



Welcome to St. Michael's Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

1182 Ashland Street, Greensburg, PA 15601

www.stmichaelsgreensburgpa.org

Rev. Fr. David Hyatt, Pastor

Sunday, March 16, 2025

Office Hours:

Tuesday – 9am – 12pm

Thursday – 9am – 4pm

Office Telephone:

(724) 834-1311

Church Office Email:

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Fr. David Hyatt – Cell Phone:

(218) 576-8324

Fr. David Hyatt:

frdavidhyatt@gmail.com

This Week

Sunday, March 16th

Sunday of St. Gregory Palamas

8:45 AM – Orthros

10:00 AM – Divine Liturgy

11:15 AM – Church School

12:00 PM – Ask Abouna: Confession

Monday, March 17th

6:00 PM – Great Compline

Tuesday, March 18th

10:00 AM – Spinach Pie Making

6:00 PM – Parish Council Meeting

Wednesday, March 19th

5:20 PM – Ninth Hour & Typica

6:00 PM – Presanctified Liturgy

8:00 PM – Lenten Soup Supper

Friday, March 21st

9:30 AM – 70th Anniversary Meeting

6:00 PM – Akathist & Little Compline

Saturday, March 22nd

4:30 PM – Catechism Class

6:00 PM – Great Vespers

Sunday, March 23rd

Sunday of the Holy Cross

8:45 AM – Orthros

10:00 AM – Divine Liturgy

11:15 AM – Church School

(Procession of the Holy Cross)

12:00 PM – Adult Choir Practice

12:00 PM – Church School Confessions

Divine Liturgy Variables on Sunday, March 16, 2025 Second Sunday of Great Lent Commemoration of Gregory

Palamas, archbishop of Thessalonica
Martyr Sabinos of Egypt;
Venerable Christodoulos the wonderworker of Patmos

Divine Liturgy of St. Basil the Great

RESURRECTIONAL APOLYTIKION IN TONE FIVE

Let us believers praise and worship the Word; coeternal with the Father and the Spirit, born of the Virgin for our salvation. For, He took pleasure in ascending the Cross in the flesh to suffer death; and to raise the dead by His glorious Resurrection.

APOLYTIKION FOR ST. GREGORY PALAMAS IN TONE EIGHT

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

APOLYTIKION OF THE ARCHANGELS IN TONE FOUR

O foremost of the Heav'nly Hosts we beseech thee, though we are unworthy. Pray that we may be encompassed with a shadow of thine unearthly glory, preserving us, who kneel and cry endlessly. Deliver us from oppression since ye are the princes of the highest power.

KONTAKION FOR SUNDAYS IN GREAT LENT

To thee, the Champion Leader, do I offer thanks of victory, O Theotokos, thou who hast delivered me from terror; but as thou that hast that power invincible, O Theotokos, thou alone can set me free: from all forms of danger free me and deliver me, that I may cry unto thee: Hail, O Bride without Bridegroom.

ST. BASIL LITURGY MEGALYNARION

All creation rejoiceth in thee, O thou who art full of grace: the angelic hosts and the race of men. O hallowed temple and spiritual paradise, glory of virgins, of whom God was incarnate and became a little child, even our God who is before all the ages; for he made thy womb a throne, and thy body more spacious than the heavens. All creation rejoiceth in thee, O thou who art full of grace. Glory to thee.

Arabic Liturgy Books are located on the shelf above Usher's table in the narthex. Please return after the liturgy.

Live-Streaming Services

Holy Transfiguration Monastery

Ellwood City, PA

Holy Cross Monastery

Wayne, WV

St. Tikhon's Monastery

Waymart, PA

Serving Schedule

Altar Boys – All

Fellowship – Clean Up Crew

03/16 – Yoder, Chaho, Kalinowski,
Schaeffer

03/23 – Kalinowski, Schaeffer

03/30 – POTLUCK, Everyone Cleans!

Lock Up

03/16 – Don Yoder

03/23 – Sara Armanious

03/30 – Raymounda Chaho

Fellowship Hour Clean Up

The **Signup Sheet** is on the bulletin board outside of the kitchen. The cleanup guide and supplies are provided for your use, and Raymounda Chaho will provide guidance as needed.

Prayers of Oblation

...for the health of Harriet Mirilovich and a speedy recover from cataract surgery (3/5 & 3/19) by Rich Mirilovich
...in memory of Diana Roberts and Irene Papas by Dina Papas

Intercessory Prayer List

(Orthodox & Non-Orthodox)

Please pray for the following people this week. ***Names will remain on the list for 2 weeks.***

MAT. SOPHIE Daniels in hospice care at their home.

