



CHRIST THE SAVIOUR ORTHODOX CHURCH

Orthodox Church in America • Diocese of Eastern Pennsylvania
5501 Old Locust Lane, Harrisburg, PA 17109
WWW.CTSHBG.ORG • office “at” ctshbg.org

ARCHBISHOP MARK (*Maymon*)

V. Rev. Stephen Vernak, *Pastor*

Rt. Rev. Daniel Kovalak, *Attached*

Dn. John Shingara, *Attached*

Rdr. James Kushlan, *Choir Director*

Dr. David Pawlush, *Parish Council President*

John Dotsey, *Treasurer*

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



Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit. *Romans 15:13*



SUNDAY MARCH 2, 2025

SUNDAY OF CHEESEFARE — TONE 3. **The Expulsion of Adam and Eve from Paradise.** Hieromartyr Theodotus, Bishop of Cyrenia. St. Arsenius, Bishop of Tver. Virgin Martyr Euthalia of Sicily. Martyr Troadius of Neo-Cæsarea. Ven. Agathon of Egypt. 400 Martyrs slain by the Lombards in Sicily.

Schedule: Hours – 9:10am; Divine Liturgy – 9:30am; Forgiveness Vespers, *immediately following; Fellowship.* **Note:** No Church School; Youth Group – 1pm

3rd Hour: Sophia K. & Elizabeth • 6th Hour: Jennifer Howanetz

Epistle: Nicholas Zuro • Post-Communion: Forgiveness Sunday

Welcome to our Visitors!

Interested in learning more?

*Scan this QR Code or complete
a Visitor Card (in the pews)*



HYMNS & READINGS

TROPARION, RESURRECTION, TONE III – Let the heavens rejoice!/
Let the earth be glad!/
For the Lord has shown strength with His arm./
He has trampled down death by death./
He has become the first born of the dead./
He has delivered us from the depths of hell,/
and has granted to the world//great mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

KONTAKION, EXPULSION FROM PARADISE, TONE VI – O Master, Teacher of wisdom,/
Bestower of virtue,/
Who teachest the thoughtless and protectest the poor,/
strengthen and enlighten my heart!/
O Word of the Father, let me not restrain my mouth from crying to Thee://“Have mercy on me, a transgressor, O merciful One!”

PROKEIMENON, TONE VIII (*Triodion*) – Pray and make your vows / before the Lord, our God!

V. In Judah God is known; His name is great in Israel.

EPISTLE (*Romans 13:11-14:4*) – *Brethren:* Now our salvation is nearer than when we first believed. ¹² The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. ¹³ Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. ¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts. ¹ Receive one who is weak in the faith, but not to disputes over doubtful things. ² For one believes he may eat all things, but he who is weak eats only vegetables. ³ Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him. ⁴ Who are you to judge another’s servant? To his own master he stands or falls. Indeed, he will be made to stand, for God is able to make him stand.

ALLELUIA VERSES – *It is good to give thanks to the Lord, to sing praises to Thy Name, O Most High. ▪ To declare Thy mercy in the morning, and Thy truth by night.*

GOSPEL (*Matthew 6:14-21*) – *The Lord said to His disciples:* If you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. ¹⁶ Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly. ¹⁹ Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

COMMUNION HYMN – Praise the Lord from the heavens, praise Him in the highest! *Alleluia, Alleluia, Alleluia!*

UPCOMING SERVICES & EVENTS

Mon, Mar 3: BEGINNING OF GREAT LENT. OYM Q1 Board Meeting – 4pm; Canon of St. Andrew – 6:30pm

Tue, Mar 4: St. Ita Home School Co-op – 10am; Canon of St. Andrew – 6:30pm

Wed, Mar 5: Bible Study (*Zoom*) - noon; Canon of St. Andrew – 6:30pm

Thu, Mar 6: Canon of St. Andrew – 6:30pm

Fri, Mar 7: Pre-Sanctified Liturgy (*St. Theodore*) – 6:30pm; *Lenten Pot luck*

Sat, Mar 8: Bethesda Mission Outreach – 10am; Triumph of Orthodoxy Vespers – 5pm at *St. John Chrysostom Orthodox Church, York PA*

