

**ST. NICHOLAS BULLETIN**

Sunday, March 12, 2023

St. Gregory Palamas

Tone 6. Epistle, Heb., 1:10 - 2:3; Gospel, Mark 2:1-12

Ven. Theophanes / Ven. Simeon the New Theologian / St. Gregory the Dialogist

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**SERVICES**

**SATURDAY 6:00 p.m. VESPER**  
(Holy Resurrection Church, Belle Vernon)

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COFFEE FELLOWSHIP HOUR will be held today following the Divine Liturgy.

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SOUTHWEST DEANERY MISSION SERVICE will be held today at 4:30 p.m.,  
at Holy Resurrection Church in Belle Vernon.

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CHURCH COUNCIL MEMBERS will hold a Zoom meeting this Tuesday at 7 p.m.

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A SPECIAL COLLECTION will be held today to help those who are suffering in  
Ukraine.

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SUNDAY OF THE CROSS VESPER SERVICE will be held next Sunday at St.  
Alexander Nevsky Church in Allison Park at 4:30 p.m.

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**VIGIL OFFERINGS – Sunday, March 12, 2023**

MARY BEHANNA (Virgin Mary Kiot) – In memory of parents, Andy and Petrina  
Gernat (2)  
INA PRYSTASH – In memory of husband, Ralph / For health of Jacque, Dianna, and  
family / In memory of John Prystash (18<sup>th</sup> anniversary)  
RODNEY PRYSTASH – In memory of dad / For health of mom, Jacque, Dianna, and  
family  
JOSEPH POPOVICH – In memory of dep. father, Stephen Popovich  
MICHELE LUCIANI – In memory of dep. husband, Stephen Popovich  
M/M FRED RUEV – May God’s healing hand be upon all our parishioners and grant  
them a speedy recovery  
SANDY CARROLL – For health of family / For newborn granddaughter, Natalie Lila  
Carroll  
KEN BEHANNA – For health and welfare of our church

PROTODEACON RODION and MAT. SANDY – For health of Protodeacon Rodion,  
Nicholas, and Christina / For health of Pauline Petro / For health of Janine Shepler /  
God’s blessings for Jim Hays on his birthday – God grant him many years!  
VLAD KASH – In memory of Fr. Igor  
TOM and ELAINE BACKSTROM – Special intentions / In memory of mom and dad /  
God’s healing hand be upon sister, Michele / For health of Gilbert Salotti / God’s  
blessings upon grandchildren, Sydney, Luke, Freddy, and Madison / For health of family  
JANINE SHEPLER – In memory of dep. brother, Jon / In memory of dep. father, John /  
For health of brother-in-law, Mike and Cindy / Special intentions for son, Billy and Jodi  
DR. DIMITRI PETRO – For health of wife, Pauline  
DR. DIMITRI and PAULINE PETRO – God’s blessings upon Jim Hays on his birthday /  
For health of son, Tom / Safe travel for Russell / Safe travel for Christine and Alex (2) /  
For health of Ted and Joceline (2) / For health of Natalie and Rob (2) / For health of  
Kyra and Will (2) / For health of Giada Montini  
SANDY AITKEN – In memory of brother, Ethan / In memory of newly departed Aunt  
Rosemary / In memory of dad, Lee / For health of mother, Pauline / For health of Aunt  
Bunnie / For health of sister, Natalie / For health of Jacque Rugh / For health of Aunt Ina  
/ For health of Dianna  
JIM and VERA HAYS – For health of Tom Petro / For health of all parishioners / God’s  
blessings on St. Nicholas Church  
M/M ROB MONTINI – For health and recovery of mom / For health of Giada / For  
health of brother, Tom  
M/M NICK MILCHOVICH – For health and recovery of mom, Pauline / For health of  
Giada Montini / For health of brother, Tom  
MARK SOROKA – In blessed memory of mother, Mat. Irene / In blessed memory of  
father, Fr. Igor

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**The Lenten Prayer of St Ephraem the Syrian**

O Lord and Master of my life! Take from me the spirit of sloth, faint-heartedness, lust of  
power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to  
Thy servant. Yea, O Lord and King! Grant me to see my own errors and not to judge my  
brother; For Thou art blessed unto ages of ages. Amen.

This prayer is read twice at the end of each Lenten service, Monday through Friday. At  
the first reading, a prostration follows each petition. Then all the participants bow twelve  
times saying: “O God, cleanse me a sinner.” The entire prayer is repeated with one final  
prostration at the end.

Why does this short and simple prayer occupy such an important position in the entire  
Lenten worship? Because it enumerates, in a unique way, all the “negative and “positive”  
elements of repentance and constitutes, so to speak, a “checklist” for our individual  
Lenten effort. This effort is aimed first at our liberation from some fundamental spiritual  
diseases which shape our life and make it virtually impossible for us even to start turning  
ourselves to God. Obviously, our aim for Lent, as well as in our prayers, should be to  
eliminate these elements from our lives.