of the Wasilko family and Carol Kowalcheck. **From Doris M. Wasilko** for the departed servants (parents), Charles & Mary; for the health of the Wasilko family and Carol Kowalcheck. **From Helen Cobb** for the departed servants, Ray Cobb, Fr. Vladimir & Mat. Olga, Darius Walat; for the health of George, Ruth, Vic, Todd, Aleisha, Dick, Jared, Helen March Shancey, Stephanie Kowal, the Tichy, Fuller, Kasnot, Speth, Wasilko, Barsom, Soroka and Mell families. **From David Namsinak** for the departed servants, Melissa and Richard Shancey; for the health of Carol Kowalcheck, Helen Shancey, William Belfiore and Marsha Namisnak and Charles A. Wasilko. **From Peter & Garnette Kerchum** for the departed servant, Mat. Olga Soroka; for the health grandson, Michael Lopez, Jr., Reader Michael Soroka, David Zeroniski, George Shaytar and Peter Kerchum. **From Dn. Joseph, Mat. Nancy & Gregory Mell** for the departed servants of the Fedinko, Karavlan, Mell, Zapotoczny and Zapp families, +Memory Eternal+ Jacob Snively+; for the health of Carol Kowalcheck, Richard & Florence Sismour, Bill & Phyllis Esau, Phillip & Katherine Karavlan, Harry & Judy Karavlan, Leslie & James Wokutch, Mary Zapp, David Knowlton and Daniel Butler. **From Nancy Shaytar** for the health of George Shaytar and Peter Kerchum. **From Donya Yewisiak** for the departed servants, Fr. Vladimir & Mat. Olga Soroka; for the health of Carol Kowalcheck, Tom Robes and Dolly Lyle. **From Chuck Conrad** for the health of Barb Fitzgerald, Eva Malesnik and Jim Donovan— heal all of them. **From John & Carol Kowalcheck** for the health of Nora Kowalcheck on her birthday. **From Carol Kowalcheck** for health. **From John Kowalcheck** for the health of Carol. **From Tom Robes** for the departed servants, George, Johanna, Beverly Porvaznik and the Robes family; for the health of Anna Elizabeth, Georgiann, Tom and Marion Robes; for Nicholas on his 9th birthday—Happy Birthday Buddy! **From Alexandria Tirpak** for the departed servants, (parents & grandparents) Amelia & John (19 years-March 5th), Marie & Nicholas, Ann & Frank, (brother & nephew) Nicholas, Nicholas and Very Rev. Paul Sawchak—Memory Eternal; for the health of Amelia, Andrea, Richard & families, Carol, Reader Michael, John, Theodore; community of St. Nicholas Parish; men & women serving our country; special intentions. **From Helen M. Shancey** for the departed servants, her beloved husband, Richard Shancey, Norma Jean Evans, Joyce Duster, Ray Cobb, Ann Hruch, Mat. Olga, Melissa Torok, and all deceased members of the Halajcio & Shancey families; for the health of Dr. Chris Baxter & family, Shancey & Halajcio families, Jim & Leslie Wokutch, Helen Cobb, Olga Novak & son, Bittner family, Hruch family, Wasilko family, Kasnot family, Namisnak family, Barsom family, Kovacs family, Kowalcheck family, Robes family, Pravlochak family, Kowal family, Steve Meno, Reader Michael Soroka, Fr. Thomas, Rev. Dn. Joseph Mell and all their families and all parishioners. God bless all our service men & women. God bless America.

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March 15, 2009

Second Sunday of Great Lent – St Gregory Palamas

Tone 6

Troparion of the Resurrection

The angelic powers were at Thy tomb;
the guards became as dead men.
Mary stood by Thy grave,
seeking Thy most pure Body.
Thou didst capture hell,
not being tempted by it.
Thou didst come to the Virgin granting life.
O Lord who didst rise from the dead, glory to Thee!

Tone 8

Troparion of St Gregory Palamas

O light of Orthodoxy! Teacher of the Church! It's confirmation!
O ideal of monks and invincible champion of theologians!
O wonder-working Gregory, glory of Thessalonica and preacher of grace!
Always intercede before the Lord that our souls may be saved!

Tone 4

Kontakion of the Triodion

Now is the time for action!
Judgment is at the doors!
So let us rise and fast
offering alms with tears of compunction and crying:
We have sinned more than the sands of the sea;
but forgive us, O Master of All,
so that we may receive the incorruptible crowns.

Tone 5

Prokeimenon of the Triodion

Thou, O Lord, shalt protect us and preserve us from this generation forever.

Epistle (Hebrews 1:10-2:3)

“You, LORD, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You remain; and they will all grow old like a garment; Like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail.”

But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”? Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him...

Gospel (Mark 2:1-12)

And again He entered Capernaum after some days, and it was heard that He was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.

When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.” And some of the scribes were sitting there and reasoning in their hearts, “Why does this Man speak blasphemies like this? Who can forgive sins but God alone?”

But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’? But that you may know that the Son of Man has power on earth to forgive sins”—He said to the paralytic, “I say to you, arise, take up your bed, and go to your house.” Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!”

Communion Hymns (Psalm 148 and 112)

Praise the Lord from the heavens! Praise Him in the highest!
The righteous will be in everlasting remembrance; he shall not fear evil tidings!

Welcome to our visitors!

While Holy Communion is reserved for Orthodox Christians
who prepare themselves by prayer and fasting,
non-Orthodox visitors are welcome to come forward to venerate the cross
and receive the Antidoron (blessed bread) at the conclusion of the service.
Please join us downstairs for coffee hour following the Divine Liturgy.