



Christ ^{the} Saviour Orthodox Church

Orthodox Church in America • Diocese of Eastern Pennsylvania

5501 Old Locust Lane, Harrisburg, PA 17109

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Email - office "at" ctshbg.org

Archbishop Mark (Maymon), Hierarch Dn. John Shingara, Attached
V. Rev. Stephen Vernak, Pastor Rdr. Christopher Rakowski, Choir Director
Rt. Rev. Daniel Kovalak, Attached Dr. David Pawlush, Parish Council President
Rev. Aaron Rutz, Attached John Dotsey, Treasurer

Our "Why" - To experience and share Christ's love so that everyone we encounter finds healing, purpose, and eternal life.

If it is possible, as much as depends on you,
live peaceably with all men. *Romans 12:18*

Sunday March 5, 2023

FIRST SUNDAY OF LENT — Tone 5. Sunday of Orthodoxy. Martyr Conon of Isauria. Finding of the Relics of Rt. Blv. Theodore, Prince of Smolensk and his children David & Constantine. Monk Martyr Adrian of. Martyr Onesimus of Isauria. Martyr Conon the Gardener. Virgin Martyr Irais of Egypt. Martyrs Eulogius and Eulampius of Palestine. St. Mark the Faster. St. Hesychius the Faster.

Schedule: **Hours – 9:10am; Divine Liturgy –9:30am;** Church School & Fellowship; Orthodoxy 101 –12:15pm

Readers: 3rd Hour: **Manny Lopez** • 6th Hour: **Angie DiFlorio w/Cassy Zart**
Epistle: **Rdr. Matthew Lubecki** • Post-Communion: **Rdr. James Kushlan**

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 three Holy Children*)

v. For Thou art just in all that Thou hast done for us!

Epistle (*Hebrews 11:24-26, 32-12:12*): 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 (*John 1:43-51*) *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 7, Tue: Clergy Peer Group (Stroudsburg) - 10am;

Mar 8, Wed: Bible Study (zoom) - noon; **Pre-Sanctified Liturgy – 6:30pm;** Lenten Pot luck

Mar 9, Thu: “O” Club Meeting –7pm

Mar 10, Fri: Lenten Vespers – 6:30pm; Confession

Mar 11, Sat: Bethesda Mission Outreach –11:30am; **Vespers – 5pm;** Choir Rehearsal & Confession

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

Readers: 3rd Hour: **Arun Gopinath • 6th Hour: Michelle Gopinath w/Meera**

Epistle: Nicholas Zuro • Post-Communion: Rdr. Leo Leer

Parish News

Great Lent Feb 27 - April 16 (Pascha): The Church prescribes to abstain from all Meat, Dairy, & Fish. ☞ **Fish** is allowed on Annunciation, March 25th & Palm Sunday, April 9th. Increase prayer, service attendance, & participate in confession & acts of mercy. **Questions? Please see Fr. Stephen**

Spring Forward!: Next Sun, March 12th turn your clocks ahead one hour & this is also a great time to change your smoke/radon detection batteries!

Parking Reminder: For those who are physically able, **please consider parking at the dentist office** on Sundays to help alleviate congestion in our parking lots.

Time Sensitive Note: Pussy Willows are beginning to bloom, if you have plants on your property, please keep an eye on them & cut down some branches for our use on Palm Sunday.

Easter Nut Roll Sale: We are currently taking orders from **parishioners only** for nut, poppy seed & apricot rolls for \$15 each. Orders due by **Sun, March 26**. Pick-up Wed, April 5, Fri April 7 after church, or on Sun, April 9. Contact Debbie Hisiro at

Pascha Bread Sale: We are currently taking orders from **parishioners only** for Pascha Bread, plain or with raisins. The price is \$6 for plain & \$7 for raisin. Orders are due by **Sunday, March 26th**. Breads will be available for pick-up on Sunday, April 2 following Divine Liturgy. Please contact John Dotsey at

Decorated Candles: There will be **no** decorated candles request during Great Lent. There are bees wax & the 7 day votive for request.

