



Christ ^{the} Saviour Orthodox Church

Orthodox America (OCA) • Diocese of Eastern Pennsylvania

5501 Old Locust Lane, Harrisburg, PA 17109

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WWW.CTSHBG.ORG

Archbishop Mark (Maymon), Hierarch

V. Rev. Stephen Vernak, Pastor

Rt. Rev. Daniel Kovalak, Attached

Mark Yerke, Parish Council President

Dn. Peter (Scott) Staller, Attached

Dn. John Shingara, Attached

Rdr. Christopher Rakowski, Choir Director

Sbdn. Andrew Katerman, Treasurer

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law. *Galatians 5:22-23*

Sunday March 13, 2022

FIRST SUNDAY OF LENT — Tone 5. Sunday of Orthodoxy. Translation of the relics of St. Nikēphóros, Patriarch of Constantinople. Martyr Sabinus of Egypt. Martyrs Africanus, Publius, and Terence, of Carthage. Martyr Alexander of Macedonia. Martyr Christina of Persia. Ven. Aninas of the Euphrates.

Schedule: **Hours - 9:10am; Divine Liturgy – 9:30am; Memorial Litiya +John Osuch and +Bill Mamay;** Church School & Fellowship, *following*; Orthodoxy 101 –12:15pm

Readers: 3rd Hour: **Rdr. James Kushlan** 6th Hour: **Sbdn. Aaron Rutz**

Epistle: **John Dotsey** • *Post-Communion:* **Janice Zuro**

Welcome to our Visitors!

Interested in learning more? Please visit our parish website and email our priest, **Fr. Stephen Vernak**

Hymns & Readings

Troparion of the Resurrection, Tone V —

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

Troparion, Tone II —

We venerate Thy most pure image, O good One, and ask forgiveness of our transgressions, O Christ God: of Thy good will, Thou wast pleased to ascend the cross in the flesh, to deliver Thy creatures from bondage to the enemy; wherefore, with thankfulness, we cry aloud to Thee: 'Thou hast filled all with joy, O our Saviour; for Thou hast come to save the world'.

*Glory to the Father, and to the Son, and to the Holy Spirit.
Now and ever, and unto ages of ages. Amen.*

Kontakion, Tone VIII —

The un-circumscribed Word of the Father became circumscribed, taking flesh from thee, O Theotokos: and He hath restored the sullied image to his ancient glory, filling it with the divine beauty; this, our salvation, we confess, in deed and word, and depict it in the holy icons.

Prokeimenon & Readings:

Tone 4: Blessed art Thou, O Lord God of our fathers, / and praised and glorified is Thy Name forever! (*Song of the Fathers*)

Verse: For Thou art just in all that Thou hast done for us!

Epistle: (*Hebrews 11:24-26, 332-12:2*) *Brethren*, by faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, ²⁵ choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, ²⁶ esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. ³² And what more shall I say? For the time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: ³³ who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, ³⁴ quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens. ³⁵ Women received their dead raised to life again. Others were

tortured, not accepting deliverance, that they might obtain a better resurrection. ³⁶ Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. ³⁷ They were stoned, they were sawn in two, were tempted, were slain with the sword. They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented— ³⁸ of whom the world was not worthy. They wandered in deserts and mountains, *in* dens and caves of the earth. ³⁹ And all these, having obtained a good testimony through faith, did not receive the promise, ⁴⁰ God having provided something better for us, that they should not be made perfect apart from us. ¹ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares *us*, and let us run with endurance the race that is set before us, ² looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Alleluia Verses:

Moses and Aaron were among His priests; Samuel also was among those who called on His Name.

They called to the Lord and He answered them.

