

SUNDAY, MARCH 24, 2024 – Sunday of Orthodoxy

Saint of the Day: Our Holy Father Theonas, Archbishop of Thessaloniki

First Mode · Ninth Eothinon · Liturgy of St. Basil the Great



WELCOME TO ST. NICHOLAS CATHEDRAL!

VISIT www.stnickspgh.org TODAY for news and updates about our parish!

CLERGY: Rev. Fr. Eleftherios Constantine and Rev. Dn. Robert Lykos

Father's E-mail: fr.ec@stnickspgh.org

PROTOPSALTRIA: Amy Hogg

CHOIR DIRECTOR: Steve Andrews

ORGANIST: Brett Wells

Questions about our Parish? E-mail church@stnickspgh.org or call 412-682-3866

Our Sunday worship schedule: September – May: Orthros 8:45 a.m. & Divine Liturgy 10:00 a.m.

WELCOME, VISITORS! You are honored guests here at St. Nicholas Cathedral and welcome at all our services. We invite you to receive the Holy Eucharist (Communion) if you are an Orthodox Christian who is prepared through fasting, prayer, and confession. If you are not Orthodox, or are Orthodox but have not prepared, we respectfully invite you instead to come forward at the end of the service for a blessing by the priest and a piece of blessed bread (antidoron).

Our Mission & Vision Statements

The **MISSION** of St. Nicholas Greek Orthodox Cathedral is to Proclaim the Gospel of Jesus Christ in a Spirit of Unity and Love for All through Worship, Service, Education, Fellowship and Outreach.

Our **VISION** is to be a Welcoming and Growing Parish, Striving to Live the New Life in Christ according to the Teachings and Traditions of the Greek Orthodox Faith.

Watch Sunday services, which are streaming live from St. Nicholas Cathedral at www.stnickspgh.org/ and click on "Live Streaming Click Here."

On-Line Giving donations are up and running on our web page <https://stnickspgh> by clicking the Giving tab and select donate. or you may access the donation page by visiting <https://abundant.co/stnickspgh/give>

TODAY:

- ❖ Procession of Icons at end of Liturgy.
- ❖ Re-opening of our St. John Chrysostom Bookstore! Please stop by and see our new offerings.
- ❖ Coffee hour is hosted today by GOYA in the Large Hall.
- ❖ GOYA, Little Angels, HOPE & JOY Dance Practice.
- ❖ Pan-Orthodox Vespers for Annunciation & the Sunday of Orthodoxy — *Holy Trinity Greek Orthodox Church 4:30 p.m.*

THIS WEEK AT ST. NICHOLAS:

- Monday, March 25, 2024: Annunciation of the Theotokos and Greek Independence Day
Orthros 9:00 a.m., Liturgy 10:00 a.m. Followed by Doxology
YAL Basketball 7:00 p.m.
- Tuesday, March 26, 2024: Adult Greek Classes 6:30 p.m., GOYA Greek Dance Practice.
- Tues.—Thur., March 26-28: Pittsburgh Metropolis Clergy Lenten Retreat in Ligonier, PA March 26-28.
- Wednesday, March 27, 2024: YAL Volleyball 7:00 p.m.
- Friday, March 29, 2024: 2nd Salutations of the Theotokos 6:30 p.m.
- Saturday, March 30, 2024: Greek School 10:00 a.m.
Workshop: "Vocal Health for Holy Week" 2:00 p.m.
- Sunday, March 31, 2024: Memorial Service for Aphrodite Amorgianos (40 days), Semi Tsudis (1 year), and Angelo Tsudis (10 years).
Greek School March 25th Luncheon and Program

SUNDAY, MARCH 24, 2024 – Sunday of Orthodoxy

Saint of the Day: Our Holy Father Theonas, Archbishop of Thessaloniki

First Mode · Ninth Eothinon · Liturgy of St. Basil the Great

TODAY'S HYMNS AND READINGS

The Hymn of the Feast (Sunday of Orthodoxy) in second mode is chanted twice for the Small Entrance:

Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ἠυδόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύσῃ οὐς ἐπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι Χαράς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offenses, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world.

At the Small Entrance, the usual Entrance Hymn is chanted.

Following the Small Entrance, we chant the Resurrection Hymn of the week in first mode:

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου σῶμα, ἀνέστης τριήμερος Σωτὴρ, δωρούμενος τῷ κόσμῳ τὴν ζωὴν. Διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι Ζωοδότα· Δόξα τῇ ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνη Φιλάνθρωπε.

The stone having been sealed by the Pharisees and chief priests, and Your all-immaculate body being guarded by soldiers, You rose on the third day, O Lord and Savior, granting life unto the world. Then the powers of the heavens cried out to You, O Giver of Life, and shouted, "Glory to Your resurrection, O Christ! Glory to Your eternal rule! Glory to Your plan for saving us, only benevolent God!"

Following the Small Entrance, the Hymn of the Feast (Sunday of Orthodoxy) in second mode is repeated (see above).

We then chant the Apolytikion hymn for our patron, St. Nicholas, in fourth mode:

Κανόνα πίστεως καὶ εἰκόνα πραότητος, ἐγκρατείας διδάσκαλον, ἀνέδειξέ σε τῇ ποιμνῇ σου, ἢ τῶν πραγμάτων ἀλήθεια· διὰ τοῦτο ἐκτίσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ πτωχείᾳ τὰ πλούσια, Πάτερ ἱεράρχα Νικόλαε· πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

The truth of things have revealed you to your flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause you have achieved the heights by humility, riches by poverty. O Father and Hierarch Nicholas, intercede with Christ God that our souls be saved.

Finally, we chant the Kontakion of the Feast, in plagal fourth mode:

Τῇ ὑπερμάχῳ * στρατηγῷ τὰ νικητήρια, * ὡς λυτρωθεῖσα * τῶν δεινῶν, εὐχαριστήρια * ἀναγράφω σοι ἡ Πόλις σου, Θεοτόκε· * ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, * ἐκ παντοίων με κινδύνων ἐλευθέρωσον * ἵνα κράζω σοι· * Χαῖρε, Νύμφη ἀνύμφευτε.

My champion gen'ral, * I your city now devote to you * a feast of vic'try * and an offering of gratitude, * since from terrors, Theotokos, have I been ransomed, * but because you * have the might which is invincible, * from all kinds of dangers free me and deliver me, * that I may cry to you: * Rejoice, O unwedded Bride.

