

# SAINT JOHN'S ORTHODOX CHURCH

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**Clergy:**

*Rev. Father David Mastroberte*  
*Very Rev. Protopresbyter Michael Polanichka*  
*Rev. Deacon John Anderson*

*A Parish of the American Carpatho-Russian Orthodox Diocese – Ecumenical Patriarchate of Constantinople*

## **Bulletin for March 31-April 13, 2019**

*March 31st is the Third Sunday of the Great Fast,  
known as the Sunday of the Veneration of the Cross.  
This Sunday marks the midpoint of Lent.  
We are halfway to Pascha!*



<b>SUN</b>	<b>3/31/2019</b>	<b>THIRD SUNDAY OF THE GREAT FAST – VENERATION OF THE CROSS</b>
	9:00 AM	Divine Liturgy <i>Panachida: +JoAnn &amp; +Eric Burprich (Perpetual)</i> <i>+Joseph &amp; +Katherine Pavlick (Perpetual)</i>
	4:00 PM	Lenten Mission Vespers at St. Nicholas, 2053 North Rd. NE, Warren
<b>WED</b>	<b>4/3/2019</b>	
	1:00 PM	Potato Prep
	6:00 PM	Divine Liturgy of the Presanctified Gifts <i>(No Meal Tonight!)</i>
<b>THURS</b>	<b>4/4/2019</b>	
	6:00 PM	Filling Prep
<b>FRI</b>	<b>4/5/2019</b>	
	8:00 AM	Pirohi Making
	6:00 PM	Moleben to the Holy Cross & Soul Saturday Panachida
<b>SUN</b>	<b>4/7/2019</b>	<b>FOURTH SUNDAY OF THE GREAT FAST – ST. JOHN OF THE LADDER</b>
	9:00 AM	Divine Liturgy <i>Panachida: ++Balzic Family (Perpetual)</i> <i>+Stephen Repasky (Perpetual)</i> <i>+Michael Penick (Perpetual)</i>
<b>WED</b>	<b>4/10/2019</b>	
	6:00 PM	Divine Liturgy of the Presanctified Gifts <i>Lenten Pot-Luck Meal</i>
<b>FRI</b>	<b>4/12/2019</b>	
	6:00 PM	Akathist Hymn to the Mother of God
<b>SAT</b>	<b>4/13/2019</b>	<b>OUR LENTEN MISSION</b>
	2:30 PM	Sacrament of Holy Confession
	4:00 PM	Vespers <i>Fish Dinner and Special Presentation by Fr. John Chakos</i>
<b>SUN</b>	<b>4/14/2019</b>	<b>FIFTH SUNDAY OF THE GREAT FAST – ST. MARY OF EGYPT</b>
	9:00 AM	Divine Liturgy <i>Lenten Communion Breakfast</i>

***You Are Invited To***

## **Our Parish Lenten Mission**

**Saturday, April 13th, 2019**

Confessions at 2:30 PM

Vespers at 4:00 PM

Lenten Fish Dinner to Follow

Special Presentation During Dinner by **Fr. John Chakos**

*“Losing Ourselves in Christ's Mission”*

*(Fr. John is one of the main Orthodox missionary priests serving in Guatemala)*

## **Our Lenten Communion Breakfast**

**Sunday, April 14th, 2019**

### ***What is a “Lenten Mission”?***

A mission is a time of spiritual reflection and renewal. A mission involves a service, a homily or presentation on a relevant topic, and usually time for the Sacrament of Holy Confession. Parishioners from other churches often make an effort to attend.

For the host parish, a mission is an opportunity to show hospitality and welcome guests in the name of Christ. We always look forward to welcoming our fathers in Christ—the deanery priests—and our brothers and sisters in Christ!

It is important to try and attend missions held at other deanery parishes. Traveling to another parish is a small-scale pilgrimage—a wonderful spiritual effort for the Lenten season! By going to another parish for their mission, we show support for other parishes of our Diocese.

*The Warren Lenten Mission is March 31, and the Erie Mission is April 19.*

## ANNOUNCEMENTS

¶ **Confessions** are heard beginning at 5:25 PM before most evening Lenten services; before Divine Liturgy on Sunday mornings, starting at 8:25 AM; at our Lenten Mission; and by appointment. If the door is open and the light is on, you can walk into the Confessional. *All Orthodox Christians are expected to approach this sacrament during Lent! Confessions will not be heard Holy Thursday, Good Friday, or Holy Saturday, so please plan accordingly.*

¶ **Reminder About the Eucharistic Fast:** Those receiving Communion at an evening Liturgy are to fast for a minimum of 3 hours prior to the service. (*Ideally, we should not eat after lunch.*) Fasting from midnight is still observed before receiving Communion at any morning Liturgy. (*Also, remember that only services called "Liturgy" have the distribution of Holy Communion. Other services – Canon, Moleben, Parastas, Paraklis – do not have Communion.*)

¶ We are accepting donations of candy for the **Easter Egg Hunt** on Easter Sunday, April 28th. They must be *individually wrapped* and *small* enough to fit inside the plastic eggs. Donations may be brought to the church hall.