SAVE the DATE: **60th anniversary celebration** will be held on Sat, Oct 28

March Lunch Bunch: All are welcome to join us for Lunch Bunch at *Harvest Seasonal Grill*, at Susquehanna Shops, 2625 Brindle Drive, HBA, PA 17110 on **Thursday, March 16th** at 12:30pm. Please call or text **Kathy Pankiw** at if you plan to attend. Also, if you need a ride or can give a ride, please let Kathy know.

7th Annual OCCGH Golf Tournament: Will be held on **Sat, July 8th** with registration at 7:30am. The 4 person Scramble Play is \$300 per team. All golfers need to pre-register by July 6th. Questions or if you would like to be a sponsor, please contact Carl Hisiro @

Fellowship Hours: The Men's Club will host Fellowship through out Great Lent. All proceeds will go to various non-profit organizations

Parish Prayer List

Names will be listed for 2 weeks unless requested.

NEWLY DEPARTED [40TH DAY]: Hieromonk Dorotheos - Feb 21 [4/1]; ; **Connie Strozak** (friend of the Leer's) – Feb 14 [3/25]; **Helen Davis** - Feb 14 [3/25]; **MaryAnn Zupancic** (cousin of Dotty Fedetz) - Feb 10 [3/21]; **Ap. Daniel Rentel** - Feb 7 [3/18]; **Bill Wertenberger** (Melissa Hanna's grandfather) - Jan 30 [3/10]; **Fern Staller** (mother of Dn. Peter) - Jan 29 [3/9];

ANNIVERSARIES OF DEPARTED: **Josefina Alicea Rivera**, mother of Mariana Cruz, Mar 4 - 5th; **Diane Tahansky**, Mariah Schware Leader's mother, Mar 5 -13th; **Jifna Creznic**, Mar 5 – 42nd; **Dn. Robert "Bob" Kuchta**, Mar 5 – 7th; **Julia Brelinsky**, Sonya Miele's mother, March 6 -13th; **Catherin Martins**, Mar 6 -27th; **Eva Kessock**, aunt of Elizabeth Howe, Mar 6 – 21st; **Joseph Martin**, father of Dave, Mar 6 – 20th; **Mary Kasabo Kalenevitch**, mother of Elaine, Mar 7 – 19th; **Doyle Mantle**, Lydia's father-in-law, Mar 7 – 3rd; **M. Olga Kovach**, Mar 8 -12th; **Sonia Mioff**, mother of Angie DiFlorio Mar 8 – 22nd; **Joseph Bell**, Michelle Gopinath's uncle, Mar 8 -7th; **Peter King**, brother-in-law of +Carl Polansky, Mar 9 -16th; **Vesanka Andric**, wife of Fr. Srboljub Jockovich, Mar 9 – 17th; **Myra McManus**, mother of Una, Mar 9 – 8th; **John Osuch Sr.**, Mar 10 – 2nd; **Eileen Onufer**, Mar 10 – 14th; **Marie Dura**, Bill Kuchta cousin, Mar 10-12th; **M. Anne E. Prislopsky**, mother of Mat. Theodora, Mar 11 – 26th; **Margaret Kocher**, Joanne Wevodau's aunt, Mar 11 -15th; **Audrey Harrington**, cousin of +Fr. Dan, Mar 11 – 7th;

AILING: PARISHIONERS: Millicent Russell; **FAMILY/FRIENDS:** Christine Perrin; **Melanie & Alex** (friend & uncle of C. Yerke); **Melvin, Cathy** (D. Martins brother & niece); **Alexandra, Charles, Tamara** (B. Kuchta's family); **Daniel** (brother of C. Neumann); **Roger** (friend of C. Kemp & B. Cain); **Bp. Matthias Moriak**; **Adley** (child of N. Somple's friend); **Maggie & Dick** (friends of the Klipa's); **Aiden** (nephew of S. Hanna); **Robin** (son-in-law of E. Files); **Fred**