Sun, Mar 9: SUNDAY OF ORTHODOXY, 40 MARTYRS OF SEBASTE. . Hours – 9:10am; Divine Liturgy – 9:30am; *Church School & Fellowship*. Altar Guild Meeting – 12:30pm. Daylight Saving Begins

3rd Hour: Ray Rieck • *6th Hour:* Michele & Meera Gopinath

Epistle: Arun Gopinath • *Post-Communion:* Larry Smith

PARISH NEWS

Great Lent: *March 3 - April 20.* The Church prescribes to abstain from all *Meat, Dairy, & Fish.* **Fish** ∞ is prescribed on Annunciation (*March 25*) & Palm Sunday (*April 13*). *Do the best you can.* We will keep the fast as prescribed when we gather as Church. Increase prayer, service attendance - participate in confession & acts of mercy. **Questions? See Fr. Stephen.**

Spring Forward: Next Sunday March 9th don't forget to change your clocks a head one hour & this is also a good time to change your smoke/radon detectors.

First Confession Class: If your child is in 3rd grade or above & has not received 1st Holy Confession, please see Sophia Kellachow to sign them up!

Great Lent Prayer Buddies: Please see the sign up list in the vestibule if you are going to participate in the Great Lent Prayer Buddies, you will receive a name to pray for & someone also prays for you. You will find out your prayers buddy at Pascha. If you have any questions see Nora Lubecki.

Lenten Adult Education: All lectures start at 7pm (*Compline at 6:30pm*)

- **Tues, March 11:** Sin/Confession-How to offer a good Confession – Fr. Dan Kovalak
- **Tues, March 18:** Hunger for Righteousness: A Lenten Journey Toward Intimacy with God and Loving our Neighbor. - Phoebe Mikhail (author)
- **Tues, March 25:** Forgiveness: The Prodigal Son and other parables of Repentance and Forgiveness; the Mystery of Metanoia, Confession and Restoration – Fr. Stephen Vernak
- **Tues, April 1:** Theology of Illness & Suffering - Fr. Victor Gorodenchuk

Lunch Bunch: **Thurs, March 20 at 12:30pm** at *Gilligan's (Rt. 22/Houck Rd).* Please call/text Kathy Pankiw if you plan to attend at 717-579-6449 or email kzpankiw@aol.com. We hope to see you there.

St. Tikhon Camp: Join the waiting list at www.accounts.doepa.org/summercamp. **Counselors needed** - please consider volunteering! Info can be found via the church email.

Dutch Apple Dinner Theater: The "O" Club has reserved seats at Dutch Apple Dinner Theater to see *Fiddler on the Roof* on **Sun, May 4.** A flyer & sign-up sheet with the details are in the Fellowship Hall. Please sign up by April 6, see Bill or Joan Dupkanick if you have questions.

Parish ONLY Easter Nut Roll Sale: Nut, poppy seed & apricot rolls - \$15.00 per roll. Orders due by Sun, March 23rd & the pick up date is Sun, April 6th. Contact Debbie Hisiro at 717-903-8604 or dhisiro@verizon.net.

Parish ONLY Pascha Bread Sale: \$6 for plain and \$7 for raisin. Orders due by Sun, March 23rd and the pick up date is Sun, March 30th. Contact John Dotsey at 717-566-0395 or johandjeandotsey@verizon.net.

Meal Train Ministry: If you are interested in being included on an email list to be notified whenever a “meal train” has been created for a family in our parish (*due to a new baby, or other health needs*), contact Natalie Kennedy.

Fellowship Hour Sign-Up List: Visit the “Parish Resources” tab on our website (www.CTSHBG.org) or scan the QR code. *Upcoming dates:*

- Sun, March 9: Charity Lenten Soup Fellowship
(organized by the Men’s Club through Palm Sunday, April 13)



PARISH PRAYER LIST

Names will be listed for 2 weeks unless requested.