¶ **2nd Annual Diocesan Senior (55+) Retreat** will take place May 13-16, 2019 at Camp Nazareth. The Theme of the Retreat is "How's Your 'Eyesight'? Keeping your Focus on God as a Senior". Information can be found at: <https://www.acrod.org/news/events/10731> Registration for this event is now open.

## *A Note of Gratitude*

A big "Thank you" to ALL the parishioners who sent me get well wishes during my recent hospital recovery. To Father David for visiting me and giving me the Holy Sacraments and the "Eucharist". To ALL who sent cards ,said beautiful words, offered prayers, and lit candles, I cannot thank you enough. I am attending balance class twice a week and doing very well. The neck brace should be coming off in a few days and replaced with a softer one. Thank you again for all your well wishes & prayers. They really helped with my recovery.

Protopresbyter Michael Polanichka

# Lenten Pot-Luck Dinners

- ⇒ **April 10**
- ⇒ **April 17**



Following the Wednesday Presanctified Liturgy on the above days, we will have a pot-luck/covered dish meal in the Fellowship Hall.

Bring a Lenten dish, baked good, or a beverage to share with those assembled. This is a great opportunity to gather mid-week and cheer one another on as we go through our Lenten journey together. *Make every effort to participate!*

## Stewardship

*By Dan Hromyak*

"No longer was there manna for the Israelites, who that year ate of the yield of the land of Canaan." - Joshua 5:12

Over the forty years that the Israelites journeyed through the desert, God provided them with manna to eat. As soon as they were able to enjoy the fruits of the Promised Land the manna ceased. Likewise, God's blessings to us may change over the years but it is important to trust that God will always provide us with all that we need.

"For his sake I have accepted the loss of all things and I consider them so much rubbish, that I may gain Christ..." - Philippians 3:8

The first commandment says that we should not put other gods before the Lord. Sharing all of our gifts, our time in prayer, our talent in charitable works and our treasure to support Church needs helps us keep God first in everything. It helps us to use our gifts for the glory of God and not for our own honor.

# The Distracted Mind and Our Spiritual Life

by *Presvytera Elizabeth Tervo (goarch.org)*

Have you ever seen this sign at a church door: “Please turn off your cell phones”? We all know that we need to turn them off before Liturgy. We know that only the gravest emergency should interrupt church.

When we think about cell phones, we think about how connected we are, nowadays, to a wide community through the internet. We might think that our age poses a unique challenge for the Christian soul. We are connected with all kinds of news, events, and other people’s passing thoughts, in an instant, and constantly, in a way that human beings never experienced before.

However, the problem of the distracted mind was quite well known to the Fathers and saints of our church, since ancient times. The distracted mind is nothing new. Passing thoughts, called *logismoi*, are not important, yet they can spoil our peace.

Even if our cell phone is off, we may still be distracted by our thoughts. That is why we have a narthex. That is the area in the back of the church where we light candles. We light a candle and say a short prayer. This helps us to take a breath and leave the outside world behind. Now our mind is ready to focus on Liturgy.

I do not mean that we are to ignore the world and our family, friends, neighbors and co-workers, or our illnesses and problems.

On the contrary, the Liturgy gives us many opportunities to pray for the whole world. We do not forget, but we put these people and things into their right place in the context of our relationship with God.

Stray *logismoi*, however, are another thing. Our brains are constantly busy. Nerve connections are made and thoughts occur to us. Some are ordinary, such as ‘My garden has a lot of weeds,’ but others are thoughts that lead us toward temptation, such as ‘So and so’s shoes are nicer than mine.’ In either case, while we are at prayer, the Fathers teach us to do the same thing with this kind of thought: ignore it! Then it will pass right out of your mind. There is no thought as important as your prayer. If something is truly important, it will recur to you

after the Liturgy. You do not need to try to remember it later or note it down.

If you let a whole train of *logismoi* start from that one thought, or even if you try to think out reasons why it is not a good thought, it is much more difficult to let it go. You may start with: ‘I need to weed the garden’ and continue with: ‘What is the weather today?’ ‘Will I have time in my schedule?’ ‘Nobody is helping me with the weeding.’

By now not only are your thoughts getting involved, but you’re also becoming resentful! It’s harder to bring your mind back now. How much easier it would have been to ignore the weeds in the first place!