BILL Priatko (friend of many) who is suffering from four forms of cancer.

LAILA Zakhary recovering from the flu.

All those suffering with illness and disease, both acute and chronic.

All those affected by events in Syria, Lebanon, Ukraine, Russia, and throughout the world.

EPISTLE — Hebrews 1:10-2:3

Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

THE GOSPEL – Mark 2:1-12

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

Sunday of Saint Gregory Palamas

Our Holy Fathers set the second Sunday of Lent each year, to commemorate one great Father of the Church, St. Gregory Palamas, because of the importance of the lives and teachings of the Holy Fathers. Saint Gregory Palamas was a monk and a hermit in the Holy Mountain of Athos in Greece. Then he became Archbishop of Thessaloniki. Being renowned for his passion for God, this Father left many writings. One of the most important topics that St. Gregory Palamas spoke about is the topic of grace, the grace of God, His Glory and Light. He wanted to tell us that those who follow the Lord with love and strive to be with Him are rewarded with the light of his divine glory. He also reminds us of what happened with the disciples on the day of the Transfiguration, when the Lord appeared before them and revealed His glory. His garments turned into bright white, whiter than snow, and His light was stronger than the sun. This is the glory and light of God in which we have been immersed, being His beloved ones who please Him in our lives on earth.

<https://www.antiochpatriarchate.org/en/page/the-triodion-period/973/>

CATECHUMENS at St. Michael:
DAVE Bartholomew, STACIE
Bartholomew, RYAN Bartholomew,
DEBBIE Paulus, DOUG Gilliland,
ROSCO (ROBERT) Ross, Matthew
Valenti, and SHANE Winters.

Almsgiving Opportunities



National Orthodox Baby Shower March 2 – March 23

Help us collect baby
items for moms in need

Life Way Family and Pregnancy Support New items only!

Baby Spoons Plates/Bowls Sippy Cups
Snack Holders Diaper Bags
Baby Photo Frames Baby Clothing &
Socks Baby Bathtub Mattress Pads
Crib Sheets Blankets Diapers Wipes
Washcloths & Towels Baby Soap Baby
Lotion Books Rattles Thermometer

Thank you for your donations!

Food for Hungry People

This year we celebrate 51 years of
raising funds for our FOOD FOR
HUNGRY PEOPLE & CHARITABLE
OUTREACH program.

Through your generosity, over \$6.5
million has been distributed to the
hungry poor in the United States, Canada
and around the world.

**Collection boxes are available on the
table near the Church Office.**

Confession During Great Lent

During Great Lent is an appropriate time
for all Orthodox Christians to come to
Holy Confession, being cleansed from
sin and receiving guidance on their
spiritual journey in Christ.

**Contact Fr. David to schedule an
appointment for confession.**

Ask Abouna (Father)

Today, Sunday, March 16, 2025

Topic: The Mystery of Holy Confession

Today, the Ask Abouna class will focus on the Mystery
of Holy Confession – what it is, why we should engage in
it, and how to go about offering a good confession.
Everyone is welcome!



Antiochian Women's Month March 2025

In the Antiochian Archdiocese, **March is
Women's Month.** Please read the attached letter
from His Eminence Metropolitan SABA at the end
of the bulletin. We are grateful to God for all the
service our women contribute to the life of St.

Michael's. As part of this special month, the following are the schedules
for service:

Epistle Readers

March 16 – Christine Mansour

March 23 – Pamela Johnson

March 30 – Joyce Eger

Holy Bread (distribute)

March 16 – Mayada Memari / Samar Khalil

March 23 – Hala Aboud / Connie Capar

March 30 – Janet Mochak / Donna Curry

Offering Collection

March 16 – Kathy Bleibtrey / Samar Khalil / Paulette Sproch

March 23 – Sophia Grados / Lindsay Stewart / Christine Mansour

March 30 – Nancy Mauer / Paulette Sproch / Sara Armanious

Communion Ushers

March 16 – Raymounda Chaho / Lisa Stewart

March 23 – Christine Mansour / Connie Volchko

March 30 – Sara Armanious /

Memorial Wheat (Koliva) Ushers

March 30 – Sara Armanious / Christine Mansour /

AW Women's Safety Class

Saturday, March 29th

10:00 AM – 11:30 AM

Warrior Women is a personal violence prevention class that teaches women
& girls (age 14 & up) techniques to limit potentially dangerous situations.

