



Welcome to St. Michael's Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

1182 Ashland Street, Greensburg, PA 15601

www.stmichaelsgreensburgpa.org

Rev. Fr. David Hyatt, Pastor

Sunday, March 2, 2025

Office Hours:

Tuesday – 9am – 12pm

Thursday – 9am – 4pm

Office Telephone:

(724) 834-1311

Church Office Email:

orthodoxgreensburg@gmail.com

Fr. David Hyatt – Cell Phone:

(218) 576-8324

Fr. David Hyatt:

frdavidhyatt@gmail.com

This Week

Sunday, March 2nd

Forgiveness Sunday

8:45 AM – Orthros

10:00 AM – Divine Liturgy

11:15 AM – Church School

12:00 PM – Antiochian Women Mtg

1:00 PM – Forgiveness Vespers

Monday, March 3rd

Great Lent Begins

6:00 PM – Great Compline & Canon of St. Andrew – 1st Quarter

Tuesday, March 4th

6:00 PM – Great Compline & Canon of St. Andrew – 2nd Quarter

Wednesday, March 5th

5:20 PM – Ninth Hour & Typica

6:00 PM – Presanctified Liturgy (Lenten Soup Supper Follows)

Thursday, March 6th

6:00 PM – Great Compline & Canon of St. Andrew – 4th Quarter

Friday, March 7th

6:00 PM – Akathist & Little Compline

Continues on Next Page

Divine Liturgy Variables on Sunday, March 2, 2025

Sunday of Forgiveness (Cheese Fare)

Martyr Hesychios the Senator; Theodosios, bishop of Cyrene in Cyprus; Virgin-martyr Euthalia of Sicily

RESURRECTIONAL APOLYTIKION IN TONE THREE

Let the heavens rejoice and the earth be glad, for the Lord hath done a mighty act with His own arm. He hath trampled down death by death, and become the first-born from the dead. He hath delivered us from the depths of Hades, granting the world the Great Mercy.

APOLYTIKION OF THE ARCHANGELS IN TONE FOUR

O foremost of the Heav'nly Hosts we beseech thee, though we are unworthy. Pray that we may be encompassed with a shadow of thine unearthly glory, preserving us, who kneel and cry endlessly. Deliver us from oppression since ye are the princes of the highest power.

KONTAKION FOR FORGIVENESS SUNDAY IN TONE SIX

O Thou Who guidest to wisdom, and givest understanding and intelligence, the Instructor of the ignorant, and Helper of the poor, strengthen my heart and grant it understanding, O Master. Give me word, O Word of the Father; for behold, I shall not refrain my lips from crying to Thee, O merciful One, have mercy upon me who am fallen.

EPISTLE — Romans 13:11-14:4

Brethren, now is our salvation nearer than when we believed. The night is far spent, the day is at hand. Let us therefore cast off the works of darkness, and let us put on the armor of light. Let us walk becomingly, as in the day, not in reveling and drunkenness, not in chambering and licentiousness, not in strife and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh to fulfill its lusts. But as for the one who is weak in faith, receive him, but not for disputes over opinions. For one believes he may eat anything; but the weak person eats herbs. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. Who are you to be the judge over the servant of a stranger? To his own master he either stands or falls; but he will be made to stand; for God is able to make him stand.

THE GOSPEL – Matthew 6:14-21

The Lord said to His Disciples: If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your

Saturday, March 8th

The Commemoration of the Miracle of Kollyva wrought by Saint Theodore the Tyro

8:50 AM – First Hour Prayers

9:00 AM – Divine Liturgy

10:30 AM – Pysanky Egg Class

4:30 PM – Catechism Class

6:00 PM – Great Vespers

(Confession Follows)

Sunday, March 9th

Sunday of Orthodoxy

8:45 AM – Orthros

10:00 AM – Divine Liturgy

NO Church School

11:30 AM – Sunday of Orthodoxy

Procession w/ Church School Students

Live-Streaming Services

Holy Transfiguration Monastery

Ellwood City, PA

Holy Cross Monastery

Wayne, WV

St. Tikhon's Monastery

Waymart, PA

Serving Schedule

Fellowship – Clean Up Crew

03/02 – Hyatt

03/09 – Still Needed

03/16 – Still Needed

Lock Up

03/02 – Barli Ross

03/09 – Thomas Sproch

03/16 – Don Yoder

Fellowship Hour Clean Up

The **Signup Sheet** is on the bulletin board outside of the kitchen. The cleanup guide and supplies are provided for your use, and Raymounda Chaho will provide guidance as needed.