Gospel: (*Matthew 6:14-21*) *At that time*, Jesus wanted to go to Galilee, and He found Philip and said to him, “Follow Me.” ⁴⁴ Now Philip was from Bethsaida, the city of Andrew and Peter. ⁴⁵ 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.” ⁴⁶ And Nathanael said to him, “Can anything good come out of Nazareth?” Philip said to him, “Come and see.” ⁴⁷ Jesus saw Nathanael coming toward Him, and said of him, “Behold, an Israelite indeed, in whom is no deceit!” ⁴⁸ Nathanael said to Him, “How do You know me?” Jesus answered and said to him, “Before Philip called you, when you were under the fig tree, I saw you.” ⁴⁹ Nathanael answered and said to Him, “Rabbi, You are the Son of God! You are the King of Israel!” ⁵⁰ Jesus answered and said to him, “Because I said to you, ‘I saw you under the fig tree,’ do you believe? You will see greater things than these.” ⁵¹ And He said to him, “Most assuredly, I say to you, hereafter you shall see heaven open, and the angels of God ascending and descending upon the Son of Man.”

Upcoming Services & Events

Mar 14, Mon: Altar Guild Meeting –6:30pm

Mar 15, Tue: **Compline –6:30pm**; Great Lent Adult Ed –7pm

Mar 16, Wed: Bible Study – noon; **Pre-Sanctified Liturgy – 6:30pm**; Lenten Pot luck, *following*

Mar 17, Thu: Parish Council Meeting – 6:30pm

Mar 18, Fri: **Pre-Sanctified Liturgy – 8:30am**;

Mar 19, Sat: Bee-Treat – 9:30am @ Annunciation Greek Orthodox Church, Lancaster; **Vespers –5pm**; Confession, *following*

Mar 20, Sun: ST. GREGORY PALAMAS. Hours - 9:10am; Divine Liturgy – 9:30am; Church School & Fellowship, *following*; Orthodoxy 101 –12:15pm; **Lenten Vespers –5pm @St. Nicholas Serbian Orthodox Church, Oberlin**

Readers: 3rd Hour: **Sophia Kellachow** 6th Hour: **Jennifer Lewis**

Epistle: **Adam Priestley** • Post-Communion: **Mary White**

Parish News.

Great Lent March 7th -April 24th (Pascha): The Church prescribes to *abstain from all Meat, Dairy, & Fish.* ☒ **Fish** is prescribed on Annunciation (March 25) & Palm Sunday (April 17). Increase prayer, service attendance, & participate in confession & acts of mercy. **Questions? Please see Fr. Stephen.**

Great Lent Adult Ed: Will begin on **Tue, Mar 15th** following **Compline @6:30pm**. It will continue each Tuesday until April 5th. Please see the parish email/calendar for more information.

Night at the Movies: For one night only **Monday, March 21 Regal Harrisburg Stadium 14**, 1500 Caughey Dr, Harrisburg, PA, will have a screening of **"Man of God" @7pm** which tells the story of St. Nektarios of Aegina. Please see the parish email for ticket information.

Parish Only – Nut Rolls/Pascha Bread: Order are being taken for nut, poppy, & apricot rolls, each roll is now **\$15 ea.** Please contact Debbie Hisiro, 717-903-8604 or email at dhisiro@verizon.net. Pick up is **Sun, April 10th**. Pascha Breads are **\$5 each** for plain & **\$6 each** for raisin. Please contact John Dotsey, 717-566-0395 or email at johnandjeandotsey@verizon.net. Pick up is **Sun, April 3rd**. Order for your friends & family! No public orders.

Youth & Young Adult Events: They are several Saturday events coming up in March for our youth. Please see the parish email for more information including a one day retreat for ages 6th grade to 12th grade called the *Bee Treat* which is hosted by Annunciation Greek Church in Lancaster.

SAVE the DATE: 6th Annual OCCGH Golf Tournament will be held on **Sat, July 9** @Eagles Crossing Golf Course in Carlisle - 4 person Scramble Play with Team & Skill Prizes plus a Sirloin Steak & Beer Buffet. \$280 per team. RSVPs are due by **July 7**.

Fellowship Hours: The Men's Club will host fellowship until Pascha.

Parish Prayer List

Names will be listed for 2 weeks unless requested.

