

**ST. NICHOLAS BULLETIN** Sunday, March 23<sup>th</sup> 2021  
FIRST SUNDAY OF LENT – Tone 5. Sunday of Orthodoxy.  
*Hebrews 11:24-26, 32-12:2; John 1:43-51*

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Please join us following Divine Liturgy downstairs for coffee hour.

Throughout Lent, we will continue to serve a Moleben for peace, to remember those suffering from the war in Ukraine, every Tuesday evening at 6:30. Additionally, as an edit to the Lenten schedule, there will be no Panikhida the evening of the 25<sup>th</sup>.

**Services and events this week**

**TONIGHT**

**4:30pm** Pan-Orthodox Mission Vespers @ All Saints in Canonsburg

**Tuesday**

**6:30pm** Moleben for peace

**Friday**

**6:00pm** General Pannikhida for Soul Saturdays

**Saturday**

**12:00pm** (at St. John's in Canonsburg) Holy Unction  
(NO VESPERS this evening)

**Second Sunday of Lent (March 20<sup>th</sup>)**

**9:40** Hours; **10am** Divine Liturgy, followed by coffee hour

**5:00pm** Mission Vespers at Nativity of the Virgin, Monongahela

**Prayer list Mar. 6<sup>th</sup>**

*Mary Behanna* – in memory of parents Andy & Petrina Gernat (Virgin Mary Kiot)

*Sandy Klizas* – in memory of Stephen & Helen Drake/ in memory of Frank & June Drake/ for health of Patrick Warholic/ for health of Allan Boger/ for special intentions/ for end to the aggressions in the Ukraine

*Ken Behanna* – for health and welfare of our church

*Vlad Kash* – in memory of Fr. Igor Soroka

*Dimitri & Pauline Petro* – birthday remembrance of Dad, William/ for health of Christine & Alexandra/ for health of Russell & Shelley/ for health of Jonah & Catherine/ for health of Giada Montini/ for health of Kyra and Noah/ for health of Natalie and Rob/ in memory of Fr. Igor/ for health of Matushka Nadia

*Tom & Elaine Backstrom* – memory of mom & dad/ special intentions/ God's healing hand be upon sister Michele/ God's blessing upon grandchildren, Sydney, Luke, Freddy & Madison/ for health of family

*Deacon Rodion & Mat. Sandy and family* – for health of Deacon Rodion, Nicholas & Christina/ for health of Mat. Sandy/ for health of Dennis Carroll

*Mike Horan* – memory eternal for my loving wife, Rebecca/ for health of Cindy/ for special intentions/ for health of Manny Rodriguez  
*Sandy Carroll* – health of family/ safety of those in Ukraine

*Mark Soroka* – in blessed memory of beloved father, Fr. Igor/ in blessed memory of beloved mother, Mat. Irene

*Sandy Aitken* – in memory dad Lee, brother Ethan/ health of mother Pauline, Natalie, Aunt Bunnie, Aunt Rosemary, Jacque, Colton, Jennifer/ special intentions

*Pauline Aitken* – memory of departed son, Ethan, departed son Kevin, departed Grandson, Nicholas, departed husband, Lee/ for health of daughter, Natalie/ for health of sister, Rosemary/ for health of sister, Bunnie

*Rob & Natalie Montini* – for health of niece, Giada

*Nick & Christine Milchovich* – for health of Giada Montini/ health of Dennis Carroll/ safety & peace in Ukraine

**Altar Candles**

Offered by Pauline Aitken for departed father, Michael, on 47<sup>th</sup> anniversary of his repose

**Pray the Psalms (continued from previous weeks)**

*“The essential thing is for us to hear God’s word and discover from it how to respond to him.”*

*The other script the Holy spirit provides us is the Book of Psalms...If prayer means intentionally spending time directing our attention to God, what happens when our attention flags? How do we keep our thoughts from wandering? How do we keep our thoughts from wandering? How do we resist being swept along by the stream (or sewer) of consciousness? How do we fill (rather than kill) the time of prayer? For nearly three thousand years the answer has been: the Psalms.*