Prayers of Oblation

...in memory of Diana Roberts and Irene Papas by Dina Papas

Intercessory Prayer List

(Orthodox & Non-Orthodox)

Please pray for the following people this week. *Names will remain on the list for 2 weeks.*

face, that your fasting may not be seen by men but by your Father Who is in secret; and your Father Who sees in secret will reward you. Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also.

Arabic Liturgy Books are located on the shelf above Usher's table in the narthex. Please return after the liturgy.

The Triodion Sundays
The Sunday of Forgiveness (Cheesefare)

It is also the memory of Adam's expulsion from Paradise. On this Sunday before the commencement of Great Lent, the Church assigns to read a Gospel from the Sermon on the Mount, and stresses the importance of mercy and reconciliation with people before the sacrifice of fasting is brought near.

This gospel on Sunday before the beginning of Lent is meant to help us realize the importance of forgiveness. We ask God to forgive us our sins after having forgiven others; it is a sine qua non. We cannot fast while hating others! God does not accept the prayer of a person who holds grudges!

Fasting is a journey of reconciliation with God. But the Lord equals us to Himself; he even equals our neighbor to Himself saying: If you do not reconcile with your relative, you cannot reconcile me, and vice versa.

The Lord Jesus did not comment on any request in the Lord's Prayer other than asking for forgiveness: "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses (Matthew 6:14-15).

Starting this Sunday, complete fasting begins to stop dairy and meat food.



Pysanky Egg Class
Saturday, March 8th
11:00 AM – 1:30 PM

Come learn the ancient art of Pysanky (Ukrainian egg decorating) Saturday, March 8 11-1:30 after Am Liturgy. Class will include all materials and instructions, and everyone will go home with a beautiful creation of their own!

The class will be donation based with 50% of the donations going toward Caleb Hyatt's OCF Real Break experience. Text or call Connie Capar (724-771-0504) to reserve your spot (13 years old and up, please).

MAT. SOPHIE Daniels in hospice care at their home.

LISA Stewart health concerns.

BARBARA Deavers (sister of Michelle Gajewski) recovering from complications from a blood clot.

All those suffering with illness and disease, both acute and chronic.

All those affected by events in Syria, Lebanon, Ukraine, Russia, and throughout the world.

CATECHUMENS at St. Michael: DAVE Bartholomew, STACIE Bartholomew, RYAN Bartholomew, DEBBIE Paulus, DOUG Gilliland, ROSCO (ROBERT) Ross, Matthew Valenti, and SHANE Winters.

How to Prepare to Receive Holy Communion

“For Orthodox Christians who have prepared...”

- Confession Regularly
- Pray the Pre-Communion Prayers
- Reconciliation with others
- Correcting our bad habits
- Fast from food and drink from midnight (12am) the night before or 8 hours before an evening liturgy
- Arriving on time (before Gospel)

“Adherence to these instructions is essential and important in order to partake of the Holy Body and Blood of the Lord in a worthy manner, that is, with proper preparation.”

Metropolitan SABA

<https://www.antiochian.org/regulararticle/1919>

The Holy Mystery of Confession

“As members of the Church, we have responsibilities to one another and, of course, to God. When we sin, our relationship to God and to others becomes distorted. Sin is ultimately alienation from God, from our fellow human beings, and from our own true self which is created in God's image and likeness.

Confession is the Sacrament through which our sins are forgiven, and our relationship to God and to others is restored and strengthened. Through the Sacrament, Christ our Lord continues to

Clean Week - The First Week of Great Lent

By Archimandrite Epiphanius Theodoropoulos

Holy and Great Lent begins on the day after Cheesefare Sunday. This period is a period of strict fasting, prolonged sacred services and of general spiritual meditation. During this period not even marriages take place nor any other joyful events. The fasting of Great Lent is most ancient. The divine Chrysostom says that the Fathers of the First Ecumenical Synod "in assembling together established forty days of fasting, prayer, listening to sacred sermons, worship gatherings, so that during these days we would all with diligence be cleansed, and through prayer and almsgiving and fasting and vigils and tears and confession and by all other means, so that with a clean conscience, as much as it is possible for us," we can celebrate the holy days of the Passion and the Resurrection of the Lord, approaching the Holy Mysteries, which the Lord delivered to us precisely for these days. We fast therefore, says the same Holy Father, "not for Easter nor for the Cross, but for our own sins."

