Christ the Saviour Orthodox Church

A Parish of the Orthodox Church in America (OCA) • Diocese of Eastern Pennsylvania
5501 Old Locust Lane, Harrisburg, PA 17109
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His Grace Bishop Melchisedek, locum tenens
His Grace Bishop Mark, Administrator
Rev. Stephen Vernak, *Pastor (svernak@hotmail.com)*
V. Rev. Daniel D. Ressetar, *Pastor Emeritus*
V. Rev. Dr. Michael G. Kovach, *Associate*

50th Anniversary
1963 - 2013

Sunday March 17, 2013

SUNDAY OF CHEESEFARE — Tone 8. The Expulsion of Adam and Eve from Paradise. Ven. Aleksy (Alexius) the Man of God. Ven. Macarius, Abbot and Wonderworker of Kalyázinsk. Martyr Marinus. St. Patrick, Bishop of Armagh, Enlightener of Ireland.

Epistle: Romans 13:11-14:4 **Gospel**: Matthew 6:14-21

Upcoming Services and Events:

Mar 17, Sun: **Cheesefare Sunday.** Adult Ed -8:30am; *Divine Liturgy -9:30am; Forgiveness Vespers -11am;* Pirogi Luncheon - after *Vespers;* Pan-Orthodox Choir Rehearsal (Mechanicsburg) -3pm
Hour Readers: 3rd Hour: **Scott Staller** • 6th Hour: **Chris Dupkanick**

Mar 18, Mon: **Begging of Great Lent.** *Canon of St. Andrew -6:30pm*

Mar 19, Tue: *Canon of St. Andrew -6:30pm*

Mar 20, Wed: Bible Study (33 n 2nd St) –noon; *Canon of St. Andrew -6:30pm*

Mar 21, Thu: **St. James the Confessor.** *Canon of St. Andrew -6:30pm*

Mar 22, Fri: *Pre-Sanctified Liturgy -6:30pm with blessing of Koliva and Lenten Pot-luck*

Mar 23, Sat: **St. Theodore Saturday.** Pan-Orthodox Choir Rehearsal (CTS) 1pm -3:30pm; *Triumph of Orthodoxy Vespers -4pm*

Mar 24, Sun: **Sunday of Orthodoxy.** Adult Ed -8:30am; *Divine Liturgy -9:30am;* Church School -11am; Fellowship -11am; *Vespers & Litya -12pm*
Hour Readers: 3rd Hour: **Bill Kuchta** • 6th Hour: **Chet Lubecki**

- **AncientFaithRadio.com** - 24 hour Orthodox Internet Radio
- **OrthodoxyinAmerica.org** (Traveling or Going on Vacation?) **check it out!**

Welcome to our Visitors!!! Please join us for fellowship in the church hall following the service. **If you are interested in becoming a part of our community please ask to speak to Fr. Stephen. Please note:** Only those faithful who are Orthodox Christians and have properly prepared themselves by fasting *(from all food and drink from midnight)*, prayer, and recent confession; and who were present for the reading of the Epistle and Gospel, should approach to receive the Eucharist.

Parish Prayer List:

Please remember the following persons during your daily morning and evening prayers. ***Names will be listed for 2 weeks unless requested.*** *Submit names to the office by Wednesday for inclusion.*