*The endorsement, by exhortation and example, of the Psalms as the text and teacher of prayer can be found in all the Christian centuries, in both East and West. In the twentieth century, prominent Western writers such as Dietrich Bonhoeffer, C.S. Lewis, Thomas Merton, and Eugene Peterson have all published books about praying the Psalms.*

*In one of these, “Psalms: The Prayerbook of the Bible”, German pastor Dietrich Bonhoeffer observes that the Lords Prayer distills and concentrates everything in the Psalms. Conversely, the Psalms expand, elaborate, and apply every phrase in the Lord’s Prayer... (continued on the back)*

### **Putting it into Practice**

**How do we pray the Psalms?** The Church's answer is: **in order, repeatedly, continually.** Start with Psalm 1:1, "Blessed is the man who walks not in the counsel of the ungodly..." and proceed, verse by verse, psalm by psalm, reading them in order until you come to the very last verse.

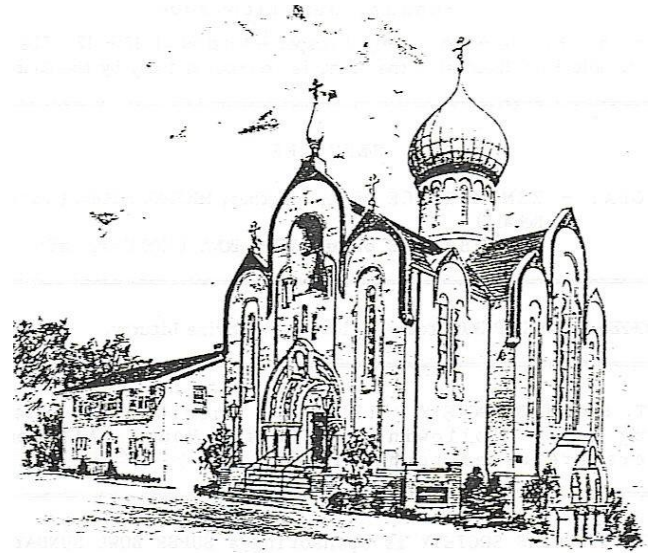
Then go back to Psalm 1 and do it again.  
And again.  
Continue this for the rest of your life.

In "The Grace of Incorruption," Dartmouth English Professor Donald Sheehan wrote, "Since September 8, 1984, when I was received into the Orthodox Church, I have prayed the Psalms daily in my morning and evening private prayer, and since May 1988, when I was ordained to the subdiaconate, I have prayed through my through the entire Psalter every week of my life."

**How should we pray the Psalms?** 1) **Aloud.** The dance of tongue, teeth, and lips is part of prayer. In "The Arena," St. Ignatius Brianchaninov writes: "Say the words in an audible voice when you are alone: this also helps hold the attention." 2) **Slowly and attentively.** What St. Ignatius says of the Jesus Prayer applies to psalmic prayer: "The essential properties of this prayer should be: attention, the enclosure of the mind in the words of prayer, extreme unhurriedness in pronouncing it, and contrition of heart...these conditions are necessary for all prayer."

How many Psalms should we pray? Monks and nuns are the Church's experts in Psalmic Prayer. In monasteries and sketes that are able to follow the monastic rule fully, the entire Psalter – all 150 psalms – is read every week. This increases to twice a week during Great Lent. To facilitate this, centuries ago, the Psalms were divided into twenty sections (called *Kathisma*) and further divided into three subsections (called *stases*): thus, sixty sections of roughly equal length. So, one possibility is to pray one or more of these stases each day.

Here we must again remember first principles: Pray as you can, not as you want; do fewer things better. If praying a stasis attentively is not possible, do less. Do one Psalm. Do a few verses from one psalm. We should pray as many – or as few – psalms as we realistically can in the time we have. But we should never do none.

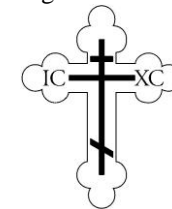


**"No one could describe the Word of the Father; but when He took flesh from you, O Theotokos, He accepted to be described, and restored the fallen image to its former state by uniting it to divine beauty. We confess and proclaim our salvation in word and images."**

**—Kontakion for Sunday of Orthodoxy**

## **St. Nicholas Orthodox Church**

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