Likewise, do not get angry with yourself and say, ‘Why am I thinking about my garden during church? Or someone else’s shoes? I can not focus!’ You get yourself wound up again, just in another way. Don’t get frustrated with yourself. Just try again.

‘Stop thinking that thought’ is easy to say. Here’s what to do. Immediately move your mind on to something else. “Say Lord has mercy.”

Notice where we are in the Liturgy and focus on the actual words being said. Look at an icon and contemplate it. Bring yourself back to where you are standing, or sitting, or kneeling. Make your cross to remind yourself to pay attention. In a minute you will even forget you had the thought.

We know that St. John Chrysostom knew about the distracted mind, because there are so many times in the Liturgy where our attention is called back.

For example:

“Let us be attentive!”

“Wisdom! Let us attend!”

“Wisdom, arise!” Literally, we might say that this means, Straighten up!

People’s minds always need to be reminded to pay attention! It’s not just us in the 21st century. So... this means we have no excuse. We are still able to quiet our minds, as Christians in earlier ages have been able to do. When our mind is quiet, then we can pray and participate fully in our beautiful Liturgy.

## Sacramental and Membership Information

**Sick Calls** can be made at any time. Please phone the rectory (724-346-4457) when a family member is admitted to the hospital, or to request a home visit.

**Marriages** are solemnized on Saturdays or Sundays. Circumstances may require a dispensation from the diocesan bishop. Consult the pastor at least six months in advance and before any plans have been made for the wedding reception. Marriages cannot be celebrated during the fasting seasons of the church, or on Fridays.

**Baptisms** are usually scheduled on Saturdays or Sundays. Consult the pastor. Two godparents (godfather and godmother) are required, at least one of whom must be a practicing Orthodox Christian in good standing, and the other a practicing, baptized Christian.

**Church Funerals** are, under ordinary circumstances, provided for practicing Orthodox Christians who are current in their spiritual and material obligations to the parish; otherwise, the funeral service is conducted at the funeral home. The Church does not permit cremation.

**Parishioners in "good standing"** are those Orthodox Christians who, as members of Saint John's Orthodox Church, strive to live according to the teachings of the Orthodox Church; participate in the life of the parish through regular church attendance, regular reception of Holy Communion and periodic Holy Confession (and receive these sacraments no less than once a year); and financially support the parish (especially through an annual "pledge").

**Prospective members and returning members** are asked to fill out an application form, copies of which are available in the church office.

### **Stay up-to-date on happenings throughout our Diocese!**

Diocesan Website: <http://www.acrod.org>

Camp Nazareth: <http://www.campnazareth.org>

Facebook: <https://www.facebook.com/acroddiocese>

Twitter: <https://twitter.com/acrodnews>

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### **LENTEN PRAYER OF SAINT EPHREM THE SYRIAN**

O Lord and Master of my life, take from me the spirit of laziness, despair,  
lust for power and vain talking.

But give to me, Your servant, the spirit of purity, humility, patience and love.  
Yes, Lord and King, grant me to see my own sins and not judge my brother.

For blessed are You forever and ever. Amen.

## Happy Birthday

March 31<sup>st</sup> Brandon Moon  
April 1<sup>st</sup> Mark Burns  
April 7<sup>th</sup> Mary Soroka  
April 10<sup>th</sup> Anne Kudelko  
April 12<sup>th</sup> Mary Ann Stigliano  
April 13<sup>th</sup> Patton Gilliland



## Eternal Lamp Sponsor

Sunday, April 7<sup>th</sup>

In Loving memory of Father

**Joseph Pavlick**

on the 27<sup>th</sup> Anniversary of  
his repose.

Donated by: Debbie & Greg Cross

## Candelabrum Sponsor

Sunday, April 7<sup>th</sup>

In Loving Memory of our  
Father & Grandfather

*Joseph Balzic*

Sponsored by: Joan & Stephen Chuba &  
Family

## MEN TO HOLD CANDLES

Sunday, April 7<sup>th</sup>

Ed Fabian  
Matt Fabian  
Mike Holmes  
Jim Hynes  
Bob Kapusta

Sunday, April 14<sup>th</sup>

Matt Kulusich  
Steven Lukac  
Steve Lukac  
Andy Lutz  
Ken Maceyko

## Bulletin Sponsor

Sunday, April, 7<sup>th</sup>

In Loving Memory of

**George Pacinda**

on his Birthday

Sponsored by: Dorothy Pacinda, Bob &  
Michael Andras

**Wreath of Roses**

Sunday, March 31<sup>st</sup>

**Donated by Nancy &  
Michael Ristvey in Loving  
memory of their parents**