Sign up in Fellowship Hall by March 23rd & see additional info. Class is
Saturday, March 29 at St. Michael's. Cost is \$10/person. Contact Michelle
G. for questions.

Soup's On!

Please sign up to provide Lenten (vegan) soup or bread on Wednesday
evenings after Presanctified Liturgy during Great Lent. Each week we need
2 people to make soup (8 quarts each), and 2 people to bring bread (2
loaves each). **Sign-up sheet is on the bulletin board** next to the kitchen.
All donations will go to Food for Hungry People!

Church School Confessions Sunday, March 23rd

Next Sunday, following the Divine Liturgy, the Church School teachers will bring their students back into the church to provide an opportunity for them to make a confession with Fr. David.

Parents, if you would like your child to make a confession, **please work with them in preparing before Sunday**. It would be good for them to have a list of sins that they want to confess. If you have questions about this, please talk with Fr. David.

How to Prepare to Receive Holy Communion

“For Orthodox Christians
who have prepared...”

- Confession Regularly
- Pray the Pre-Communion Prayers
- Reconciliation with others
- Correcting our bad habits
- Fast from food and drink from midnight (12am) the night before or 8 hours before an evening liturgy
- **Arriving on time (before Gospel)**

“Adherence to these instructions is essential and important in order to partake of the Holy Body and Blood of the Lord in a worthy manner, that is, with proper preparation.”

Metropolitan SABA

<https://www.antiochian.org/regulararticle/1919>

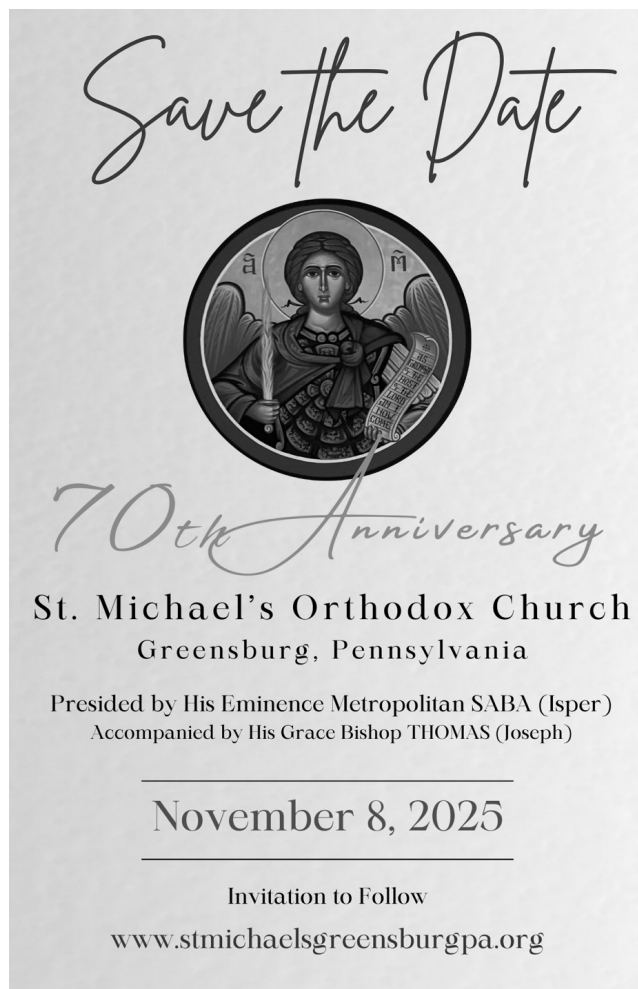


Krista Fedorchak
The Orthodox Dietitian

Hello and Christ is Risen!

I'm Krista, an Orthodox Christian, a wife, and Registered Dietitian - most days, in that order! If you are looking for faith-based insights into caring for your body and soul alike, I hope you can find this corner of the internet helpful. In my experiences providing nutritional guidance to my patients, I began to discover that the scientifically-backed health practices I was preaching to my patients can actually be traced back to the wisdom and teachings of the saints and church fathers of our ancient Orthodox Christian tradition. How beautiful is that?

www.kristafedorchak.com



Save the Date

70th Anniversary

St. Michael's Orthodox Church
Greensburg, Pennsylvania

Presided by His Eminence Metropolitan SABA (Isper)
Accompanied by His Grace Bishop THOMAS (Joseph)