(cousin of the Kormushoff's); **Jerry "David" & Dennie** (friend & stepson of B. Keener); **Maria** (friend of the Cain's); **Grace** (D. Fedetz sister-in-law); **Tom** (friend of D. Bupp & Kushlans); **Tanya** (niece of K. Kuchwara); **M. Olga Klembara** (Larissa & Anita's aunt); **Carolyn** (friend of C. Kemp); **Charles, Sophia, & Ana** (family & friends of C. Dardaris); **Joan, Kim, & Gary** (friends of the J. & A. Cole); **Daria** (friend of the Dotsey & Klipa families); **Hannes & Anne** (family of R. Rieck); **Andrea** (I. Arahavos's mother); **Elaine** (sister of S. Africa); **Pastor Charles, Mary, Peter, & Edwin**, (family & friends of the Leer's); **Anu, Steve, & Barry** (Hisiro family & friends); **Elle** (friend of J. McGreevy); **John** (brother of J. Krut); **Pam, Dan & Nina** (friends of D. Bupp); **Colton & Gary** (cousins of Donna Bretz); **Alexsya & Cassie** (family & friend of E. Herman); **Igumen David (Lewis)**; **Neal** (D. Pawlush's brother); **James** (brother of M. Koviloff); **Grace, Karen, Betty & Bill** (J. Mamay's sisters & friends); **Joan Therese & Dori** (mother & niece of N. Lubecki & J. Lewis); **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**; **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**; **Jacob** (brother of Pat Drebot); **Connie, Charlie, & Shirley** (family & friends of Mallick's); **Wendy** (M. Deamer's mother);); **Kim & Mona** (sisters of Ab. Mark); **Mary** (mother of S. Kellachow); **Mary & Nicholas** (family & friends of the Kuchta's); **Victoria, Erin & David** (friends of L. Smith); **Flora** (T. Gault's mother); **Vera** (Ressetar's family); **Bernadine, Lonnie & Fred** (Osuch family); **Mike, Jessica's & their families**; **Jon, Paul, Adam, Bev, Alynda, Tina, Jenny, Marilyn, Alicia, Shelby, & Jim** (family & friends of the Kushlans); **Seraphima** (friend of J. Barns); **James, his father, Thelma, Shari, Darrell, Justo, Alexa, Thomas, Leida, Jesus, Marsha, Alexander, Anastasia, John, Brian, Timothy, Jessica, Saulo, Theodore, & Tanya**, (Lopez friends & family);

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 Ethiopia, Eritrea, Ukraine, Haiti & Afghanistan, especially our citizens & soldiers who are in harms way*; **PARISHIONERS:** **M. Theodora Ressetar**; **Christina Klipa**; **Nadine Klipa**; **Gerald Cole**; **Charlene Dardaris**; **Johnna**; **Terry Drebot**; **Patricia Drebot**; **Lazarus (Manny) & Samantha Lopez**; **Frank Bifano**; **Gail (Brigit)**; **Mary Ellen Osuch**; **Glenn & Natalie Treece**; **Suzanne Demchak**; **Evan M.**; **Tony Onufer**; **Ita (Stephanie) Snyder**; **John "Jack" Sweikert**; **Joseph Sembrot**; **Birikit & Hannah Zerat**; **Jeanne Zane**; **Teklu & Pazon Ogbamichael**; **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**; **Rita**; **Nicholas**