Ailing: ***Parishioners:*** **Archpriest Michael Kovach**; **Frank Skirpan** ***Family and Friends:*** **Patricia Siebert** (Joe Baggio's aunt); **Diann Evans** (Kathy Pankiws co-worker); **Richard Hathaway**; **Tyler Demko** (Fr. Michael's son); **Devon Jacobs** (Sheri Africa's daughter); **Joan Sysak**; **Luke Spassef**; **Valerie Gyrisco**; **Michael Sysak**; **Charles Wurster** (brother-in-law of Bill Kuchta); **Dona Beshore & Christopher Mitchell** (friend & family of Bob Drozd); **Carrie Faust, Landon Payne, Dr. James Kipp, Becky Kenderdine, & Barbara Scheer** (friends of Jerry & Ann Cole); **Irene Priggins** (Christine's mother); **Theodore & Nicholas Demopolous** (Samantha's father and cousin); **Diane Chambers** (Anna Doray's daughter); **infant Elizabeth Ruzanka**; **Jamie Krempasky & Irene Pagel** (George's great niece, daughter and friend); **Keturah Faust** (J. Barns and L. Shuga's friend); **Matthew Kocsis**, **John Fatich, Robert Fatich & Catherine Fatich** (Janet Kuzupas' family); **Joseph & Steven Demchak** (Suzanne's brothers)

Health & well-being: ***Parishioners:*** **Effie Spassef**; **Kevin Herman** (Eleanor's son); **Sue Wolfe**; **Timothy McMahon**; **Saba Ghebresalassie**; **Ghebremichael Habtegheorghis**; **Daniel Bretz**; **Elizabeth & Paul Pellegrini**; **Robin Kuzupas** ***Home-bound & in Care Facilities:*** **Betty Danko**; **Nicholas Essis**; **Ann Pusey**; **Agnes Risser**; **Millicent Russell**; **Shirley Sass**; **Salwa Shunnara**; ***Expectant Mothers:*** **Stacy Snavely** (niece of John R. Barns); **Viviana Sysak** *and the children to be born of them;* ***College Students:*** **David & Yelena Ambartsumian, Jessica Drebot, Matthew Hadginske, Paige & Skye Hisiro, Jennifer Krider, Magdalena Newhouse, Anastasia Nikolaeva, Nicholas Pawlush, Sophia Ressetar, Mariah Schware**; **Michael & Sarah Sample, Evelyn Staller, Jessica Taleff**; ***Military:*** **John Akimov**; **Jeremy Fetsko**; **Stephanie King**; **Matthew Pylypciw**; **Steven Heberle**; **Jessica Shingara**; **Thomas Shingara**; **Nathaniel Lubliner** ***Adopted Seminary Family:*** **Fr. Dn. Matthew, M. Elizabeth, Elias & Genevieve Brown;** ***OCMC Missionaries:*** **Christina Semon** (Romania); **Julian Burgan** (Tanzania) ***Family and Friends:*** **Archpriest Alexander Atty**; **Archpriest John Onofrey**; **Gregory Sysak**; **Joseph & April Parsons**; **William Scheaffer, Noah Hindes and Diane Peredna** (brother-in-law & friends of John R. Barns); **Christine Kihm, Charles Klein, Joseph Luciano, Margaret & Cecilia Hunt** (Larry Smith's friends, aunt & cousin); **Addison, Judy & Greg** (Christine Priggins family); **Mattie Martin**; **Diane Broskey**; **Willard Brown**

Newly Departed: **Jean Watt** (mother-in-law of Dana) –Mar 12; **Tekeste Hagos** (brother of Yorusalem) – Feb 13; **Albert Dietrich** (cousin-in-law of Fr. Dan) – Feb 24; **Christine Brunswick**, (Cathi Kemp's sister-in-law) –Feb 24

Anniversaries of Departed: **Mary Berech Solovey,** Mar 17 – 35th; **Stephen Macut,** husband of Katharine Macut, Mar 17 – 19th; **John Yerega,** uncle of Carl Hisiro, Mar 17 -11th; **Oliver (Gregory) Wendell Allen,** Mar 18 – 24th; **Stephen Kalenevitch,** father of Elaine, Mar 18 – 13th; **Egor Andreevich,** father of Erin Kostylev, Mar 18 – 11th; **Zella Sutovich,** mother of Nicholas, Jr., Mar 18 – 10th; **Archpriest Victor Sokolov**, Mar 18 – 7th; **Peter Kanoff,** Mar 19 – 23rd; **Katherine Costopoulos**, Mar 19 -7th; **Grace Dougherty Bent,** Suzanne Mioff's mother, Mar 20 – 22nd; **Archpriest Peter Bourdokofsky**, Mar 20 -8th; **George S. Klipa,** husband of Marilou, Mar 22 – 14th; **Sophie Fatich,** sister of Janet Kuzupas, Mar 22 – 7th; **Archpriest Eugene Vansuch**, Mar 23 – 5th;