Today's Epistle Reading (*Sunday of Orthodoxy*):

The reading is from St. Paul's Letter to the Hebrews (11:24-26, 32-40)

Ἀδελφοί, πίστει Μωϋσῆς μέγας γενόμενος ἠρνήσατο λέγεσθαι υἱὸς θυγατρὸς Φαραώ, μᾶλλον ἐλόμενος συγκακουχεῖσθαι τῷ λαῷ τοῦ Θεοῦ ἢ πρόσκαιρον ἔχειν ἁμαρτίας ἀπόλαυσιν, μείζονα πλοῦτον ἠγησάμενος τῶν Αἰγύπτου θησαυρῶν τὸν ὀνειδισμόν τοῦ Χριστοῦ· ἀπέβλεπε γὰρ εἰς τὴν μισθαποδοσίαν. Καὶ τί ἔτι λέγω; ἐπιλείψει γάρ με διηγούμενον ὁ χρόνος περὶ Γεδεών, Βαράκ τε καὶ Σαμψῶν καὶ Ἰεφθάε, Δαυῖδ τε καὶ Σαμουὴλ καὶ τῶν προφητῶν, οἱ διὰ πίστεως κατηγωνίσαντο βασιλείας, εἰργάσαντο δικαιοσύνην, ἐπέτυχον ἐπαγγελιῶν, ἔφραξαν στόματα λεόντων, ἔσβεσαν δύναμιν πυρός, ἔφυγον στόματα μαχαίρας, ἐνεδυναμώθησαν ἀπὸ ἀσθενείας, ἐγενήθησαν ἰσχυροὶ ἐν πολέμῳ, παρεμβολὰς ἔκλιναν ἀλλοτρίων· ἔλαβον γυναῖκες ἐξ ἀναστάσεως τοὺς νεκροὺς αὐτῶν· ἄλλοι δὲ ἐτυμπανίσθησαν, οὐ προσδεξάμενοι τὴν ἀπολύτρωσιν, ἵνα κρείττονος ἀναστάσεως τύχωσιν· ἕτεροι δὲ ἐμπαιγμῶν καὶ μαστίγων πείραν ἔλαβον, ἔτι δὲ δεσμῶν καὶ φυλακῆς· ἐλιθάσθησαν, ἐπρίσθησαν, ἐπειράσθησαν, ἐν φόνῳ μαχαίρας ἀπέθανον, περιήλθον ἐν μηλωταῖς, ἐν αἰγείοις δέρμασιν, ὑστερούμενοι, θλιβόμενοι, κακουχούμενοι, ὧν οὐκ ἦν ἄξιος ὁ κόσμος, ἐν ἐρημίαις πλανώμενοι καὶ ὄρεσι καὶ σπηλαίοις καὶ ταῖς ὄπαῖς τῆς γῆς. Καὶ οὗτοι πάντες μαρτυρηθέντες διὰ τῆς πίστεως οὐκ ἐκομίσαντο τὴν ἐπαγγελίαν, τοῦ Θεοῦ περὶ ἡμῶν κρείττον τι προβλεψάμενου, ἵνα μὴ χωρὶς ἡμῶν τελειωθῶσι.

Brethren, by faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to share ill-treatment with the people of God than to enjoy the fleeting pleasures of sin. He considered abuse suffered for the Christ greater wealth than the treasures of Egypt, for he looked to the reward. And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets — who through faith conquered kingdoms, enforced justice, received promises, stopped the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign enemies to flight. Women received their dead by resurrection. Some were tortured, refusing to accept release, that they might rise again to a better life. Others suffered mocking and scourging, and even chains and imprisonment. They were stoned, they were sawn in two, they were tempted, they were killed with the sword; they went about in skins of sheep and goats, destitute, afflicted, ill-treated — of whom the world was not worthy — wandering over deserts and mountains, and in dens and caves of the earth. And all these, though well attested by their faith, did not receive what was promised, since God had foreseen something better for us, that apart from us they should not be made perfect. [RSV]

Today's Gospel Reading (*Sunday of Orthodoxy*):

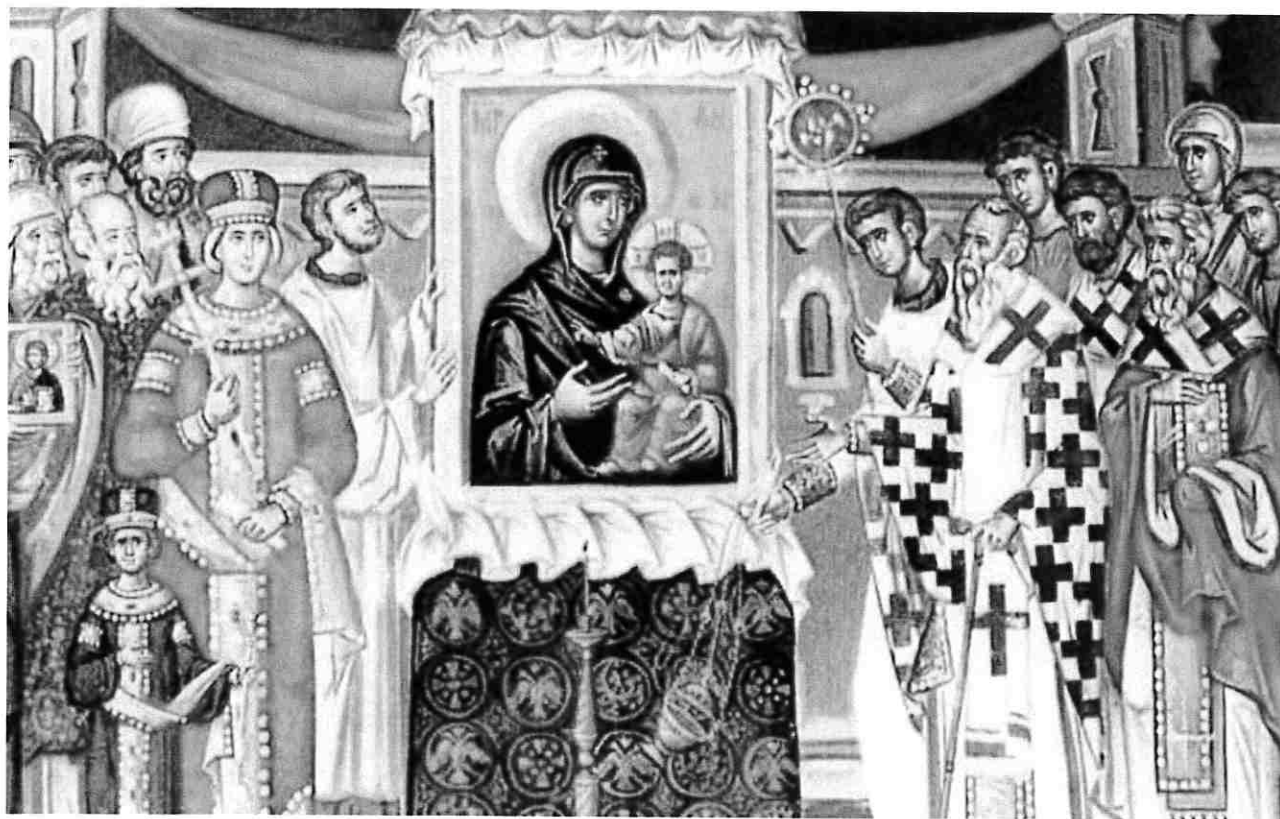
The reading is from the Holy Gospel according to John (1:43-51)