NEWLY DEPARTED [40TH DAY]: **Janet Helfrich Freeman** (Nick Fresco's grandmother) - Feb 19 [3/30]; **Richard Morton** (friend of Gail Goss) –Feb 8 [3/19]; **Gary Keener** (son of +Leavitt & stepson of Bette Keener) – Jan 31 [3/11]; **Shawn Hudson** (cousin of Deb Hisiro) – Jan 30 [3/10]; **Sidney Callihan** (friend of Bob Drozd) – Jan 26 [3/6]; **Ab. Anastasios of Albania** - Jan 25 [3/5];

ANNIVERSARIES OF DEPARTED: **Helen Umphred**, grandmother of Larissa Shuga & Anita Spaits, Mar 2 – 9th; **Jacqui Rieck**, Ray’s niece, Mar 2 – 3rd; **Christian Kinkel**, uncle of Heidi Kushlan, Mar 2 – 3rd; **Mary Book**, Joanne Coles mother, Mar 3 – 14th; **Jack Dakas**, Mike Zuro’s uncle, Mar 3 – 17th; **Jane Boddorf**, aunt of Deb Hisiro, Mar 4 – 6th; **Najib Ayoub**, Haitham's father, Mar 4- 14th; **Dr. Alexander Pianovich**, Mar 3 – 15th; **Frankie Fitzpatrick Herrera**, Rdr James birth mother, Mar 4 – 6th; **Josefina Alicea Rivera**, mother of Mariana Cruz, Mar 4 – 7th; **Diane Tahansky**, Mariah Schware Leader’s mother, Mar 5 – 15th; **Jifna Creznic**, Mar 5 – 44th; **Dn. Robert “Bob” Kuchta**, Mar 5 – 9th; **Larry Mosser**, father of Eric, Mar 5 – 1st; **Julia Brelin-sky**, Sonya Miele's mother, March 6 – 15th; **Catherin Martins**, Mar 6 – 29th; **Eva Kessock**, aunt of Elizabeth Howe, Mar 6 – 23rd; **Joseph Martin**, father of Dave, Mar 6 – 22nd; **Mary Kasabo Kalenevitch**, mother of Elaine, Mar 7 – 21st; **Doyle Mantle**, Lydia’s father-in-law, Mar 7 – 5th; **Virginia LiVolsi**, aunt of Christopher Preciado, Mar 7 – 1st; **M. Olga Kovach**, Mar 8 – 14th; **Sonia Mioff**, mother of Angie DiFlorio Mar 8 – 24th; **Joseph Bell**, Michelle Gopinath’s uncle, Mar 8 – 9th;

AILING - PARISHIONERS: **Joe Russian; Jerry Cole; Prot. Joseph Fester; Richard Hall; John Schilling; Loretta Ivanoff; Patricia Drebot; Christine Velott;**
FAMILY/FRIENDS: **Pauline** (Nick Somple’s mother); **Mabel** (friend of B. Lenker); **M. Martha Koen** (mother of M. Anna); **Chris** (friend of Fr. Stephen); **Joanne & Matt** (friend of M. White); **Rebecca, John, Alexandra, & Tamara**, (family of B. Kuchta); **Dawit** (brother-in-law of Yorusalem); **Beto, Barbara & Galo** (family of C. Preciado) **Elaine** (friend of B. Drozd); **Antony** (D. Fedetz family); **Robert; Milzna** (friend of the Ressetar’s); **Matthias; Jane, Randy & Jack** (friends of Mallick’s); **Michael** (brother of G. Woodbridge); **Ann** (sister of J. Schilling); **Elena** (friend of A. Preciado); **Gary Lelo** (friend of the “O” Club); **Ray** (father of M. Deamer); **Kh. Pamela Pier; Aleasia** (family of J. Wevodau); **Constantine; Cindy, Adrienne; Paul, Jenny, Joanne, & Steve** (Hisiro family & friends); **Jeff Sr.** (father of J. Smith); **Gregory** (brother of K. Kuchwara); **Zachary** (F. Skirpan’s son); **Kay** (aunt K. Leader); **Infant Kennedy Ann, Patty, & Doug** (friends of K. Pankiw); **Brenda; Kyle** (cousin of S. Africa); **Bill, Travis, Bonnie & Bonnie** (colleagues, friend & cousins of G. Goss); **Elena** (family friend of I. Pototska); **Samantha,**