Demopoulos; Millicent Russell; **EXPECTANT MOTHER(S)**: Natalie Kennedy; Lisa Fedetz, Jessica Priestley, Brooke Jones, *and the children to be born of them*; **ECM Cohort**: Emmanuel Maginas (coach) Jaclynn Choma, Symeon Jekel, Sophia Kellachow, Lydia Mantle & Fr. Stephen Vernak; **COLLEGE STUDENTS**: Tseday Afrassa; Semhar Anghesom, Eden Araya, David, Amelia Demopoulos; Grace & Evelyn Firestine; Jacob Herman; Shawn Jacob; Rdr. Vladimir Kellachow; Megan Kenny; Flimon Kesete; Salina Kidane; Matthew Mikita; Zachary Matthews; Molly Pylypciw; Rachel Reba; John Romain; Ashley; Dave; Peter; Wessam; Jessica Williams **MILITARY**: Alexander; Valery; Conrad; Shawn; Benjamin; Rdr. Vladimir; Abel; Jacob; Gabriel; Stephanie; Matthew; David; Michael; Peter; Sean; Ian, Zachary; Josiah; **Owen FAMILY & FRIENDS**: Stacy & Mia (B. Keeners friend); Ian (brother of N. Murphy); Vera, Stan, Joe & Kandi (family & friends of Libby); Tony (K. Hertzler's husband); Ronald; Una; Amy (co-worker of B. Kuchta); Shawn (friend of Dn. Peter); Jean & Robert (aunt & friend of Rdr. Leo); Anne (sister-in-law of R. Rieck); Mitchell, Deborah, Michael, Emily, Ezra (S. Kellachow's family); George & Matthew (family of J. Mamay); Kalei (family of K. Leader); Steve (friend of Johnna M.); Vicki, Ken, Ron, & Scott (friends of the Pankiw's); Jeanette, Scott, Helen, Ethan, Mitch, Rob, Jody, Jackie, & Bruce, (family & friends of the Mallick's); Kyle, Steve, Joseph & Scott, (friends of the Lenker's); M. Natasha Lazor, Cindy, Linda, & Vera, (friends of M. Myra); Rosalie; David & Dawn (cousins of Chet); Alexandra; Masha, Ethan & Wesley (M. Cameron's family/friend); 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); Dorothy, Shirley & family, Nathan; Jeff, Greg, & William (family & friends of J. Barns); **MISSIONARIES**: Jesse & Juanita Brandow (Guatemala); **SEMINARIANS**: (St. Tikhon's) Fr. Nathan & M. Katharine Clausen - *Micaiah, Evangeline, Gideon, Zacharias, Ignatius, & Basil*; (St. Vladimir's) Fr. John & M. Alexandra Black Evyn, Lydia, Joshua, & Noah **CATECHUMEN(S)**: John Romain; Joseph Middelkoop; Jeanne Kormushoff; Henry Laskowski; William Kenny; Dana Kenny; Vincent, Natalie, & Annika Kennedy; Gregory Spear; Mariana Cruz



Many Years!

Please submit names and dates to office "at" ctshbg.org

Anniversaries: Ken & Stephanie Snyder – Mar 7;

Birthdays: Effie Spaseff – Mar 5; Natalie Kormushoff – Mar 5; Nicholas Ressetar – Mar 7; Wessam Botros –Mar 9; Marie Reba –Mar 9; Joseph "Moe" Mazurek – Mar 10; Luula Ghebraindrias – Mar 10; Eden Araya – Mar 10; Janice Donelon – Mar 11; Kinsley Jade Kemp –Mar 11;

Candle Offering

To donate, please see a vestryperson

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



TEXT FOR THE ICON PROCESSION

Troparion - 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'.

Synodikon of Orthodoxy

As the prophets beheld / as the Apostles have taught, / as the Church has received / as the teachers have dogmatized / as the Universe has agreed / as Grace has shown forth / as Truth has revealed / as falsehood has been dissolved / as Wisdom has presented / as Christ has Awarded / thus we declare / thus we assert / thus we preach Christ our true God / and honor His Saints / in words, in writings in thoughts, / in sacrifices, in churches, in Holy Icons / on the one hand worshipping and reverencing Christ as God and Lord / and on the other hand honoring as true servants of the same Lord of all / and accordingly offering them veneration.

- **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 which has established the Universe!**