Τῷ καιρῷ ἐκείνῳ, ἠθέλησεν ὁ Ἰησοῦς ἐξελθεῖν εἰς τὴν Γαλιλαίαν· καὶ εὕρισκει Φίλιππον καὶ λέγει αὐτῷ· ἀκολούθει μοι. ἦν δὲ ὁ Φίλιππος ἀπὸ Βηθσαϊδά, ἐκ τῆς πόλεως Ἀνδρέου καὶ Πέτρου. εὕρισκει Φίλιππος τὸν Ναθαναὴλ καὶ λέγει αὐτῷ· ὃν ἔγραψε Μωϋσῆς ἐν τῷ νόμῳ καὶ οἱ προφηταὶ, εὕρηκαμεν, Ἰησοῦν τὸν υἱὸν τοῦ Ἰωσήφ τὸν ἀπὸ Ναζαρέτ. καὶ εἶπεν αὐτῷ Ναθαναὴλ· ἐκ Ναζαρέτ δύναται τι ἀγαθὸν εἶναι; λέγει αὐτῷ Φίλιππος· ἔρχου καὶ ἴδε. εἶδεν ὁ Ἰησοῦς τὸν Ναθαναὴλ ἐρχόμενον πρὸς αὐτὸν καὶ λέγει περὶ αὐτοῦ· ἴδε ἀληθῶς Ἰσραηλίτης, ἐν ᾧ δόλος οὐκ ἔστι. λέγει αὐτῷ Ναθαναὴλ· πόθεν με γινώσκεις; ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· πρὸ τοῦ σε Φίλιππον φωνῆσαι, ὄντα ὑπὸ τὴν συκῆν εἶδόν σε. ἀπεκρίθη Ναθαναὴλ καὶ λέγει αὐτῷ· ῥαββί, σὺ εἶ ὁ υἱὸς τοῦ Θεοῦ, σὺ εἶ ὁ βασιλεὺς τοῦ Ἰσραὴλ. ἀπεκρίθη Ἰησοῦς καὶ εἶπεν αὐτῷ· ὅτι εἶπόν σοι, εἶδόν σε ὑποκάτω τῆς

συκῆς, πιστεύεις; μείζω τούτων ὄψει. καὶ λέγει αὐτῷ· ἀμὴν ἀμὴν λέγω ὑμῖν, ἀπ' ἄρτι ὄψεσθε τὸν οὐρανὸν ἀνεωγῶτα, καὶ τοὺς ἀγγέλους τοῦ Θεοῦ ἀναβαίνοντας καὶ καταβαίνοντας ἐπὶ τὸν υἱὸν τοῦ ἀνθρώπου.

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 he 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 him, "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, you are the son of God! You are 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 he 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." [RSV]

SUNDAY OF ORTHODOXY



RESTORATION OF THE ICONS

Λιτάνευσις τῶν Ἁγίων Εἰκόνων.

ΧΟΡΟΣ

Ἀπολυτίκιον. Ἦχος β΄.

Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν
ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν
πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει
γὰρ ἠυδόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ,
ἵνα ῥύση οὓς ἐπλασας, ἐκ τῆς δουλείας
τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι·
Χαρᾶς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν,
παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

ΙΕΡΕΥΣ/ΔΙΑΚΟΝΟΣ

Ἐλέησον ἡμᾶς, ὁ Θεός, κατὰ τὸ μέγα
ἔλεός σου, δεόμεθά σου, ἐπάκουσον καὶ
ἐλέησον.

ΧΟΡΟΣ (μεθ' ἐκάστην δέησιν)

Κύριε, ἐλέησον. (3)

ΙΕΡΕΥΣ/ΔΙΑΚΟΝΟΣ

Ἐπι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ
ὀρθοδόξων χριστιανῶν.

Ἐπι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου
ἡμῶν (δεῖνος).

Ἐπι δεόμεθα ὑπὲρ ἐλέους, ζωῆς,
εἰρήνης, ὑγείας, σωτηρίας, ἐπισκέψεως,
συγχωρήσεως καὶ ἀφέσεως τῶν ἀμαρτιῶν τῶν
δούλων τοῦ Θεοῦ, πάντων τῶν εὐσεβῶν καὶ
ὀρθοδόξων χριστιανῶν τῶν κατοικούντων
καὶ παρεπιδημούντων ἐν τῇ πόλει ταύτῃ,
τῶν ἐνοριτῶν, ἐπιτρόπων, συνδρομητῶν καὶ
ἀφιερωτῶν τῆς ἁγίας Ἐκκλησίας ταύτης.

ΑΡΧΙΕΡΕΥΣ/ΙΕΡΕΥΣ

Ὅτι ἐλεήμων καὶ φιλόανθρωπος Θεός
ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ
Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν
καὶ αἰεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

Procession of the Holy Icons

CHOIR

Apolytikion. Mode 2.

We venerate Your immaculate icon, O
good Lord, and entreat You to forgive our
offenses, O Christ our God. By Your own
choice you were pleased to ascend the Cross
in the flesh, to deliver us, whom You created,
from our slavery to the foe. Therefore we cry
to You with gratitude: You have filled all
things with joy, O our Savior, by coming to
save the world. (SD)

PRIEST/DEACON

Have mercy on us, O God, according to
Your great mercy, we pray You, hear us and
have mercy.

CHOIR (after each petition)

Lord, have mercy. (3)

PRIEST/DEACON

Again we pray for pious and Orthodox
Christians.

Again we pray for our Archbishop (name).

Again we pray for mercy, life, peace,
health, salvation, protection, forgiveness,
and remission of the sins of the servants of
God, all pious Orthodox Christians residing
and visiting in this city: the parishioners, the
members of the parish council, the stewards,
and benefactors of this holy church.

HIERARCH/PRIEST

For You are merciful and benevolent God,
and to You we offer up glory, to the Father and
the Son and the Holy Spirit, now and ever and
to the ages of ages.

ΧΟΡΟΣ

Αμήν.

Απολυτίκιον. Ἦχος β΄.

Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν
ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν
παισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει
γὰρ ἠυδόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ,
ἵνα ῥύση οὓς ἐπλασας, ἐκ τῆς δουλείας
τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι·
Χαρᾶς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν,
παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

ΙΕΡΕΥΣ/ΔΙΑΚΟΝΟΣ

Ἐλέησον ἡμᾶς, ὁ Θεός, κατὰ τὸ μέγα
ἔλεός σου, δεόμεθά σου, ἐπάκουσον καὶ
ἐλέησον.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (3)

ΙΕΡΕΥΣ/ΔΙΑΚΟΝΟΣ

Ἔτι δεόμεθα ὑπὲρ μακαρίας μνήμης καὶ
αἰωνίου ἀναπαύσεως πάντων τῶν ἐπ' ἐλπίδι
ἀναστάσεως ζωῆς αἰωνίου κεκοιμημένων
εὐσεβῶς ὀρθοδόξων χριστιανῶν, βασιλέων,
πατριαρχῶν, ἀρχιερέων, ἱερέων, ἱερομονάχων,
ἱεροδιακόνων, μοναχῶν, πατέρων,
προπατόρων, πάππων, προπάππων, γονέων,
συζύγων, τέκνων, ἀδελφῶν καὶ συγγενῶν
ἡμῶν ἐκ τῶν ἀπ' ἀρχῆς καὶ μέχρι τῶν
ἐσχάτων, καὶ ὑπὲρ τοῦ συγχωρηθῆναι αὐτοῖς
πᾶν πλημμέλημα ἐκούσιόν τε καὶ ἀκούσιον.

ΧΟΡΟΣ

Αἰωνία ἡ μνήμη· αἰωνία ἡ μνήμη· αἰωνία
αὐτῶν ἡ μνήμη.

ΑΡΧΙΕΡΕΥΣ/ΙΕΡΕΥΣ

Ὅτι σὺ εἶ ἡ ἀνάστασις, ἡ ζωὴ καὶ ἡ
ἀνάπαυσις πάντων τῶν κεκοιμημένων εὐσεβῶς

CHOIR

Amen.

Apolytikion. Mode 2.