NEWLY DEPARTED [40TH DAY]: Christine Ghareeb (M. Myra's friend) - March 3 [4/12]; Jacqui Rieck (Ray's niece) - March 2 [4/11]; Christian Kinkel (uncle of Heidi Kushlan) - Mar 2 [4/11]; Daniel Milstein (Ethan Mandel's cousin) - Feb 24 [4/4]; John McGreevy (Evan & Johnna's father) - Feb 22 [4/2]; Joseph Baldowski (friend of M. Theodora) - Feb 21 [4/1]; Mildred Metesky (cousin of M. Theodora) - Feb 16 [3/27]; Ferdinand Gewiss (Pricopi's father) - Feb 12 [3/23]; Louise Demchak (sister-in-law of Suzanne) - Feb 12 [3/23]; Richard Altieri (nephew of Dotty Fedetz) - Feb 10 [3/21];

ANNIVERSARIES OF DEPARTED: Bill Mamay, husband of Judith, Mar 13 - 3rd; Met. NICHOLAS, Mar 13 - 11th; Iwan Bucharew, father of Victor, Mar 14 - 20th; Robert Cable, Jessica Drebot's uncle, Mar 14 - 7th; Steve Dragla, Mar 14 - 43rd; Thomas Middlesworth, Mar 14 - 32nd; Edna Shuler, grandmother of Peter Taleff, Mar 15 - 37th; Sue Mandell, Mar 15 - 23rd; Dorothy Cassel, Mar 15 - 29th; John Paraschak, Dotty Fedetz's brother-in-law, Mar 16 - 12th; Met. LAURUS, Mar 16 - 14th; Harold Johnson, Hatti Kaznowsky's brother, Mar 16 - 14th; Joseph Smart, father of Jo-Ann Nesko, Mar 16 - 28th; Thomas Karins, step-father of Candi Ressetar, Mar 16 - 16th; Ann Hribovski, mother of Denise Zullo, Mar 16 - 6th; Chris Kidane Dayer - Mar 16 - 4th; Stephen Macut, Mar 17 - 28th; John Yerega, uncle of Carl Hisiro, Mar 17 - 20th; Oliver (Gregory) Wendell Allen, Mar 18 - 33rd; Stephen Kalenevitch, father of Elaine, Mar 18 - 22nd; Egor Andreevich, father of Erin Kostylev, Mar 18 - 20th; Ap. Victor Sokolov, Mar 18 - 16th; Fr. Thomas Hopko, Mar 18 - 7th; Met. PHILIP, -Mar 19 - 8th; Ruth Ann Kushlan Waite, Rdr James aunt, Mar 19 - 1st;

AILING: PARISHIONERS: Terry Drebot **FAMILY/FRIENDS:** Dennie (B. Keener's stepson); Shaun (brother of L. Desautels); Gary (friend of the J. & A. Cole); Daria (friend of the Dotsey & Klipa families); Hannes, Anne & Elizabeth (brother & family of R. Rieck); Robert (cousin of John Dotsey); Andrea (I. Arahavos's mother); Eugene, Patty, & Frank (family & friends of B. Brown); Elaine (sister of S. Africa); Barry, Edwin, Phillip, Connie, & Daniel (family & friends of the Leer's); Barry, Trish, Pam, Danielle, & Morgan (Hisiro family & friends); Elle (friend of J. McGreevy); John (brother of J. Krut); Pam, Dan