Candle Offerings: *To purchase commemoration candles, please go to the candle desk or speak with one of the vestrymen.* Please note: offerings must be in the office by Wednesday for inclusion.

* ***Seven Day Votive*** is offered in ***Health & Salvation of Joe Demchak,*** brother of Suzanne

Many Years: *Please submit to* ***ctsocahbg@aol.com*** *by the preceding Wednesday.*

Birthdays: **Grace Vernak –**Mar 18; **Eli Mioff** – Mar 18; **Betty Pellegrini** – Mar 19; **Margaret Kundrat** –Mar 20; **Zoe Vernak** –Mar 20; **Susan Dotsey** – Mar 21; **Joseph Russian** – Mar 22; **Anastasia Nikolaeva** – Mar 23; **Marina Cameron** – Mar 23; **Philip Spaseff** – Mar 23

Parish News and Events:

Triumph of Orthodoxy Vespers: We will host on **Saturday, March 23rd @ 4pm**. Metropolitan Savas of the Greek Archdiocese, will be our guest homilist. **Please note:** Anyone interested in assisting in the many duties for the day, especially in the fellowship meal, please contact **John Dotsey.**

CTS Children's Lenten Retreat: Will be held on **Saturday April 13th**, 1-4pm, Vespers to follow. This is an opportunity for all of our church school children (Pre-K to High School) to learn more about Christ's death and Resurrection. Egg hunt, crafts and snack provided. Sign up in the vestibule for your child/children to participate. Last date to sign up is Sunday March 31st. Questions? Call Elise Mosser at 717-473-3201.

Egg Carton Request: Please save your dozen eggs cartons and bring them to church for use by our Church School. A collection box will be in the vestibule. Thank you!

LENTEN PRAYER PALS: "Great Lent is a time of prayer and fasting in order to become closer in our relationship with God as we prepare for the celebration of Great and Holy Pascha. Often times, this Lenten journey can seem overwhelming. This year, we are going to try a Lenten Prayer Pal program in which to support each other during this spiritual struggle. If interested, please contact **Lara Haluszczak** (lara.haluszczak@gmail.com). Once those who are interested have gotten in touch with Lara, she will randomly distribute the name of someone else in the Prayer Pal program who you **ANONYMOUSLY** keep in your prayers throughout Great Lent. You keep this Prayer Pal in your prayers, and on Pascha, you will reveal to your Prayer Pal who you are." **NOTE**: Please contact Lara by **Friday, March 22nd -** so you can receive your name on the Sunday of Orthodoxy. Many thanks to her for sharing this idea from her home parish and offering to coordinate it!

FOCA Scholarship: The deadline for the FOCA scholarship is **March 31st**. To apply you must be Junior "O" Club members who are graduating from high school and college students who are Senior "O" Club members. Please visit www.orthodoxfellowship.org for application and instructions for mailing.

Saturday Evening Vespers: Following the Triumph of Orthodoxy Vespers on Saturday, March 23rd at 4pm, we will change our weekly schedule to have **4pm Vespers on Saturday**. Thank you to all who commented, we pray that this change will benefit our community. Please continue to offer your thoughts during the transition.

ST. MARY'S ALTAR GUILD - SALES DESK: Newly acquired Icons from Russia at reasonable prices. Please visit the sales desk during fellowship hour to see what is new. Icons will be on display every week until Orthodoxy Sunday. Please see **Evelyn Krempasky** with any inquiries.

