

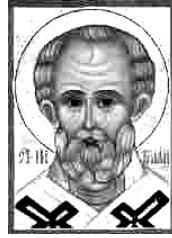
February 28, 2010

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*



St Gregory Palamas Sunday

Christ is in our midst! He is and always shall be!

Schedule of Services and Activities

Sunday, February 28th – 5:00 PM

St John the Baptist Orthodox Church, Canonsburg, PA

Monday, March 1st – 5:00 PM

Tuesday, March 2nd – 5:00 PM

Wednesday, March 3rd – 6:00 PM

Thursday, March 4th – 5:00 PM

Friday, March 5th – 7:00 PM

We are repeating this service due to the snow last Friday

Saturday, March 6th – 1:00 PM – 5:00 PM

Saturday, March 6th – 5:00 PM

Saturday Confession at 4:30 PM

Sunday, March 7th – 10:00 AM

Sunday Confession at 9:15 AM

Sunday, March 7th – 5:00 PM

St Alexander Nevsky Cathedral, Allison Park

Deanery Mission Service

Daily Vespers (Church)

Daily Vespers (Church)

Presanctified Divine Liturgy

Daily Vespers (Church)

Panikhida for the Departed

Church School

Great Vespers

Divine Liturgy

Archdiocesan Mission Service



The Church prescribes that we refrain from eating meat (including fish, but not shellfish) and dairy products during Great Lent. 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.

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.

Everyone is reminded that attending church is the first priority of a Christian. The *minimum* standard for a Christian is once per week, at the Sunday Liturgy. However, Orthodox Christians who receive communion should be attending Saturday evening Vespers.

Thank you to everyone who supported this month’s Hoagie/Wrap Sale. We had a profit of \$390.79 based on 180 items sold. Our next Hoagie/Wrap Sale will be on March 24/25.

Our annual Lenten collection “Easter Baskets for Needy Families” is now underway. Please look for the insert in today’s bulletin for needed items; however, we are especially in need of monetary donations for perishable items and for gifts for children. Please see Donya Yewisiak, project coordinator, for more information. Deadline is Sunday, March 28th. God bless you for your generosity!

Our parish will host the Archdiocesan Lenten Retreat on March 20th. This is a wonderful opportunity to hear Fr Thomas Hopko, one of the most famous Orthodox theologians in America. He will teach on the topic of “Living in the Spirit of the Apostolic Community Today.” Liturgy will begin at 8:30 AM celebrated by Bishop Melchisedek. Breakfast and Lunch will be provided to registered attendees. It would be appropriate for as many people from our parish as possible to attend this event. You may fill out the enclosed form and give them to Fr Tom as soon as possible.

Coffee Hour hosts are needed! Help create a year a fellowship at St. Nicholas by hosting or sponsoring a coffee hour. Hosts are needed for the remainder of February and March. To reserve your date, please contact Melissa Graff at melissamgraff@yahoo.com or at 412-882-2975 or sign up down stairs near the kitchen. Thank you for your help! **We also need hosts for the Wednesday evening Lenten fellowships!**

Mark your calendars! A professional choir from St Petersburg, Russia, the Konevets Quartet, will perform a public concert here at our St Mark Church on Wednesday, April 28th. Also on the program will be the Tsar Lazar Serbian Men’s Chorus of Pittsburgh. More information and handbills coming next week!

Helen Shancey wishes to thank everyone for their prayers, cards, and well wishes. She is feeling better every day and St Nicholas Church is always in her prayers.

Vigil Light Donations (*Please remember the following people in your prayers*) **From Helen Cobb** for the departed servants, George, Ray Cobb, Fr. Vladimir & Mat. Olga, Darius Walat; for the health of Ruth, Vic, Todd, Aleisha, Dick, Jared, Helen March Shancey, Stephanie Kowal, the Tichy, Fuller, Kasnot, Speth, Wasilko, Barsom, Soroka and Mell families. **From Doris Wasilko** for the departed servants, (parents) Charles & Mary; for the health of the Wasilko family and Carol Kowalcheck; Happy Birthday to Andy Kasnot on his 90th Birthday! **From Charles A. Wasilko** for the health of Andrew Kasnot on his 90th birthday! **From Alexandria Tirpak** for the departed servants (parents & grandparents) Amelia & John, Marie & Nicholas, Ann & Frank and (brother & nephew) Nicholas & Nicholas; for the health of Amelia, Andrea, Richard & their families, Patricia, Carol, John, Theodore, Joann, Mildred, Violet, David, the Soroka family; Happy Birthday Michael; Community of St. Nicholas; men & women serving our country; God Bless America; special intentions. **From John A. Tirpak** for the departed servants, John & Ann Tirpak; for the health of Alexandria & John and their families and their secure retirement. **From Marsha Wasilko** for the health of the Wasilko family and Carol Kowalcheck; Happy 90th Birthday & Many Years to Andy Kasnot! **From Mat. Joni Soroka** for the health of Amy Filosi and Michael Soroka on his birthday! **From Tatiana Sechler** for the departed servants, Sergei, Polina, Valentina, Maxim, Bruce, Victor, Maria, Nicolay, Marina and Tamara; for the health of Dasha, Slava, Galina, Tatyana, Nina and Tatiana.

This bulletin is offered in memory of Rose, Steve, and Uncle Ted Puskar from Janet Widel.

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February 28, 2010

St Gregory Palamas Sunday

Tone 5 *Troparion of the Resurrection*

Let us, the faithful, praise and worship the Word,
Co-eternal with the Father and the Spirit,
born for our salvation from the Virgin.
For He willed to be lifted up on the cross in the flesh
to endure death
and to raise the dead,
by His glorious resurrection.

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!

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 our Blini Dinner following the Divine Liturgy.

Since Pascha is very early this year, **if you have been to confession recently** (during the Nativity season) it will not be necessary to take confession again, unless you feel compelled to come. However, those who have not received confession during the Nativity season should come **early** in the Lenten season.