Suzanne, & Natalie (friend, family & godchild of E. Herman); **Michael** (father-in-law of C. Velott); **Fadia** (W. Botros' mother); **Blaise** (Nora & Jennifer's brother); **Lori** (sister-in-law of J. & N. Schilling); **Presb. Marina Thornburg** (Nora's God-daughter); **Nancy, Walt & Jerry "David"** (friends of B. Keener); **Bonnie**, (cousin of Donna Bretz); *child* **Julia**; **Frank** (D. Martins friend); **John** (brother of J. Barn's coworker); **Bob, Dennis Patrick** (nephew of D. Bupp); **Isabella**; **Christine Perrin**; **Melanie & Alex** (friend & uncle of C. Yerke); **Adley** (child of N. Somple's friend); **Aiden** (nephew of S. Hanna); **Robin** (son-in-law of E. Files); **Grace** (D. Fedetz sister-in-law); **M. Olga Klembara** (Larissa & Anita's aunt); **Joan, & Kim** (friends of the J. & A. Cole); **Hannes & Anne** (family of R. Rieck); **Pastor Charles, Mary, Peter, & Edwin**, (family & friends of the Leer's); **John** (brother of J. Krut); **Pam, Dan & Nina** (friends of D. Bupp); **Grace, Karen, Lois, & Rich** (J. Mamay's sisters & friends); **Joan Therese & Dori** (mother & niece of N. Lubecki & J. Lewis); **Lynn** (Himes daughter-in-law); **Shirley** (L. Pawlush's mother); *child* **Joshua**; **M. Lisa Weremedic** (wife of Fr. James); **Janice & Emil** (J. Zuro & G. Leer's aunt & uncle); **Mitchel** (Jean Dotsey's nephew); **Linda** (M. Sharon's mother); **Wendy** (M. Deamer's mother); **Mary** (mother of S. Kellachow); **Victoria, Erin & David** (friends of L. Smith); **Flora** (T. Gault's mother); **Vera** (Ressetar's family); **Bernadine, Lonnie & Fred** (Osuch family); **Maia, Mike, Jessica's & their families**; **Beverly, Jonathan, Paul, Bev, Alynda, Tina, Mark, Jenny, Marilyn, Alicia, Shelby, & Jim** (family & friends of the Kushlans); **Eileen, Lori, Curt, Vera, Cassi, Mother Karitina, Alexa, Alexander, Anastasia, Saulo, & Theodore** (Lopez friends & family);

HEALTH & WELL-BEING: Those suffering from natural disasters, *especially those affected by the fires in California*. 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 *Israel, Palestine, Ethiopia, Eritrea, Ukraine, Haiti & Afghanistan, especially our citizens & soldiers who are in harms way*;

PARISHIONERS: **Judy Mamay**; **Eli Mioff**; **Symeon Jekel**; **Bahliby K.**; **Evgeny (Oven) & Ludmilla (Jessica) Williams**; **Denny Bupp**; **M. Theodora**; **James Henry**; **Effie Spaseff**; **Kristen Hertzler**; **Kayli (Kalliopi) Mikita**; **Tenley Jo Zeppuhar**; **Nektaria (Mariana) Cruz**; **Katherine Kuchwara**; **Charlene Dardaris**; **Johnna**; **Terry Drebot**; **Samantha Lopez**; **Brigit (Gail) Goss**; **Mary Ellen Osuch**; **Natalie Treece**; **Evan M.**; **Tony Onufer**; **Ita (Stephanie) Snyder**; **John "Jack" Sweikert**; **Joseph Sembrot**; **Birikit & Hannah Zerat**; **Jeanne Zane**; **Katherine Kudelko**; **M. Ap. Daniel & M. Myra Kovalak**; **Lazarus (Jonathan) Dunnavent**; **Kathryn Kellachow**; **Sue Wolfe**; **Daniel Bretz**; **Robin Kuzupas**; **Larry Lewis**

HOME-BOUND/CARE FACILITIES: **Nicholas Demopoulos**; **Millicent Russell**;

EXPECTANT MOTHER(S): **Juanita Brandow**; **Stephanie Pawlush**; **Rachel Dupkanick**; **Emma Hill**, **Natalie Kennedy**; *and the child to be born of her*;

