



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 9, 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 9th

Sunday of Orthodoxy w/ Icon Procession

8:45 AM – Orthros

10:00 AM – Divine Liturgy

NO Church School

11:30 AM – Sunday of Orthodoxy

Procession w/ Church School Students

12:00 PM – Adult Choir Practice

12:00 PM – Inquirer's Class

Monday, March 10th

6:00 PM – Great Compline

Wednesday, March 12th

5:20 PM – Ninth Hour & Typica

6:00 PM – Presanctified Liturgy

(Lenten Soup Supper Follows)

Friday, March 14th

6:00 PM – Akathist & Little Compline

Saturday, March 15th

10:00 AM – Rolling Grape Leaves

11:00 AM – OCF – Westmoreland
County, PA Meeting

4:30 PM – Catechism Class

6:00 PM – Great Vespers

Sunday, March 16th

Sunday of St. Gregory Palamas

8:45 AM – Orthros

10:00 AM – Divine Liturgy

11:15 AM – Church School

12:00 PM – Ask Abouna: Confession

Divine Liturgy Variables on Sunday, March 9, 2025

First Sunday of Great Lent (Sunday of Orthodoxy)

& The Holy and Great Forty Martyrs of Sebastia

Divine Liturgy of St. Basil the Great

RESURRECTIONAL APOLYTIKION IN TONE FOUR

Having learned the joyful message of the Resurrection from the angel the women disciples of the Lord cast from them their parental condemnation. And proudly broke the news to the Disciples, saying: Death hath been spoiled; Christ God is risen, granting the world Great Mercy.

APOLYTIKION OF THE FIRST SUNDAY OF GREAT LENT

Thy pure image do we venerate, O good One, asking forgiveness of our sins, O Christ our God; for by Thine own will Thou didst ascend the Cross in Thy body, to save Thy creatures from the bondage of the enemy. Wherefore, with thankfulness we cry aloud to thee: Thou hast verily filled all with joy, since Thou didst come, O our Savior, to save the world.

APOLYTIKION FOR THE FORTY HOLY MARTYRS OF SEBASTIA

Be Thou entreated for the sake of the sufferings of Thy Saints which they endured for Thee, O Lord, and do Thou heal all our pains, we pray, O Lover of mankind.

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 SUNDAYS IN GREAT LENT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

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

03/09 – Sara Armanious, Still Needed

03/16 – Yoder, Chaho

03/23 – Still Needed

03/30 – POTLUCK, Everyone Cleans!

Lock Up

03/09 – Thomas Sproch

03/16 – Don Yoder

03/23 – Sara Armanious

03/30 – Raymounda Chaho

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

...for the health of Harriet Mirilovich and a speedy recover from cataract surgery (3/5 & 3/19) by Rich Mirilovich
...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.***

MAT. SOPHIE Daniels in hospice care at their home.

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

BILL Priatko (friend of many) who is suffering from four forms of cancer.

LAILA Zakhary recovering from the flu

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

EPISTLE – Hebrews 12:1-10

Brethren, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and sin which clings so closely; and let us run with perseverance the race that is set before us, looking to Jesus: the Pioneer and Perfecter of our faith, Who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider Him Who endured from sinners such hostility against Himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons? "My son: do not regard lightly the discipline of the Lord, nor lose courage when you are punished by Him; for the Lord disciplines him whom He loves, and chastises every son whom He receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father?

THE GOSPEL – John 1:43-51

At that time, Jesus decided to go to Galilee. And He found Philip and said to him, "Follow Me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael, and said to him, "We have found Him of Whom Moses in the Law and also the Prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming to Him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" Nathanael said to Jesus, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered Him, "Rabbi, Thou art the Son of God! Thou art the King of Israel!" Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." And Jesus said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."

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

Sunday of Orthodoxy

It is the first Sunday of Great Lent. We commemorate the hanging in churches and veneration of holy icons after many years of what was called "war against icons" in the 8th and 9th century and ended with the 7th (787) and 8th (879) Ecumenical Councils.

This war against icons lasted for 120 years. A huge number of icons were destroyed. The blood of monks and faithful was shed as they defended the theology of icons and its relation to the Mystery of the Incarnation. This bloody persecution had many causes, some of which were from inside the Church, while others were from outside, instigated by the enemies of the Church who were clinging to different doctrines against the true Christian faith. They all had one essence: denying the Incarnation of Christ and hence undermining the plan of God for salvation and mutilating the Christian doctrine, which is a Satanic deed, for sure.

<https://www.antiochpatriarchate.org/en/page/the-triodion-period/973/>

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.

Inquirer's Class

Today after Divine Liturgy
Multi-Purpose Classroom

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>

Confession During Great Lent

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.

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. *All donations will go to Food for Hungry People!*

Stagger Onward Rejoicing

By Abbot Seraphim, Holy Cross Monastery, Wayne, WV

The Lenten Spring is once again upon us, and with it the promise of renewal. In the dead of winter, the vibrance and vitality of spring seem impossibly far off. And yet underneath its frozen surface, the earth stirs and strives irresistibly toward its yearly resurrection.

Something similar happens with us spiritually. Despite our best intentions, we accumulate harmful habits in the course of our daily lives, habits that deaden the soul and keep it from flourishing spiritually. Or else we encounter tragedy—an unexpected death, an untimely illness, an incurable injury—and this change in our circumstances paralyzes us with anxiety and despair. Even if our lives remain untouched by some serious adversity, weakness and negligence can cause us to lose touch with the true source of our life. We end up inwardly adrift, questioning our life choices and our commitment to the responsibilities God has placed upon us. The soul grows listless and “abhors all food,” unable to find delight in anything in heaven or on earth (Ps. 106:18). With David we cry out, “My soul is wearied from despondency and cleaves to the earth: Quicken me by Thy Word,” (cf. Ps. 118:25, 28).