We venerate Your immaculate icon, O
good Lord, and entreat You to forgive our
offenses, O Christ our God. By Your own
choice you were pleased to ascend the Cross
in the flesh, to deliver us, whom You created,
from our slavery to the foe. Therefore we cry
to You with gratitude: You have filled all
things with joy, O our Savior, by coming to
save the world. ^[SD]

PRIEST/DEACON

Have mercy on us, O God, according to
Your great mercy, we pray You, hear us and
have mercy.

CHOIR

Lord, have mercy. (3)

PRIEST/DEACON

Again we pray for the blessed memory and
eternal repose of all pious Orthodox Christians
who have fallen asleep in the hope of the
resurrection unto life everlasting, emperors,
patriarchs, bishops, priests, hieromonks,
deacons, monastics, fathers, forebears,
grandparents, great-grandparents, parents,
spouses, children, siblings, and all our
relatives, from the beginning until the end of
time; and for the forgiveness of all their sins,
both voluntary and involuntary.

CHOIR

Eternal be their memory. Eternal be their
memory. Eternal be their memory.

HIERARCH/PRIEST

For You are the resurrection, the life, and
the repose of all the departed faithful Orthodox

Special Ceremony at the end of Liturgy

ὀρθοδόξων χριστιανῶν, Χριστέ ὁ Θεὸς ἡμῶν, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν σὺν τῷ ἀνάρχῳ σου Πατρὶ καὶ τῷ παναγίῳ καὶ ἀγαθῷ καὶ ζωοποιῷ σου Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

Ἀπολυτίκιον. Ἦχος β΄.

Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει γὰρ ἠυδόκησας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, ἵνα ῥύση οὓς ἐπλασας, ἐκ τῆς δουλείας τοῦ ἐχθροῦ· ὅθεν εὐχαρίστως βοῶμέν σοι· Χαρᾶς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν, παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

ΙΕΡΕΥΣ/ΔΙΑΚΟΝΟΣ

Ἐλέησον ἡμᾶς, ὁ Θεός, κατὰ τὸ μέγα ἔλεός σου, δεόμεθά σου, ἐπάκουσον καὶ ἐλέησον.

ΧΟΡΟΣ (μεθ' ἐκάστην δέησιν)

Κύριε, ἐλέησον. (3)

ΙΕΡΕΥΣ/ΔΙΑΚΟΝΟΣ

Ἔτι δεόμεθα ὑπὲρ τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν.

Ἔτι δεόμεθα ὑπὲρ τοῦ Ἀρχιεπισκόπου ἡμῶν (δεῖνος).

Ἔτι δεόμεθα ὑπὲρ ἐλέους, ζωῆς, εἰρήνης, υἰείας, σωτηρίας, ἐπισκέψεως, συγχωρήσεως καὶ ἀφέσεως τῶν ἀμαρτιῶν τῶν δούλων τοῦ Θεοῦ, πάντων τῶν εὐσεβῶν καὶ ὀρθοδόξων χριστιανῶν τῶν κατοικούντων καὶ παρεπιδημούντων ἐν τῇ πόλει ταύτῃ, τῶν ἐνοριτῶν, ἐπιτρόπων, συνδρομητῶν καὶ ἀφιερωτῶν τῆς ἀγίας Ἐκκλησίας ταύτης.

Christians, Christ our God, and to You we offer up glory, and to Your Father, who is without beginning, and Your all-holy, good and life-creating Spirit, now and ever and to the ages of ages.

CHOIR

Amen.

Apolytikion. Mode 2.

We venerate Your immaculate icon, O good Lord, and entreat You to forgive our offenses, O Christ our God. By Your own choice you were pleased to ascend the Cross in the flesh, to deliver us, whom You created, from our slavery to the foe. Therefore we cry to You with gratitude: You have filled all things with joy, O our Savior, by coming to save the world. ^(SD)

PRIEST/DEACON

Have mercy on us, O God, according to Your great mercy, we pray You, hear us and have mercy.

CHOIR (after each petition)

Lord, have mercy. (3)

PRIEST/DEACON

Again we pray for pious and Orthodox Christians.

Again we pray for **our Archbishop (name)**.

Again we pray for mercy, life, peace, health, salvation, protection, forgiveness, and remission of the sins of the servants of God, all pious Orthodox Christians residing and visiting in this city: the parishioners, the members of the parish council, the stewards, and benefactors of this holy church.

ΑΡΧΙΕΡΕΥΣ/ΙΕΡΕΥΣ

Ὅτι ἐλεήμων καὶ φιλόανθρωπος Θεὸς
ὑπάρχεις, καὶ σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ
Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν
καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

Ἀπολυτίκιον. Ἦχος β΄.

Τὴν ἄχραντον Εἰκόνα σου, προσκυνοῦμεν
ἀγαθέ, αἰτούμενοι συγχώρησιν τῶν
πταισμάτων ἡμῶν, Χριστέ ὁ Θεός· βουλήσει
γὰρ ἠδύοκῆσας σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ,
ἵνα ῥύσῃ οὓς ἐπλασας, ἐκ τῆς δουλείας
τοῦ ἔχθρου· ὅθεν εὐχαρίστως βοῶμέν σοι·
Χαρᾶς ἐπλήρωσας τὰ πάντα ὁ Σωτὴρ ἡμῶν,
παραγενόμενος εἰς τὸ σῶσαι τὸν κόσμον.

ΙΕΡΕΥΣ/ΔΙΑΚΟΝΟΣ

Ἐλέησον ἡμᾶς, ὁ Θεός, κατὰ τὸ μέγα
ἔλεός σου, δεόμεθά σου, ἐπάκουσον καὶ
ἐλέησον.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (3)

ΙΕΡΕΥΣ/ΔΙΑΚΟΝΟΣ

Ἐπι δεόμεθα καὶ ὑπὲρ τοῦ διαφυλαχθῆναι
τὴν Ἁγίαν τοῦ Χριστοῦ Μεγάλην Ἐκκλησίαν,
τὴν Ἱερὰν ἡμῶν Ἀρχιεπισκοπὴν (καὶ τὴν Ἱερὰν
ταύτην Μητρόπολιν), καὶ τὴν πόλιν ταύτην,
καὶ πᾶσαν πόλιν καὶ χώραν, ἀπὸ ὀργῆς,
λοιμοῦ, λιμοῦ, σεισμοῦ, καταποντισμοῦ,
πυρός, μαχαίρας, ἐπιδρομῆς ἀλλοφύλων,
ἐμφυλίου πολέμου καὶ αἰφνιδίου θανάτου·
ὑπὲρ τοῦ ἵλεων, εὐμενῆ καὶ εὐδιάλλακτον
γενέσθαι τὸν ἀγαθὸν καὶ φιλόανθρωπον Θεὸν
ἡμῶν, τοῦ ἀποστρέψαι καὶ διασκεδάσαι πᾶσαν
ὀργὴν καὶ νόσον τὴν καθ' ἡμῶν κινουμένην,

HIERARCH/PRIEST

For You are merciful and benevolent God,
and to You we offer up glory, to the Father and
the Son and the Holy Spirit, now and ever and
to the ages of ages.

CHOIR

Amen.

Apolytikion. Mode 2.

We venerate Your immaculate icon, O
good Lord, and entreat You to forgive our
offenses, O Christ our God. By Your own
choice you were pleased to ascend the Cross
in the flesh, to deliver us, whom You created,
from our slavery to the foe. Therefore we cry
to You with gratitude: You have filled all
things with joy, O our Savior, by coming to
save the world. ^(SD)

PRIEST/DEACON

Have mercy on us, O God, according to
Your great mercy, we pray You, hear us and
have mercy.