November 8, 2025

Invitation to Follow

www.stmichaelsgreensburgpa.org

Joint Statement by the Patriarchs in Syria Damascus 8 March 2025

In recent days, Syria has witnessed a dangerous escalation of violence, brutality, and killings, resulting in attacks on innocent civilians, including women and children. Homes have been violated, their sanctity disregarded, and properties looted— scenes that starkly reflect the immense suffering endured by the Syrian people. The Christian Churches, while strongly condemning any act that threatens civil peace, denounce and condemn the massacres targeting innocent civilians, and call for an immediate end to these horrific acts, which stand in stark opposition to all human and moral values. The Churches also call for the swift creation of conditions conducive to achieving national reconciliation among the Syrian people. They urge efforts to establish an environment that facilitates the transition to a state that respects all its citizens and lays the foundation for a society based on equal citizenship and genuine partnership, free from the logic of vengeance and exclusion. At the same time, they reaffirm the unity of Syrian territory and reject any attempts to divide it. The Churches call on all concerned parties within Syria to assume their responsibilities, put an end to the violence, and seek peaceful solutions that uphold human dignity and preserve national unity. We pray that God may protect Syria and its people, and that peace may prevail throughout the land.

JOHN X Greek Orthodox Patriarch of Antioch and All the East
MOR IGNATIUS APHREM II Syriac Patriarch of Antioch and All the East, and
Supreme Head of the Universal Syriac Orthodox Church
YOUSSEF ABSI Melkite Greek Catholic Patriarch of Antioch and All the East

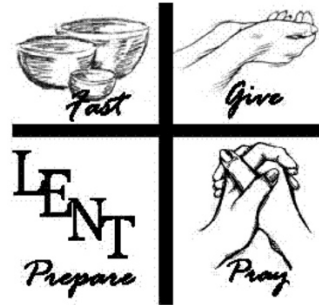
GREAT LENT

FASTING GUIDELINES ACCORDING TO THE HOLY CANONS

From sundown on Cheesefare Sunday to Pascha:

Abstinence of:

- Meat and meat products
- Dairy products and eggs
- Fish with backbones
- Olive Oil
- Wine (all alcoholic beverages)



No abstinence of:

- Shellfish
- Fruit
- Vegetables and vegetable products (includes grains: rice, wheat, flour, non-egg pasta, breads; tofu/bean curd; nuts)

No food should be eaten between meals. At meal time, smaller portions should be eaten.

Feast-Day Exceptions:

Annunciation (March 25) & Palm Sunday: Fish, Wine, & Oil permitted.

Exceptions on weekends:

On Saturdays* and Sundays, Olive Oil and Wine are permitted. The quantity and number of times food may be consumed is not restricted.

**No exception on Great Saturday on which a strict fast is kept.*

IT IS IMPORTANT TO REMEMBER THAT FASTING IS INCOMPLETE WITHOUT PRAYER AND ALMSGIVING

Fasting, to whatever extent, should be undertaken after consultation and with a blessing from your spiritual Father.

It can be good to reduce or eliminate TV, Facebook, and all other unnecessary media.

FASTING PRIOR TO COMMUNION (THROUGHOUT THE YEAR):

Complete fast from bedtime or midnight from all food and drink. For an evening Liturgy, a complete fast from all food and drink after lunch. Any breakfast and lunch meal should include fasting foods only.



SPRING RETREAT BLUEPRINT FOR RENEWAL & RESILIENCE:

COMBINING THE SPIRITUAL & THE PHYSICAL IN YOUR JOURNEY WITH THE LORD

APRIL 4-6, 2025



GUEST SPEAKER
DR. IOANA POPA



Dr. Ioana Popa is a Spiritual Care Life & Leadership coach, physician-psychiatrist, speaker and trainer and a graduate from Holy Cross School of Theology with a Master In Theology. She is the co-Founder of Team For The Soul© and the host of the 'Thriving In Christ' podcast and Youtube show. Dr. Ioana brings a holistic and integrated perspective of science, psychology, spiritual care and Christian faith and coaches Christian women professionals & servant leaders to build sustainable empowering habits for the Kingdom, regenerate on-the-go, prevent burnout, move from grief to hope and grow psychologically & spiritually in Christ. On a personal note, Dr. Ioana loves to spend time with her husband and their 4 children, family and friends, and to read, garden, pray, exercise and practice contemplation.



REGISTRATION



Closes on Monday, March 24, 2025
Any questions, please contact
aweorthodox1973@gmail.com

