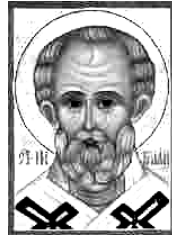


March 29, 2009

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*

Fourth Sunday of Great Lent – St John of “The Ladder”

Schedule of Services and Activities

Sunday, March 29th – 5:00 PM

Monday, March 30th – 5:00 PM

Tuesday, March 31st – 5:00 PM

Wednesday, April 1st – 6:00 PM

Thursday, April 2nd – 5:00 PM

Friday, April 3rd – 7:00 PM

Saturday, April 4th – 5:00 PM

Visit of His Grace, Bishop Tikhon, to our community. Please make every effort to attend.

Lenten reception to follow

Sunday, April 5th – 10:00 AM

Sunday, April 5th – 5:00 PM

Vespers, St Nicholas, Duquesne, PA

Lenten Daily Vespers

Lenten Daily Vespers

Divine Liturgy of the Presanctified Gifts

Lenten Daily Vespers

Akathist to Most Holy Theotokos

Great Vespers with Litiya

Divine Liturgy of St Basil the Great

Deanery Vespers



This Saturday - 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.

The Archdiocesan Lenten Retreat will be held this Saturday, April 4th at Assumption of St Mary Church in Southside Pittsburgh. His Grace, Bishop Tikhon is the retreat speaker on the topic “Fight the Good Fight, Run the Race, Persevere to the End.” Divine Liturgy begins at 8:30 AM, registration at 9:45 AM and the first session begins at 10:30 AM. Lunch will be held at noon, then a second presentation. \$15.

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.

Please remember the poor and those in need by participating in our Easter Baskets for Needy Families. It’s easy! Consult the insert in today’s bulletin and find what is available to donate. You may either purchase the items or contact Donya Yewisiak to give a financial contribution for staple items. Hurry – deadline is next Sunday! And thanks for your generosity!

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.

Carol Kowalcheck was moved back to Shadyside Hospital for surgery. Please keep her in your prayers.

Thank you to everyone who came to clean the Church yesterday. May God bless you for your hard work!

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 and Uncle Mike Wasilko; for the health of the Wasilko family and Carol Kowalcheck. **From Charles A. Wasilko** for the departed servant, Uncle Mike Wasilko; 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, Frank & Anna and Juliann & John; for the health of Carol Kowalcheck, Helen Shancey, Doris Wasilko, Peter Kerchum and Edward Belfiore. **From Tatyana Sechler** for the departed servants, Victor, Polina, Valentina, Marina, Tamara and Bruce; for the health of child, Dasha, Tatyana, Slava, Galina and Valero. **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, Helen Shancey and Tom Robes. **From Olga Kasnot** for the health of Carol Kowalcheck, Michael Soroka, Andrew Kasnot, Tom & Georgiann Robes, John & Valentina Barsom. **From Georgiann Robes** for the departed servants, Johanna, George & Beverly Porvaznik; for the health of Carol Kowalcheck and Tom Robes. **From John & Nancy Pravlochak** 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 and Rev. Fr. Paul; for the health of children, Amelia, Andrea, Richard & families, Mildred, Violet, Joyce, Carol, Steve, John, Theodore, Reader Michael, Susan, Tami, Joann; community of St. Nicholas; men & women serving our country; special intentions. **From Helen M. Shancey** for the departed servants, her husbands, Richard Shancey and John March (who died in the month of March), Norma Jean Evans, Joyce Duster, Ray Cobb, Ann Hruch, Mat. Olga and all deceased members of the Halajcio & Shancey families; for the health of Dr. Chris Baxter & family, Halajcio & Shancey families, Jim & Leslie Wokutch, Helen Cobb, Olga Novak & son, Bittner family, Hruch family, Wasilko family, Namisnak family, Barsom family, Kovacs family, Carol Kowalcheck, Robes family, Steve Meno, Danny Parsons, Reader Michael Soroka, Fr. Thomas, Rev. Dn. Joseph Mell and their families and all parishioners. God Bless America. **From Raisa Burd** for the departed servants, Agrippina, Stepan, Vladimir, Vassili, Peter, Christina, Motya, Afanassiy and Alexandra; for the health of Nina, Tatyana, Lena, Alexandra, Ludmila, Marina, Vlad, Roman, Polina, all our relatives & friends. **From Chuck Conrad** for the health of Eva, Barb and Cindy---heal all of them.



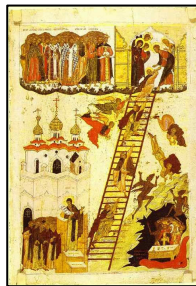
We are in the midst of the Lenten Fast. The Church prescribes that we refrain from eating meat (including fish, but not shellfish) and dairy products. While it is understood that some find the prescription challenging to attain (for this is indeed the very point – that we indulge too much in fleshly 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.

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A parish of the Orthodox Church in America

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March 29, 2009

Fourth Sunday of Great Lent – St John of “The Ladder”

Tone 8 **Troparion of the Resurrection**

Thou didst descend from on high, O Merciful One!
Thou didst accept the three day burial to free us from our sufferings!
O Lord, our Life and Resurrection: Glory to Thee.

Tone 1 **Troparion of the St John of “The Ladder”**

O dweller of the wilderness and angel in the body,
You were a wonder-worker, O our God-bearing Father John!
You received heavenly gifts
through fasting, vigil, and prayer:
Healing the sick and the souls of those drawn to you by faith.
Glory to Him who gave you strength!
Glory to Him who granted you a crown!
Glory to Him who through you grants healing to all!

Tone 6 **Kontakion of the Theotokos**

Steadfast protectress of Christians,
constant advocate before the creator,
do not despise the cry of us sinners,
but in your goodness come speedily to help us who call on you in faith.
Hasten to hear our intercessions and to intercede for us, O Theotokos
For you always protect those who honor you.

Tone 8 **Prokeimenon of the Sunday (Psalm 76)**

Pray and make your vows before the Lord our God!

Epistle (Hebrews 6:13-20)

For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, saying, “Surely blessing I will bless you, and multiplying I will multiply you.” And so, after he had patiently endured, he obtained the promise. For men indeed swear by the greater, and an oath for confirmation is for them an end of all dispute. Thus God, determining to show more abundantly

to the heirs of promise the immutability of His counsel, confirmed it by an oath, that by two immutable things, in which it is impossible for God to lie, we might have strong consolation, who have fled for refuge to lay hold of the hope set before us.

This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.

Gospel (Mark 9:17-31)

Then one of the crowd answered and said, “Teacher, I brought You my son, who has a mute spirit. And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not.”

He answered him and said, “O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me.” Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

So He asked his father, “How long has this been happening to him?”
And he said, “From childhood. And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us.”

Jesus said to him, “If you can believe, all things are possible to him who believes.” Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”

When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, “Deaf and dumb spirit, I command you, come out of him and enter him no more!” Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, “He is dead.” But Jesus took him by the hand and lifted him up, and he arose.

And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?” So He said to them, “This kind can come out by nothing but prayer and fasting.” Then they departed from there and passed through Galilee, and He did not want anyone to know it. For He taught His disciples and said to them, “The Son of Man is being betrayed into the hands of men, and they will kill Him. And after He is killed, He will rise the third day.”

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.*