The fast of Great Lent is, as we said, strict. Normally only the eating of dry foods is allowed, and this only once a day, and olive oil is not allowed, except on Saturdays and Sundays. It is understood that this is for perfectly healthy people. The sick are exempt from fasting. There are others also, who are not bedridden, but suffer from various diseases, or are of a weak state, or are elderly, etc., who cannot keep a strict fast. These, even if they have the disposition to fast strictly, should not make the decision on their own. They should seek the advice of their spiritual father and do what he says.

The first day of Great Lent is called "Clean Monday", as the entire first week is called "Clean Week", because the faithful are "cleansed through fasting".

The Value of Fasting

Unfortunately, today fasting has very much been sidelined. Few give much importance to fasting. But the value of fasting is very great. Let us listen to what Basil the Great says about it:

“Do you think I am finding the ancient origin of fasting from the law? Fasting is even older than the law... Fasting is as old as mankind itself. It was given as a law in paradise. The first commandment Adam received was: “From the tree of the knowledge of good and evil do not eat.” Now this command, “do not eat,” is the divine law of fasting and temperance. If Eve had fasted from the tree, we would not have to keep this fast now... Since we did not fast, we fell from paradise. Well, now let’s fast, so that we may go back again... Don’t imitate Eve’s disobedience; don’t again receive counsel from the serpent. That’s how we were made subject to fleshly food... A person gets absorbed with filling up, getting weighed down until finally falling into ill health... Wine wasn’t in paradise; there was not yet any slaughtering of animals, not yet any eating of meat. After the flood there was wine... But we have also been taught about the fasting of Moses when he came onto the mountain. He wouldn’t have boldly faced the smoking summit, neither would he have had the courage to enter into the thick cloud, if he hadn’t been completely armed with fasting. Through fasting he received the commandments from the finger of God written on the tablets... Once fasting was discovered, all the saints were led by the hand into the divine way of life...

Won’t you despise destructive foods? Wouldn’t you rather receive a desire for the table in the kingdom, that fasting here prepares beforehand? Don’t you know that by excessive filling you are preparing for yourself a fat

heal those broken in spirit and restore the Father's love those who are lost.

According to Orthodox teaching, the penitent confesses to God and is forgiven by God. The priest is the sacramental witness who represents both Christ and His people. The priest is viewed not as a judge, but as a physician and guide. It is an ancient Orthodox practice for every Christian to have a spiritual father to whom one turns for spiritual advice and counsel." (<https://www.goarch.org/-/the-sacraments>)

During Great Lent is an appropriate time for all Orthodox Christians to come to Holy Confession, being cleansed from sin and receiving guidance on their spiritual journey in Christ.

Contact Fr. David to schedule an appointment for confession.

Antiochian Women's Month March 2025

Beloved Antiochian Women throughout our God-protected Archdiocese,

Greetings in the name of our Lord and Savior Jesus Christ as we prepare to enter the Great and Holy Fast. I pray you and your families are well. Throughout the archdiocese, March is dedicated to all of you, our faithful Antiochian Women. While I did not initiate this custom, it is no coincidence in my opinion that the month we set aside for our Antiochian Women also always includes the Great Fast. The main components of the fast include fasting (obviously), prayer, and almsgiving. I can't think of anyone who embodies these three components of a sound spiritual life, that brings us closer to God, than all of you. Prayer brings us closer to God. Who prays more than a mother for her children and family? Fasting teaches us discipline and sacrifice. Who sacrifices more than a woman for her family, friends, and church? Almsgiving puts our faith into action in a concrete way and teaches us that everything comes from God. You all, through your charitable efforts, set a wonderful example of that each year with your annual charity project. This year is no exception....

...From His Eminence Met. SABA

worm to torture you? Who has received anything of the fellowship of the spiritual gifts by abundant food and continual luxury?... Don't you shudder at gluttony, lest you be shut out from the good things you are hoping for?...

But don't limit the goodness of fasting by abstaining only from foods. For true fasting is the enemy of evil. "Loose the chains of injustice!" Forgive your neighbor's offense, and forgive his debts. Don't "fast unto judgment and strife." You don't eat meat, but you eat your brother. You abstain from wine, but stubbornly hold on to insolence. You patiently wait until evening to partake, but you spend the day in court."