CHOIR

Lord, have mercy. (3)

PRIEST/DEACON

Again we pray for the protection of the
Holy and Great Church of Christ, our Sacred
Archdiocese (and this Sacred Metropolis),
this city and every city and land, from wrath,
famine, pestilence, earthquake, flood, fire,
sword, foreign invasion, civil strife, and
accidental death. That our good and benevolent
God may be merciful, gracious, and forgiving,
and may divert and disperse all anger and
disease coming against us, and deliver us from
His impending justified threat and have mercy
on us.

Special Ceremony at the end of Liturgy

καὶ ρύσασθαι ἡμᾶς ἐκ τῆς ἐπικειμένης δικαίας αὐτοῦ ἀπειλῆς, καὶ ἐλεῆσαι ἡμᾶς.

ΧΟΡΟΣ

Κύριε, ἐλέησον. (3)

ΑΡΧΙΕΡΕΥΣ/ΙΕΡΕΥΣ

Ἐπάκουσον ἡμῶν, ὁ Θεός, ὁ σωτὴρ ἡμῶν, ἡ ἐλπίς πάντων τῶν περάτων τῆς γῆς καὶ τῶν ἐν θαλάσῃ μακρὰν· καὶ ἴλεως, ἴλεως γενοῦ ἡμῖν, Δέσποτα, ἐπὶ ταῖς ἀμαρτίαις ἡμῶν, καὶ ἐλέησον ἡμᾶς. Ἐλεήμων γὰρ καὶ φιλόανθρωπος Θεὸς ὑπάρχεις, καὶ Σοὶ τὴν δόξαν ἀναπέμπομεν, τῷ Πατρὶ καὶ τῷ Υἱῷ καὶ τῷ ἁγίῳ Πνεύματι, νῦν καὶ ἀεὶ καὶ εἰς τοὺς αἰῶνας τῶν αἰώνων.

ΧΟΡΟΣ

Ἀμήν.

ΑΡΧΙΕΡΕΥΣ

Συνοδικὸν τῆς Ζ' Οἰκουμενικῆς Συνόδου

Οἱ Προφῆται ὡς εἶδον, οἱ Ἀπόστολοι ὡς ἐδίδαξαν, ἡ Ἐκκλησία ὡς παρέλαβεν, οἱ Διδάσκαλοι ὡς ἐδογματίσαν, ἡ Οἰκουμένη ὡς συμπεφώνηκεν, ἡ χάρις ὡς ἔλαμψεν, ἡ ἀλήθεια ὡς ἀποδέδεικται, τὸ ψεῦδος ὡς ἀπελήλαται, ἡ σοφία ὡς ἐπαρρήσιάσατο, ὁ Χριστὸς ὡς ἐβράβευσεν,

Οὕτω φρονοῦμεν, οὕτω λαλοῦμεν, οὕτω κηρύσσομεν, Χριστὸν τὸν ἀληθινὸν Θεὸν ἡμῶν καὶ τοὺς Αὐτοῦ Ἁγίους ἐν λόγοις τιμῶντες, ἐν συγγραφαῖς, ἐν νοήμασιν, ἐν θυσίαις, ἐν Ναοῖς, ἐν Εἰκονίσμασι,

Τὸν μὲν ὡς Θεὸν καὶ Δεσπότην προσκυνοῦντες καὶ σέβοντες, τοὺς δὲ διὰ τὸν κοινὸν Δεσπότην ὡς Αὐτοῦ γνησίους θεράποντας τιμῶντες καὶ τὴν κατὰ σχέσιν προσκύνησιν ἀπονέμοντες.

CHOIR

Lord, have mercy. (3)

HIERARCH/PRIEST

Hear us, O God our Savior, the hope of all the ends of earth and of those far off at sea, and forgive us, O Master, forgive us our sins, and have mercy on us. For You are merciful and benevolent God, and to You we offer up glory, to the Father and the Son and the Holy Spirit, now and ever and to the ages of ages.

CHOIR

Amen.

HIERARCH

Synodikon of the 7th Ecumenical Council

As the prophets beheld, as the apostles have taught, as the Church has received, as the teachers have declared, as the world has agreed, as grace has shown forth, as truth has been revealed, as falsehood has been dispelled, as wisdom has become manifest, as Christ awarded;

Thus we declare; thus we affirm; thus we proclaim Christ our true God, and honor His saints in words, writings, thoughts, sacrifices, churches, and holy icons;

On the one hand, worshiping and reverencing Christ as God and Lord, and on the other, honoring the saints as true servants of the same Lord of all, and offering them proper veneration.

Special Ceremony at the end of Liturgy

Αὕτη ἡ πίστις τῶν Ἀποστόλων, αὕτη ἡ πίστις τῶν Πατέρων, αὕτη ἡ πίστις τῶν Ὁρθοδόξων, αὕτη ἡ πίστις τὴν Οἰκουμένην ἐστήριξεν.

Ἐπὶ τούτοις τοὺς τῆς εὐσεβείας Κήρυκας ἀδελφικῶς τε καὶ πατροποθήτως εἰς δόξαν καὶ τιμὴν τῆς εὐσεβείας, ὑπὲρ ἧς ἀγωνίσαντο, ἀνευφημοῦμεν καὶ λέγομεν· Τῶν τῆς Ὁρθοδοξίας προμάχων εὐσεβῶν Βασιλέων, ἀγιωτάτων Πατριαρχῶν, Ἀρχιερέων, Διδασκάλων, Μαρτύρων, Ὁμολογητῶν, Αἰωνία ἡ μνήμη.

ΧΟΡΟΣ

Αἰωνία ἡ μνήμη· αἰωνία ἡ μνήμη· αἰωνία αὐτῶν ἡ μνήμη.

ΑΡΧΙΕΡΕΥΣ

Τούτων τοῖς ὑπὲρ εὐσεβείας μέχρι θανάτου ἄθλοις τε καὶ ἀγωνίσμασι καὶ διδασκαλίαις παιδαγωγεῖσθαι τε καὶ κρατύνεσθαι Θεὸν ἐκλιπαροῦντες, καὶ μιμητὸς τῆς ἐνθέου αὐτῶν πολιτείας μέχρι τέλους ἀναδεικνύσθαι ἐκδυσωποῦντες, ἀξιοθείημεν τῶν ἐξαιτουμένων, οἰκτιρμοῖς καὶ χάριτι τοῦ Μεγάλου καὶ Πρώτου Ἀρχιερέως Χριστοῦ τοῦ ἀληθινοῦ Θεοῦ ἡμῶν, πρεσβείας τῆς ὑπερενδόξου Δεσποίνης ἡμῶν Θεοτόκου καὶ ἀειπαρθένου Μαρίας, τῶν θεοειδῶν Ἀγγέλων καὶ πάντων τῶν Ἁγίων.

ΧΟΡΟΣ

Ἀμήν.

Προκείμενον. Ἦχος βαρύς.

Τίς Θεὸς μέγας, ὡς ὁ Θεὸς ἡμῶν; σὺ εἶ ὁ Θεός, ὁ ποιῶν θαυμάσια μόνος.

This is the faith of the apostles. This is the faith of the fathers. This is the faith of the Orthodox. This is the faith on which the world is established.