Dottie Barbu Address: 322 Robin Drive, Hollidaysburg, PA 16648

Fellowship Hour Schedule: Parishioners are asked to help by bringing at least **48** servings of baked goods and to serve them during their assigned fellowship hour. Please check the dates below and mark your calendar accordingly. ***The complete list through next May 2012 is available at the parish hall.*** If you are unable to be at church on your scheduled date contact **Nadzia Schilling** at 652-2759.

Mar 17:		**Parish Pirogi Luncheon**	
*Mar 24:	Nora Lubecki	Chet Lubecki	Robbin Staller
*Mar 31:	Sharon Shingara	Christine Priggins	Dana Watt

Last Sunday Liturgy Attendance: 127

EVENTS AROUND OUR ORTHODOX COMMUNITY

Looking for Volunteers: **Agia Sophia Coffeehouse & Bookstore** (an outreach ministry of the Orthodox Christian Churches of Great Harrisburg). The positions involve customer service, keeping the facility neat & clean and assisting staff in filling orders. Please feel free to contact me with any questions or adjustments to the volunteer hours. **Joanne Wevodau** (jwevodau@verizon.net or cell # 717-580-4833).

To learn more about Agia Sophia check out our web page at **www.agiasophiaharrisburg.com**

Women's Retreat: The Antiochian Village in Bolivar, PA is hosting a Lenten Retreat *"A WE, Antiochian Women of the East"* on **April 19 – 23**. The guest speaker is Father Bogdan Bucur and the theme is "*Be still and know that I am God".* More information is located in the candle stand and car pools are currently forming.

Born to Hate, Reborn to Love: The Holy Annunciation Orthodox Church in Berwick is hosting a free lecture by author Klaus Kenneth on his best-selling book, *Born to Hate, Reborn to Love* on **Thursday, March 21 at 6pm**. Refreshments will be served and babysitting is free. For more information please contact Rev. Michael Demko at 570-952-3181 or www.orthodoxberwick.org or see the flyer in the vestibule.

8th Annual Young-Adult Retreat: **Saturday, April 6th** from 11am to 4pm at Holy Apostles Orthodox Mission in Mechanicsburg. **"Looking into the Mirror" Prayer as a Means of Acquiring Self Knowledge and Knowing God** with keynote speaker Fr. Theodore Petrides. $10.00 suggested donation includes lunch. Please email philipgraybill@gmail.com with your RSVP by March 31. More info on flyers in the vestibule & parish hall.

Saint Tikhon's Summer Camp Counselor: Applications are now being accepted for Camp Counselor's for St. Tikhon's Summer Camp July 7 -13. Forms are available at www.sttikhonscamp.org. Application forms must be postmarked by April 26th. For more information on becoming a counselor please email info@sttikhonscamp.org or call 570-493-0108.

Sunday of Cheesefare: Explusion of Adam from Paradise

Orthodox Church in America www.oca.org

As we begin the Great Fast, the Church reminds us of Adam's expulsion from Paradise. God commanded Adam to fast (Gen. 2:16), but he did not obey. Because of their disobedience, Adam and Eve were cast out of Eden and lost the life of blessedness, knowledge of God, and communion with Him, for which they were created. Both they and their descendents became heirs of death and corruption.

Let us consider the benefits of fasting, the consequences of disobedience, and recall our fallen state. Today we are invited to cleanse ourselves of evil through fasting and obedience to God. Our fasting should not be a negative thing, a mere abstention from certain foods. It is an opportunity to free ourselves from the sinful desires and urges of our fallen nature, and to nourish our souls with prayer, repentance, to participate in church services, and partake of the life-giving Mysteries of Christ.

At Forgiveness Vespers we sing: "Let us begin the time of fasting in light, preparing ourselves for spiritual efforts. Let us purify our soul, let us purify our body. As we abstain from food, let us abstain from all passion and enjoy the virtues of the spirit.