This then is true fasting - to fast from food and from the passions. This fast that is praised by Basil the Great, is what the Church has in mind, and invites us to chant:

"Let us present a good fast, well-pleasing to the Lord! A true fast is alienation from the evil one; the holding of one's tongue, the laying aside of all anger, the removal of all sensuality, of accusation, falsehood and sins of swearing. The weakening of these will make the fast true and well-pleasing."

Source: Excerpts from the book *Περίοδος Τριωδίου*. Translated by John Sanidopoulos.

Almsgiving Opportunities



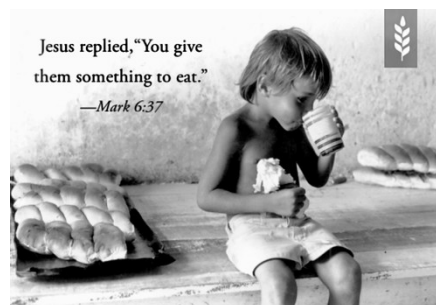
National Orthodox Baby Shower March 2nd – March 23, 2025

Help us collect baby items for moms in need
Life Way Family and Pregnancy Support
New items only!

Baby Spoons Plates/Bowls Sippy Cups Snack Holders Diaper Bags
Baby Photo Frames Baby Clothing Socks Baby Bath tub
Mattress Pads Crib Sheets Blankets Diapers Wipes Washcloths
Towels Baby Soap Baby Lotion Books Rattles Thermometer

Thank you for your donations!

Food for Hungry People



This year we celebrate 51 years of raising funds for our FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH program. Through your generosity, over \$6.5 million has been distributed to the hungry poor in the United States, Canada and around the world.
Collection boxes are available on the table near the Church Office.

Soup's On!

Please sign up to provide Lenten (vegan) soup or bread on Wednesday evenings after Presanctified Liturgy during Great Lent. Each week we need 2 people to make soup (8 quarts each), and 2 people to bring bread (2 loaves each). **Sign-up sheet is on the bulletin board** next to the kitchen. Contact Valerie Flizanes with questions.

Free Items

The former padded cloth chairs that were in church are available to parishioners at no cost. Two sample chairs will be in the social hall for viewing. Also available is a small pool table, and a foosball table. Contact Sara Armanious for details, 724-875-0345. Items will be removed soon, so let us know if you are interested.

AW Women's Safety Class Saturday, March 29th 10:00 AM – 11:30 AM

Warrior Women is a personal violence prevention class that teaches women & girls (age 14 & up) techniques to limit potentially dangerous situations.

Sign up in Fellowship Hall by March 23rd & see additional info. Class is Saturday, March 29 at St. Michael's. Cost is \$10/person. Contact Michelle G. for questions.



The kick-off meeting for the new chapter of Orthodox Christian Fellowship – Westmoreland County, PA was a very encouraging start. Our meeting will be on Saturday, March 15th, 11am-1pm here at St. Michael's. Please keep our college students in your prayers!



In the Antiochian Archdiocese, **March is Women's Month**. Please read the attached letter from His Eminence Metropolitan SABA at the end of the bulletin. We are grateful to God for all the service our women contribute to the life of St. Michael's. As part of this special month, the following are the schedules for service:

Epistle Readers

March 2 – Valerie Flizanes
March 9 – Connie Volchko
March 16 – Christine Mansour
March 23 – Pamela Johnson
March 30 – Joyce Eger

Holy Bread (distribute)

March 2 – Dina Papas / Michele Murray
March 9 – Sara Armanious / Dina Papas
March 16 – Raymounda Chaho / Lisa Stewart
March 23 – Christine Mansour /
March 30 – Sara Armanious / Christine Mansour

Offering Collection

March 2 – Fotini Abatzis / Nancy Mauer / Michele Murray
March 9 – Michelle Gajewski / Connie Volchko / Dina Papas
March 16 – Kathy Bleibtrey / Samar Khalil / Paulette Sproch
March 23 – Sophia Grados / Lindsay Stewart / Christine Mansour
March 30 – Nancy Mauer / Paulette Sproch / Sara Armanious

Communion Ushers

March 2 – Dina Papas / Michele Murray
March 9 – Dina Papas / Sara Armanious
March 16 – Raymounda Chaho / Lisa Stewart
March 23 – Christine Mansour / Connie Volchko
March 30 – Sara Armanious /



The Antiochian Men's ministry had a good initial meeting to on Sunday, March 23rd with 24 men in attendance. We introduced ourselves to one another, and heard a little bit about how each man came to the Orthodox Church and St. Michael's in particular. Our next meeting will be on **Saturday, May 3rd at 8:30am for a Men's Breakfast**. Mor information to come!