& Nina (friends of D. Bupp); **Gary & Peggy** (cousin & friend of Donna Bretz); **Alexsya, Suzanne, Gemma**, (E. Herman's niece/godchild, family & friend); **Erma** (friend of N. Murphy); **Igumen David (Lewis)**; & **Neal** (D. Pawlush's brother); **James** (brother of M. Koviloff); **Betty & Bill** (J. Mamay's friends); **Joan Therese & Dori** (mother & niece of N. Lubecki & J. Lewis); **Lori** (Z. Bares mother); **Alex** (uncle of C. Yerke); **Lynn** (Himes daughter-in-law); **Kristin & Abe** (family & friend of Dn. Peter); **Shirley** (L. Pawlush's mother); **Sandy, Hailey, & Kelly** (friends of DiFlorio's);); **child Joshua**; **Sandy, Sue & Doreen** (E. Bare's friend & family); **M. Lisa Weremedic** (wife of Fr. James); **Janice & Emil** (J. Zuro & G. Leer's aunt & uncle); **child Fynn**; **Kay, Richard, & Anya** (aunt & friends of K. Leader); **Patty** (friend of K. Pankiw); **Mitchel** (Jean Dotsey's nephew); **Linda** (M. Sharon's mother); **Ap. Michael & M. Valeria Hatrak**; **Jeanette** (daughter of +E. Onufer); **Jacob** (brother of Pat Drebot); **Mandi, Connie, Charlie, Myrna & Shirley** (family & friends of Mallick's); **Wendy** (M. Deamer's mother);); **Kim & Mona** (sisters of Ab. Mark); **David** (friend of L. DiClemente); **Brandon & Pam** (friends of C. Neumann); **Mary** (mother of S. Kellachow); **Mary & Nicholas** (family & friends of the Kuchta's); **Carole**; **Fern** (Dn. Peter's mother); **Grace & Karen** (J. Mamay's sisters); **Victoria, Erin & David** (friends of L. Smith); **M. Emily** (Larissa & Anita's aunt); **Karenmay** (friend of L. Mantle); **child Aura** (friend of D. Zullo); **Steven** (J. Hake's father); **child Eva**; **Lori & Constantine** (Z. Bare's mother & family friend); **Flora** (T. Gault's mother); **Grace** (sister-in-law of D. Fedetz); **Vera** (Ressetar's family); **Elizabeth**; **Cassandra & Peter** (friends of L. Shuga); **Bernadine, Lonnie & Fred** (Osuch family); **Charlie, Abuit, Paul, Adam, Bev, Alynda, Tina, Jenny, Marilyn, Jan, Alicia, Shelby, & Malinda** (family & friends of the Kushlans); **Seraphima** (friend of J. Barns); **Thelma, Shari, Norman, Darrell, Justo, Alexa, Thomas, Leida, Jesus, Marsha, Alexander, Anastasia, John, Brian, Timothy, Jessica, Saulo, Theodore, & Tanya**, (Lopez friends & family); **Joseph** (S. Demchak's brother);

HEALTH & WELL-BEING: Those suffering from natural disasters. All victims of Sickness, Terror, War, Violence, Racism, Injustice & Civil Strife; **Metropolitan Paul & Archbishop John of Aleppo** *held hostage by Syrian Terrorists, for the suffering people of Ukraine, Haiti and Afghanistan, especially our citizens and soldiers who are in harms way*; **PARISHIONERS:** **Thomas Drebot**; **Robert Baker**; **Eleanor Herman**; **Louise Bare**; **Gail & David Goss**; **Mary Ellen Osuch**; **Natalie Treece**; **Suzanne Demchak**; **Evan M.**; **Tony Onufer**; **Ita (Stephanie) Snyder**; **M. Theodora Ressetar**; **John "Jack" Sweikert**; **Joseph Sembrot**; **Birikit & Hannah Zerat**; **Jeanne Zane**; **Teklu Ogbami-chael**; **Katherine Kudelko**; **M. Ap. Daniel & M. Myra Kovalak**; **Joseph (Moe) & Ruth Mazurek**; **Lazarus (Jonathan) Dunnavent**; **Kathryn Kellachow**; **Sue Wolfe**; **Daniel Bretz**; **Robin Kuzupas** **HOME-BOUND & IN-CARE FACILITIES:** **Michael Drozd**; **Carol**; **Rita**; **Nicholas Demopoulos**; **Nicholas Es-**

