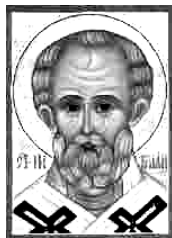


March 22, 2009

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*

Third Sunday of Great Lent – The Precious and Life-Creating Cross

Schedule of Services and Activities

Sunday, March 22nd – 5:00 PM

Monday, March 23rd – 5:00 PM

Tuesday, March 24th – 5:00 PM

Great Feast of the Annunciation to the Theotokos

Wednesday, March 25th – 6:00 PM

Great Feast of the Annunciation to the Theotokos

Thursday, March 26th – 5:00 PM

Friday, March 27th – 7:00 PM

Saturday, March 28th – 10:00 AM

Saturday, March 28th – 5:00 PM

Sunday, March 29th – 10:00 AM

Sunday, March 29th – 5:00 PM

Vespers, St Alexander Cathedral, Allison Park

Lenten Daily Vespers

Great Compline with Litiya

Vesperal Liturgy

Lenten Daily Vespers

Akathist to the Passion of Christ

Church Clean-up

Great Vespers

Divine Liturgy of St Basil the Great

Vespers, St Nicholas Church, Duquesne

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 today at 5:00 PM.

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

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.

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.

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.

Pictures for the 2009 Directory will be taken by Yuri Chtchurakov. Please see him after church today.

Thank you to everyone who supported the Hoagie/Wrap Sale for March. Our profit was \$499.62.

From Helen Shancey: Thanks to all who prayed for me and sent me beautiful flowers and cards. Thank you again for your kindness.

Carol Kowalcheck has moved to the Kindred Hospital care facility in Oakdale. The address is Room 613, 7777 Stubenville Pike, Oakdale, PA 15071. Thank you to all those who continue to visit!

Thank you to our March donors!

Holy Bread (\$50) from Jan Widel in memory of Ted Puskar and Julia Morris

Communion Wine (\$40) from Paul Lois and Katherine Fuller for the health and safety of the soldier, Justin

Altar Candles (\$25) from Charles Wasilko on the occasion of his birthday

Incense (\$10) from Paul Lois and Katherine Fuller for the health and safety of the soldier, Justin

Vigil Light Donations (Please remember the following people in your prayers): **From Marsha Wasilko** for the departed servants, Uncle Michael Wasilko and Aunt Julia Falick; for the health of the Wasilko family and Carol Kowalcheck. **From Doris M. Wasilko** for the departed servants (parents), Charles & Mary and Aunt Julia Falick; for the health of the Wasilko family and Carol Kowalcheck. **From Charles A. Wasilko** for the departed servant, Aunt Julia Falick; for the health of Carol Kowalcheck and sisters, Doris & Marsha. **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, Peter Kerchum and Marsha Namisnak. **From Peter & Garnette Kerchum** for the departed servant, Mat. Olga Soroka; for the health grandson, Michael Lopez, Jr., Reader Michael Soroka, David Zeronki, Joseph, George Shaytar and Peter Kerchum. **From Christoph & Kristie Mertz** for the departed servant, Juergen Mertz. **From George & Nancy Shaytar** for the health of Peter Kerchum. **From Donya Yewisiak** for the health of Carol Kowalcheck and Peter Kerchum. **From Andy Kasnot** for the health of the Wasilko and Kowalcheck families. **From Carol Kowalcheck** for health & salvation. **From John Kowalcheck** for the health of Carol. **From the Pravlochaks** for the departed servant, (father) John Pravlochak on the anniversary of his death; for the health of Carol Kowalcheck and the Pravlochak family. **From Alexandria Tirpak** for the departed servants, (parents & grandparents) Amelia & John, Marie & Nicholas, Ann & Frank, (brother & nephew) Nicholas, Nicholas; for the health of children, Amelia, Andrea, Richard & families, Carol, Michael, Nancy, Steve, Helen, 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, Dale Halajcio, 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, Steve Meno, Reader Michael Soroka, Fr. Thomas, Rev. Dn. Joseph Mell and all their families and all parishioners. **From Paul Fuller** for the health of son, Justin. **From Mat. Joni Soroka** for the departed servant, (grandmother) Elizabeth Corey (10 years-3/20); private intention. **Dr. Chris Baxter** for the departed servants, Richard Shancey and John March; for the health of Dr. Chris Baxter & family and all parishioners.

St Nicholas Orthodox Church

320 Munson Avenue
McKees Rocks, PA 15136
A parish of the Orthodox Church in America
www.stnicholas-oca.org
info@stnicholas.org



March 22, 2009

Third Sunday of Great Lent – The Precious and Life-Creating Cross

Tone 7 Troparion of the Resurrection

By Thy cross, Thou didst destroy death!
To the thief, Thou didst open paradise!
For the myrrh-bearers, Thou didst change weeping into joy!
And Thou didst command Thy disciples, O Christ God
to proclaim that Thou art risen,
granting the world great mercy.

Tone 1 Troparion of the Cross

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.

Tone 7 Kontakion of the Cross

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 “Holy God”

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify.

Tone 6 Prokeimenon (Psalm 27)

O Lord, save Thy people and bless Thine inheritance!

Epistle (Hebrews 4:14-5:6)

Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with

our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

For every high priest taken from among men is appointed for men in things pertaining to God, that he may offer both gifts and sacrifices for sins. He can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness. Because of this he is required as for the people, so also for himself, to offer sacrifices for sins. And no man takes this honor to himself, but he who is called by God, just as Aaron was.

So also Christ did not glorify Himself to become High Priest, but it was He who said to Him: “You are My Son, today I have begotten You.” As He also says in another place: “You are a priest forever, according to the order of Melchizedek”.

Gospel (Mark 8:34-9:1)

When He had called the people to Himself, with His disciples also, He said to them, “Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel’s will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels.”

And He said to them, “Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.”

Communion Hymns (Psalm 148 and 4)

Praise the Lord from the heavens! Praise Him in the highest!
The light of Thy countenance has shown on us, O Lord!

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.



We are in the midst of the Lenten Fast. 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.