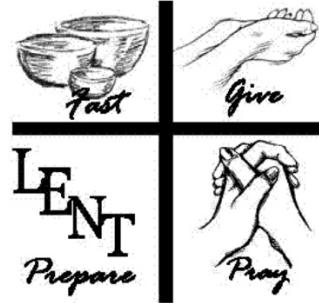
GREAT LENT

FASTING GUIDELINES ACCORDING TO THE HOLY CANONS

From sundown on Cheesefare Sunday to Pascha:

Abstinence of:

- Meat and meat products
- Dairy products and eggs
- Fish with backbones
- Olive Oil
- Wine (all alcoholic beverages)



No abstinence of:

- Shellfish
- Fruit
- Vegetables and vegetable products (includes grains: rice, wheat, flour, non-egg pasta, breads; tofu/bean curd; nuts)

No food should be eaten between meals. At meal time, smaller portions should be eaten.

Feast-Day Exceptions:

Annunciation (March 25) & Palm Sunday: Fish, Wine, & Oil permitted.

Exceptions on weekends:

On Saturdays* and Sundays, Olive Oil and Wine are permitted. The quantity and number of times food may be consumed is not restricted.

**No exception on Great Saturday on which a strict fast is kept.*

IT IS IMPORTANT TO REMEMBER THAT FASTING IS INCOMPLETE WITHOUT PRAYER AND ALMSGIVING

Fasting, to whatever extent, should be undertaken after consultation and with a blessing from your spiritual Father.

It can be good to reduce or eliminate TV, Facebook, and all other unnecessary media.

FASTING PRIOR TO COMMUNION (THROUGHOUT THE YEAR):

Complete fast from bedtime or midnight from all food and drink. For an evening Liturgy, a complete fast from all food and drink after lunch. Any breakfast and lunch meal should include fasting foods only.

His Eminence
The Most Reverend
Metropolitan SABA



Archbishop of New York
and Metropolitan of
All North America

ANTIOCHIAN ORTHODOX CHRISTIAN ARCHDIOCESE
OF NORTH AMERICA

Prot. no.: 022/2025

March 2025

Beloved Antiochian Women throughout our God-protected Archdiocese,

Greetings in the name of our Lord and Savior Jesus Christ as we prepare to enter the Great and Holy Fast. I pray you and your families are well.

Throughout the archdiocese, March is dedicated to all of you, our faithful Antiochian Women. While I did not initiate this custom, it is no coincidence in my opinion that the month we set aside for our Antiochian Women also always includes the Great Fast. The main components of the fast include fasting (obviously), prayer, and almsgiving. I can't think of anyone who embodies these three components of a sound spiritual life, that brings us closer to God, than all of you. Prayer brings us closer to God. Who prays more than a mother for her children and family? Fasting teaches us discipline and sacrifice. Who sacrifices more than a woman for her family, friends, and church? Almsgiving puts our faith into action in a concrete way and teaches us that everything comes from God. You all, through your charitable efforts, set a wonderful example of that each year with your annual charity project. This year is no exception.

In 2025, we continue to dedicate the Archdiocesan AW-NAB Project to the widowed khouriehs (clergy wives) of our archdiocese. We have set a goal of one million dollars and, so far, we have raised over \$400,000. We have set the funds raised to date through your efforts into a special restricted account and, once we reach our goal, we will have the ability to help those great examples who often get overlooked during the winter years of their lives. Not only do our clergy wives sacrifice for their own families, but also for the larger parish family. Whether directly by their own participation in the activities and life of the parish or, indirectly, by caring for their own families while their husbands minister to the larger parish family, theirs is a sacrifice above and beyond what most people experience. As this multi-year campaign - which touches the very heart of our archdiocese - continues, we urge every local Antiochian Women chapter to give their full attention and effort to this project.

Praying for a blessed and spiritually rewarding Fast, I remain,

Your Father in Christ,

A handwritten signature in blue ink that reads "T. Saba". The signature is stylized and written in a cursive-like font.

+SABA

Archbishop of New York and Metropolitan of all North America

"The disciples were first called Christians in Antioch" (Acts 11: 26)

358 Mountain Road, P.O. Box 5238, Englewood, NJ 07631-5238
(201) 871-1355 T Archdiocese@antiochian.org (201) 871-7954 F