Therefore, with fraternal and filial love we praise the heralds of the faith, those who with glory and honor have struggled for the faith, and we say: to the champions of Orthodoxy, 'faithful emperors, most-holy patriarchs, hierarchs, teachers, martyrs, and confessors: May your memory be eternal.

CHOIR

Eternal be their memory. Eternal be their memory. Eternal be their memory.

HIERARCH

Let us beseech God that we may be instructed and strengthened by the trials and struggles of these saints, which they endured for the faith even unto death, and by their teachings, entreating that we may to the end imitate their godly life. May we be deemed worthy of obtaining our requests through the mercy and grace of the Great and First Hierarch, Christ our God, through the intercessions of our glorious Lady, the Theotokos and ever-virgin Mary, the divine angels and all the Saints.

CHOIR

Amen.

Prokeimenon. Grave Mode.

Who is so great a God as our God? You alone are the God who does wonders. [SAAS]

Special Ceremony at the end of Liturgy

Στίχ. Ἐγνώρισας ἐν τοῖς λαοῖς τὴν δύναμίν σου.

Τίς Θεὸς μέγας, ὡς ὁ Θεὸς ἡμῶν; σὺ εἶ ὁ Θεός, ὁ ποιῶν θαυμάσια μόνος.

Στίχ. Καὶ εἶπα· Νῦν ἤρξάμην· αὕτη ἡ ἀλλοίωσις τῆς δεξιᾶς τοῦ Ὑψίστου.

Τίς Θεὸς μέγας, ὡς ὁ Θεὸς ἡμῶν; σὺ εἶ ὁ Θεός, ὁ ποιῶν θαυμάσια μόνος.

Στίχ. Ἐμνήσθην τῶν ἔργων Κυρίου, ὅτι μνησθήσομαι ἀπὸ τῆς ἀρχῆς τῶν θαυμασίων σου.

Τίς Θεὸς μέγας, ὡς ὁ Θεὸς ἡμῶν; σὺ εἶ ὁ Θεός, ὁ ποιῶν θαυμάσια μόνος.

Verse: You made known Your power among the peoples.

Who is so great a God as our God? You alone are the God who does wonders.

Verse: I said, "Now I am beginning to see; this change is by the right hand of the Most High."

Who is so great a God as our God? You alone are the God who does wonders.

Verse: I remembered the Lord's works, for I will remember Your wonders of old.

Who is so great a God as our God? You alone are the God who does wonders.



VOCAL HEALTH for Holy Week

(and the rest of the year)

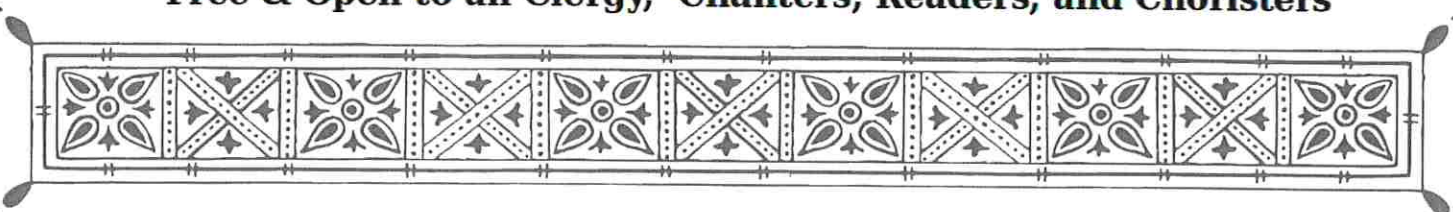
March
30th | 2 - 4
pm

Presented by:
Amy Hogg

Learn:

- * Simple vocal exercises to increase range & stamina
- * How to monitor your vocal health
- * How to make adjustments when you sense trouble

Free & Open to all Clergy, Chanters, Readers, and Choristers





THE GREEK NATIONALITY ROOM & THE AMERICAN HELLENIC FOUNDATION OF WESTERN PA
PRESENT

GREEK INDEPENDENCE WEEK 2024
200 YEAR ANNIVERSARY OF THE "GREEK QUESTION"
MARCH 23 AND MARCH 30, 2024

"The Greek Question" remains one of the little-known matters of American history that was both consequence of, and fuel for, America's growing support for the Greek Revolution. Congressional documents and underlying evidence is scant. Until now.

This year, we unveil some of the documents. Most importantly, we bring to light the actual Congressional Session on the matter, with a *re-enactment* by students of the Quo Vadis program at the University of Pittsburgh.

PROGRAM DETAILS AT:

[HTTPS://PAHELLENICFOUNDATION.ORG/MARCH2024](https://pahellenicfoundation.org/march2024)

SIXTY CLUB NEWS TITANIC ARTIFACT EXHIBITION

Wednesday, April 10 Cost: \$29.00*
Bus leaves St. Nicholas 10:15**

More than 154 genuine artifacts such as a telegraph mechanism, Saalfeld perfume vials and labels, playing cards, passenger jewelry, even an almost perfect stack of au gratin dishes. After browsing the exhibit at our own pace, our bus will take us to the Federal Galley for an individual choice of menu for lunch before returning to the church approximately 2:30.

*Price includes exhibit, bus, and driver's gratuity.

****We must have 15 participants for both the bus and the exhibit.** Reservations are due **April 7**. Call Argie Stuart (412-6812-6754), Helen Waskoskie (724-327-3539), Alice Gary (412-249-8612) or Fran Hanna (412-731-0790).
(Please make checks payable to St. Nicholas Sixty Club and remit to any of the above.)

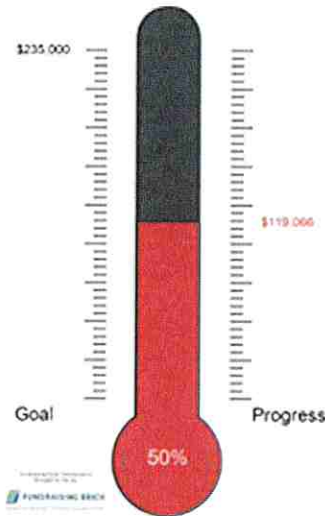
2024 Stewardship Pledge Cards are in the Narthex

(Just ask a member of Parish Council)



Visit our website to fill out a Stewardship Card for 2024 or to make a donation

<https://stnickspgh>



<u>2024</u>	<u>STEWARDSHIP</u>
Total Stewards	199 (GOAL 300)
Total Pledged	\$ 119,066.00 GOAL (\$235,000.00)
Avg. Pledge	\$838.49

YOUTH SAFETY WORKERS

Who is considered a Youth Safety Worker?

All Clergymen (Bishops/Priests/Deacons, both Active & Retired)

Pastoral Assistants & Youth Directors

People assisting, in any ministry, where the participants are under 18 years of age or in high school, whichever is later.

Including Parish Youth Safety Administrators, Church School Teachers, Dance Directors, Greek School Teachers, Youth Advisors (including Chaperones & Drivers) and Parish Council.

Even... Parents who occasionally help-out but are alone with other people's children.

Each Youth Safety Worker is required to register yearly with the church.

Registration is available through the church office. In addition, all Youth Safety Workers are required to take two courses (on-line training platform) annually and to complete a background check every other year.