sis; Millicent Russell; **EXPECTANT MOTHER(S)**: Gabrielle (Kushlan) Russin; Tishna Fedetz; Brooke Jones; Elva Lubecki; Chicory (Snyder) Biers; *and the children to be born of them*; **COLLEGE STUDENTS**: Tseday Afrassa; Semhar Anghesom, Eden Araya, David, Amelia Demopoulos; Grace Firestine; Taylor Gladys, George Hatalowich, Jacob Herman; Shawn Jacob; Rdr. Vladimir Kellachow; Flimon Kesete; Matthew Mikita; Sammy & Salina Kidane; Alexander Lamb; Timothy Monko, Molly Pylypciw; Ashley; Dave; Peter; Wessam; **MILITARY**: Conrad; Shawn; Benjamin; Rdr. Vladimir; Abel; Jacob; Gabriel; Stephanie; Matthew; David; Michael; Peter; Sean; Ian, Zachary; Josiah; **FAMILY & FRIENDS**: Ap. John & Mat. Stephanie Onofrey; Joe & Lucy (Deb McGinnes's husband & granddaughter); Stacey (B. Keeners friend); Anne (sister-in-law of R. Rieck); Jesse Hake; George, Nancy, & Paul (father & friends of V. Baker); Mitchell, Deborah, Michael, Emily, Ezra (S. Kellachow's family); George & Matthew (family of J. Mamay); Ap. Victor Gorodenchuk (doctorate defense); Ray (friend of M.E. Osuch & C. Kemp); Kalei (family of K. Leader); Steve (friend of Johnna M.); Janice (S. Jekel's mother); Vicki, Ken, & Scott (friends of the Pankiw's); Dan (K. Taleff's son-in-law); Samantha (Somple's daughter); Annie & Devon (daughters of the Africa's); Deb (sister of Donna Bretz); Elaine (Rdr. Leo & Garnice's daughter); Helen, Ethan, Mitch, Rob, Jody, Jackie, & Bruce, (family & friends of the Mallick's); Ronald; April & Joseph (family of L. Hancher; Cindy, Gary & Paul (friends of the Lenker's); Iryna (Snyder family); M. Natasha Lazor, Cindy, & Stella "Linda" (M. Myra's friends); Mary & Judy (Rdr. L. Leer's cousins); Ron (friend of K. Pankiw); Vasiliki; Heather (sister of S. Cameron); Shenia (sister of N. Schilling); Rosalie; David & Dawn (cousins of Chet); Alexandra; Masha, Ethan & Wesley (M. Cameron's family/friend); Pauline (friend of E. Bare); Nancy & family (Snyder's friends); Thomas, Andrew, Priest Demetrius Nicoloudakis, Megan, Jacob & family, Georgia, Maria, Blake, Keisha, Dimitrios, child Evangelia, Kyle, Martha, Emma, Nicholas, Jack, Samuel, Christian, Theodore, Steve, John, Alexandra, Juan, Isaac, Daniel, Judy, Luke, Johnny, Leticia, Jim, Paul, Samuel, Faye, Jon, child Landon (family/friends of the Lopez's); Christine (M. Gopinath's aunt); Natalie (E. Herman's godchild); Dorothy, Shirley & family, Nathan; Jeff, Greg, David & William (family & friends of J. Barns); Nancy (John & Chris Cole's mother); Marc & Cecilia (L. Smith's cousins); **MISSIONARIES**: Jesse & Juanita Brandow (Guatemala); **SEMINARIANS**: (St. Vladimir's) Dn. John & M. Alexandra Black - Evyn, Lydia, Joshua, & Noah (St. Tikhon's) Rdr. Thomas & Lydia Given - Magdalena & Dominic; **CATECHUMEN(S)**: John Romain; Joseph Middelkoop; Isaiah Kerstetter

Many Years!

Please submit names and dates to office@ctshbg.org

BIRTHDAYS: Yafiet Tesfai – Mar 13; Madison Shingara – Mar 13; Gregory Ressetar – Mar 14; Joan Dupkanick – Mar 14; Milen Kebede – Mar 17; Grace Vernak – Mar 18; Eli Mioff – Mar 18;

NEWLY ORDAINED: Subdeacon Aaron Rutz

Candle Offering

To donate, please see a vestryperson

7 Day Votive is offered in Memory of **Joe Bell**, from the Gopinath family



But the fruit of the Spirit is love, joy, peace, longsuffering,
kindness, goodness, faithfulness, gentleness, self-control.
Against such there is no law. (Galatians 5:22-23)