God indeed sends His Word into our misery and heals us, and delivers us from our corruption (cf. Ps. 106:20). This is the story of the Gospel. But time and again, we see that it's precisely when all seems lost, when no hope remains, when things are at their worst—then God acts. “Who is wise and will understand the mercies of the Lord?” (Ps. 106:43). When God brings salvation after a lengthy trial, we may wonder why He waited so long, why our pleas went unanswered, why we had to suffer through disappointment, heartache, isolation, and the crushing weight of feeling abandoned by God.

But the ways of grace do not answer to our human logic. If we look with spiritual eyes on our situation, we will see that the long, cold winter was the necessary preparation for the longed-for spring. The seeds of our eventual renewal were planted during the time of our testing. If we are truly wise and understand the mercies of the Lord, we will have an unshakeable trust in Him, so that no matter how dark or difficult things become, we will always find the strength to “stagger onward rejoicing,” (W.H. Auden, “Atlantis”). Then the words of the Psalm will apply also to us, “his heart is ready to hope in the Lord, his heart is established, he shall not be afraid of evil tidings,” (Ps. 110:7-8).

And what of death, the final calamity? Even before it, a Christian soul stands courageous and undaunted, confident in Christ's Paschal victory. For now, though, “the whole creation groaneth and travaileth in pain together,” awaiting the manifestation of “the glorious liberty of the sons of God,” when they will “shine forth as the sun in the kingdom of their Father,” (cf. Rom. 8:19-22; Mt. 13:43). Lent offers us the opportunity to enter more fully into this universal yearning through increased prayer for the souls of the departed. We invite you therefore to join us in this labor of the Fast by submitting the names of your reposed loved ones using our [online submission form](#). These names will be commemorated at every Liturgy, Pannikhida, Litia, and Matins for the Departed during the Lenten season.

Through all of these special commemorations, we carry all of creation both seen and unseen together with us on our spiritual journey towards the Resurrection of Christ. At the same time, we are benefitted by the remembrance that we too are journeying towards the grave to join the ranks

Almsgiving Opportunities



National Orthodox Baby Shower March 2 – March 23

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 Bathtub 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.

Ask Abouna (Father)

Sunday, March 16, 2025

Topic: The Mystery of Holy Confession



Next Sunday, the Ask Abouna class will focus on the Mystery of Holy Confession – what it is, why we should engage in it, and how to go about offering a good confession. Everyone is welcome!

of those reposed in the Lord. For we cannot truly rejoice in the Resurrection until we learn to shift our spiritual gaze beyond the horizon of this world. Only then can we chant the Church hymn with understanding: “We mortals were formed of earth and unto earth shall we return ... making as a funeral dirge the song: Alleluia, alleluia, alleluia!” (Ikos for the Pannykhida service). May the Lord grant you all a fruitful Lenten struggle, one that yields a truly joyful Pascha! Amen.

<https://www.holycross.org/blogs/news/stagger-onward-rejoicing>

Antiochian Women’s Month March 2025



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

Holy Bread (distribute)

March 9 – Michelle Gajewski / Raymounda Chaho
March 16 – Mayada Memari / Samar Khalil
March 23 – Hala Aboud / Connie Capar
March 30 – Janet Mochak / Donna Curry

Offering Collection

March 9 – Michelle Gajewski / Connie Capar / 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 9 – Sara Armanious /
March 16 – Raymounda Chaho / Lisa Stewart
March 23 – Christine Mansour / Connie Volchko
March 30 – Sara Armanious /

Memorial Wheat (Koliva) Ushers

March 30 – Sara Armanious / Christine Mansour /

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.

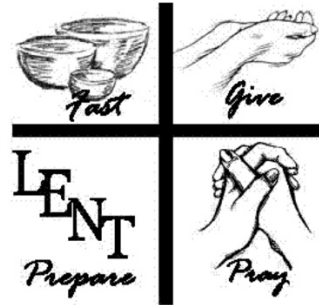
GREAT LENT

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.



SPRING RETREAT BLUEPRINT FOR RENEWAL & RESILIENCE:

COMBINING THE SPIRITUAL & THE PHYSICAL IN YOUR JOURNEY WITH THE LORD

APRIL 4-6, 2025



GUEST SPEAKER
DR. IOANA POPA



Dr. Ioana Popa is a Spiritual Care Life & Leadership coach, physician-psychiatrist, speaker and trainer and a graduate from Holy Cross School of Theology with a Master In Theology. She is the co-Founder of Team For The Soul® and the host of the 'Thriving In Christ' podcast and Youtube show. Dr. Ioana brings a holistic and integrated perspective of science, psychology, spiritual care and Christian faith and coaches Christian women professionals & servant leaders to build sustainable empowering habits for the Kingdom, regenerate on-the-go, prevent burnout, move from grief to hope and grow psychologically & spiritually in Christ. On a personal note, Dr. Ioana loves to spend time with her husband and their 4 children, family and friends, and to read, garden, pray, exercise and practice contemplation.



REGISTRATION



Closes on Monday, March 24, 2025
Any questions, please contact
aweorthodox1973@gmail.com



Save the Date



70th Anniversary

St. Michael's Orthodox Church
Greensburg, Pennsylvania

Presided by His Eminence Metropolitan SABA (Isper)
Accompanied by His Grace Bishop THOMAS (Joseph)

November 8, 2025

Invitation to Follow

www.stmichaelsgreensburgpa.org