Here is the website: Please register at <https://ncsrisk.org/goarch/>. The first course, Youth Safety, has two parts. The second course, Youth Worker Regulations, has one part. Prompt completion is necessary as one cannot participate in any youth programs without being registered, having a background check, having PA state clearances, and completing the two courses.

Dance Group Costumes
Donations Needed

The St. Nicholas Dancers (7th grade and up) are in need of additional costumes and replacement pieces. Our current costumes date back to 2013 and our needs have grown. We have contacted the costume manufacturer in Greece and will be placing an order soon. Our festival is quickly approaching, and we find ourselves in need. The current cost of a girl's costume is \$310, and a boy's costume is \$180.

We are currently collecting donations toward this project. Thank you to those who have already donated. **Please make checks payable to St. Nicholas Cathedral with St. Nicholas Dancers in the memo line. If you are mailing your check to the church, please write Attn: St. Nicholas Dancers on the envelope.**

For further information, please contact Linda Hages: 412-523-7938.

GREEK SCHOOL

Keep open **March 31, 2024**, to join us in the celebration of the Feast Day of Evangelismos and Greek Independence.



On that day a Doxology, a luncheon, followed with an annual program presented by the students and GOYA dancers will take place.



From the Church School Desk!

Church School students in grades 7th–12th can learn more about their faith and participate in the **St. Nicholas Oratorical Festival** that will be held April 14, 2024. For more information, please contact our Oratorical Festival Chair Eve Elsen at 412-580-9415 or eve.m.elsen@gmail.com.

Yours in Christ
Miss Michelle

 **GOYA Technical Support** 

<p>During coffee hour, people may bring laptops, Cell phones, tablets etc.!</p> <p>Some would like to complete an assignment, finish up a work slide, watch a cooking video, and more!</p>	<p>Stop by the goya table during coffee hour with any electronic you are having difficulties with and have a goyan help you out!</p>
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St. John Chrysostom Bookstore

There are two tables in the hallway between the Church and the Fellowship Room with older inventory.

**Please peruse and take what you wish.
Any free will offerings are appreciated.**

This year's Spaghetti Luncheon Camp Fundraiser will be held **Sunday, April 7th, 2024**. \$15 for adults and children 12 and under will be **\$10**. Take-out is an option as well. If unable to attend and would like to donate, please send to the church "attention: Camp FUND" or provide the donation to either Keli Frenzoz (412) 337-1297, Lisa Kristian (412) 600-2140, or Carrie Velisaris (412) 680-0210. Our **"GIVE A LITTLE ---HELP A LOT"** campaign has provided an opportunity for many of our St. Nicholas families to send their children to Camp Nazareth. For those unfamiliar with the camp, please join us at the luncheon to learn from our own children what this experience has provided them. *A quick shout out to Pam Bertos for her help throughout the years and her creative mind with our campaign slogan:)*

Give a little--Help a lot!



Spaghetti Luncheon

Sunday, April 7th, 2024

Adults \$15 Children under 12 \$10
TAKE OUT OR DINE IN

Dine in menu includes pasta, salad desserts and coffee

Take out includes salad and pasta only

Call for info or reservations

Keli 412-337-1297

Lisa 412-600-1240

Carrie 412-680-0210

Consider making a donation if you cannot attend

All proceeds go to offset costs for

St Nicholas' children to attend CAMP NAZARETH!

PHILOPTOCHOS OPERATION CLASSROOM

Thank you, everyone, for your purchases, financial contributions, time, and prayers regarding Operation Classroom! We have now acquired all the items on the Amazon wishlist! The next step is to pack them into backpacks or boxes and send them off to the schools.

Please join us on Friday, March 29 from 4:30-6:30pm in the small hall to help pack before the Salutations service. We especially encourage the parish's youth to help!

With gratitude,
The Philoptochos Operation Classroom Committee

Food Festival Preparations

There was no festival cooking this weekend. We will be continuing our efforts this coming Friday and Saturday, March 29 and 30, 9:00 to 4:00pm with Galatouboureko. Please consider helping. Our goal is 180 pans. We can do it with your help! Thank you, Elaine Keim, for volunteering to chair.

Galatouboureko	Friday and Saturday, March 29 and 30 9:00 am to 4:00pm
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Kourambiethes	Saturday, April 6, 9:00 am to 4:00pm
Tiropita	Saturday, April 13, 9:00am to 4:00pm Sunday, April 14, after Church to 4:00pm
Pasta Flora	Saturday, April 20, 9:00 – 4:00 pm

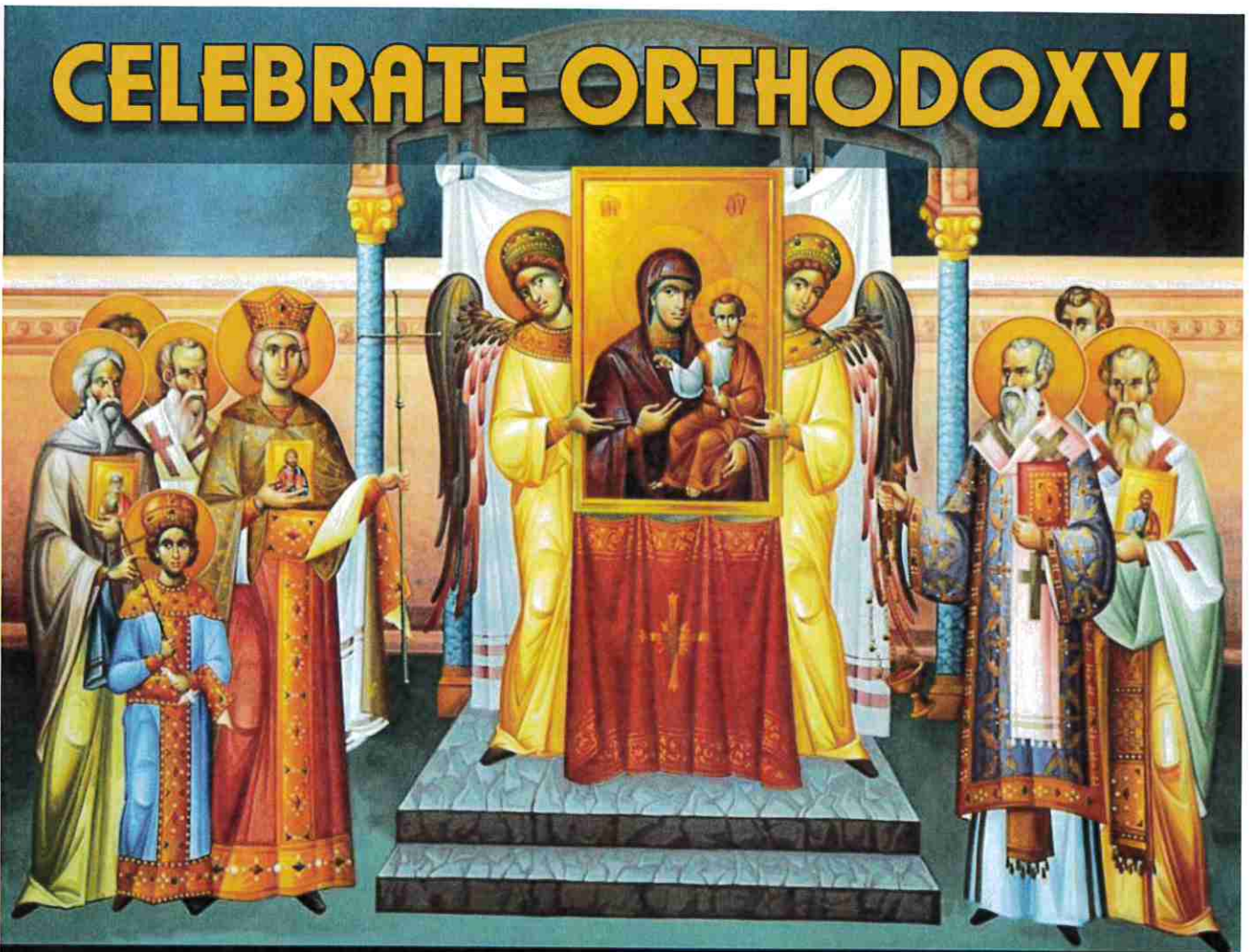
Diples	Wednesday, April 24, 9:00 – 4:00pm
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FOOD FESTIVAL DATES

SUNDAY, MAY 12 – SATURDAY, MAY 18, 2024

TONIGHT

CELEBRATE ORTHODOXY!



THE ORTHODOX CLERGY BROTHERHOOD OF GREATER PITTSBURGH INVITES YOU TO THE PITTSBURGH AREA

**GREAT VESPERS OF THE ANNUNCIATION AND
PAN-ORTHODOX SUNDAY OF ORTHODOXY CELEBRATION**

Sunday, March 24, 2024 at 4:30 PM
Holy Trinity Greek Orthodox Church
Pittsburgh, PA 15237

Celebrant and Homilist: His Grace Bishop Andrei of Cleveland
Romanian Episcopate of the Orthodox Church in America
Featuring the Pan-Orthodox Choir of Pittsburgh

Great Vespers will be followed by fellowship and Lenten refreshments.

SUNDAY, MARCH 24, 2024

**Celebrate the Evangelismos and
Greek Independence Day**

with

St. Nicholas Cathedral Greek School

Sunday, March 31, 2024

Luncheon-immediately after Doxology in church



luncheon reservations, by Mar. 22

**Call/Text Maria Stamoolis at 412-874-4422 or E-mail
mstamoolis@verizon.net**

Shrimp Luncheon – adults \$15 / children 13 and under \$10

**Then stay and celebrate with the children-- POEMS! SONGS!
PLAY! Dancing!**

OUR JOURNEY TO PASCHA! 2024

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week FEBRUARY 25th	 <i>TRIODION WEEKS</i> Publican and the Pharisee Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14	Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week.
Normal Fast Week MARCH 3rd	 The Prodigal Son Returns! Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare MARCH 10th FAREWELL TO MEAT TODAY	 The Last Judgement Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare MARCH 17th FAREWELL TO CHEESE TODAY	 Adam and Eve are cast from Paradise! <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent MARCH 24th	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> SUNDAY of ORTHODOXY Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 31st	 ST GREGORY PALAMAS Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent APRIL 7th	 VENERATION OF THE HOLY CROSS <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent APRIL 14th	 ST JOHN of the LADDER Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent APRIL 21st	 ST MARY of EGYPT Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! APRIL 28th GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> ENTRY OF OUR LORD INTO JERUSALEM Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY MAY 3rd	 GREAT AND HOLY FRIDAY <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! MAY 5th NO FASTING!	 <i>BRIGHT WEEK</i> HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1:1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

MARCH/APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>24 1st Sunday of Lent SUNDAY OF ORTHODOXY Orthros 8:45 a.m. Divine Liturgy 10:00 a.m.</p> <p>GOYA Dance Practice</p> <p>Little Angels, HOPE & JOY Greek Dancing</p> <p>Pan-Orthodox Vespers <i>at Holy Trinity North Hills</i> 4:30 p.m.</p>	<p>25 Annunciation of the Theotokos and Greek Independence Day Orthros 9:00 a.m. Liturgy 10:00 a.m. Followed by Doxology</p> <p>YAL Basketball 7:00 p.m.</p>	<p>26 Adult Greek Classes 6:30 p.m.</p> <p>GOYA Dance Practice</p>	<p>27</p>	<p>28</p>	<p>29 Festival Baking – Galaktoboureko (9a-4p)</p> <p>2nd Salutations to the Theotokos 6:30 p.m.</p>	<p>30 Greek School 10:00 a.m.</p> <p>Festival Baking – Galaktoboureko (9a-4p)</p> <p>Workshop: “Vocal Health for Holy Week” 2:00 p.m.</p>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Pittsburgh Metropolis Clergy Lenten Retreat in Ligonier, PA March 26-28 </div>						
<p>31 2nd Sunday of Lent Sunday of St. Gregory Palamas Orthros 8:45 a.m. Divine Liturgy 10:00 a.m.</p> <p>March 25th Luncheon and Program</p>	<p>1 APRIL YAL Basketball 7:00 p.m.</p>	<p>2</p>	<p>3 Presanctified Liturgy 6:30 p.m.</p> <p>Potluck Dinner and Lenten Lecture 7:30 p.m.</p>	<p>4</p>	<p>5 3rd Salutations to the Theotokos 6:30 p.m.</p>	<p>6 Greek School 10:00 a.m.</p> <p>Festival Baking – Kourambiethes (9a-4p)</p>
<p>7 3rd Sunday of Lent Sunday of the Holy Cross 8:45 a.m. Divine Liturgy 10:00 a.m.</p> <p>Camp Nazareth Spaghetti Luncheon 12:00 noon</p>	<p>8 YAL Basketball 7:00 p.m.</p>	<p>9. Adult Greek Classes 6:30 p.m.</p>	<p>10 Presanctified Liturgy 6:30 p.m.</p> <p>Potluck Dinner and Lenten Lecture 7:30 p.m.</p>	<p>11</p>	<p>12 4th Salutations to the Theotokos 6:30 p.m.</p>	<p>13 Greek School 10:00 a.m.</p> <p>Festival Baking – Tiropita (9a-4p)</p> <p>9th Annual Greek Language Festival and Quiz Bowl <i>in Rocky River, OH</i></p>
<p>14 4th Sunday of Lent Sunday of St. John Climacus Orthros 8:45 a.m. Divine Liturgy 10:00 a.m.</p> <p>Festival Baking – Tiropita (after Church-4p)</p>	<p>15 YAL Basketball 7:00 p.m.</p>	<p>16 Adult Greek Classes 6:30 p.m.</p>	<p>17 Presanctified Liturgy 6:30 p.m.</p> <p>Potluck Dinner and Lenten Lecture 7:30 p.m.</p>	<p>18</p>	<p>19 Service of the Akathist Hymn 6:30 p.m.</p>	<p>20 Greek School 10:00 a.m.</p> <p>Festival Baking – Pasta Flora (9a-4p)</p>
<p>21 5th Sunday of Lent Sunday of St. Mary of Egypt Orthros 8:45 a.m. Divine Liturgy 10:00 a.m.</p> <p>WEEKEND OF SERVICE</p>	<p>22 YAL Basketball 7:00 p.m.</p>	<p>23 Adult Greek Classes 6:30 p.m.</p>	<p>24 Festival Baking – Diples (9a-4p)</p> <p>YAL Volleyball 7:00 p.m.</p>	<p>25</p>	<p>26</p>	<p>27 Lazarus Saturday Orthros 9:00 a.m. Divine Liturgy 10:00 a.m.</p> <p>Youth Retreat and Palm Making 12:00 noon</p>