COLLEGE STUDENTS: **Adriel Armstrong**; **Nicholas Demopoulos**, **Olivia Drozd**; **Grace & Evelyn Firestine**; **Arun Gopinath**; **Tressa Hanna**; **Jacob Herman**; **Shawn Jacob**; **Sophia Kellachow**; **Rdr. Vladimer Kellachow**; **Faniel Kesete**; **Flimon Kesete**; **Matthew Mikita**; **Zachary Matthews**; **Molly Pylypciw**; **Rachel Reba**; **Emma Rjepaj**; **John Romain**; **Heidi Schoenhals**; **Melat Tesfay**; **Siem Tesfay**; **Sophia Vernak**; **Jessica Williams**; **Cassandra Zart**; **Ashley**; **David**,

Dave; Noah; Peter; Wessam; MILITARY: Artem; Alexander; Valery; Conrad; Daulton; Shawn; Benjamin; Rdr. Vladimir; Abel; Jacob; Gabriel; Matthew; David; Michael; Patrick; Peter; Sean; Ian, Zachary; Josiah; FAMILY & FRIENDS: Bryanna & Carol (friends of A. Zart); Irene (aunt of N. Somple); Alexis & children (family of D. Hisiro); Simeon (grandson of the Africas); Tim (son of D Fedetz & cousin of C. Kemp & L. Mantle); Elliette (friend of A. Preciado); Thomas (brother of E. Herman); Thalia, Colton & Ron (aunt & cousins of Donna Bretz); Ronda, Tom & Monta Lou (family of S. Demchak); Mike (brother of D. Pawlush); David, Jone, John, Laura, Mark & Vera (friends & family of Libby); George (brother of Frank); James, Svitlana, & Andrew (friends of T. Gault); Jeanne, Michael, John, & James (family of G. Spears); Noelle (daughter of J. Zane); Michelle (friend of M. Reba); Maria (friend of M. Theodora); David (brother of Larissa & Anita); Bill (C. Yerke's father); Jesse & Amelia (grandchildren of C. Dardaris); Christine (sister in law of the DiFlorio's); Steve G. (friend of J. McGreevy); Stacy & Mia (B. Keener's friends); Tony (K. Hertzler's husband); Ronald; Una; 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, Ed, George, & Terry (family & friends of J. Mamay); Kalei (family of K. Leader); Vicki, Ron, & Scott (friends of the Pankiw's); Jackie, Bruce, Shirley, Connie, Helen, Rob & Jody (family & friends of the Mallick's); Scott & Kyle, (friends of B. Lenker); M. Natasha Lazor, Cindy, & Linda, (friends of M. Myra); Rosalie; Abby, David & Dawn (cousins of Chet); Alexandra; Masha, Ethan & Wesley (M. Cameron's family/friend); Nancy & family (Snyder's friends); Cindy, Leticia, Jeremiah, Leida; Willie, Elliana, Timothy, Jessica, Amelia, Edgar, Landon, Theodore, Sofia, Evangelia, Zoe, Ryan, Stacey, Bryan, Andrew, Priest Demetrius Nicoloudakis, Megan, Jacob & family, Georgia, Maria, Blake, Keisha, Dimitrios, child Evangelia, Kyle, Martha, Nicholas, Jack, Samuel, Christian, Steve, Juan, Isaac, Samuel, Faye, Jon, (family/friends of the S. Lopez); OCMC MISSIONARIES: Jesse & Juanita Brandow (*Guatemala*); Michael & Carlyn Pak (*Mexico*) SEMINARIANS: (STS) Rdr. Seraphim & Christina Crossman - *Bridget, Ita, Martha, and Veronica*; (SVS) Rdr. Nathan & Rebecca Jekel - *John, Herman, and Raphael* CATECHUMENS: Rudelle Kerests; Emma Rjepaj; Gregory Woodbridge; Stephen Lum; Heidi Schoenhals

MANY YEARS!

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

ANNIVERSARIES: Kesete & Luula Embaye – Mar 3; Richard & Corina Hall – Mar 3; Ken & Stephanie Snyder – Mar 7;

BIRTHDAYS: M. Laura Schmidt – Mar 2; Azmera Negash – Mar 3; Kevin Herman Sr. – Mar 3; Effie Spaseff – Mar 5; Natalie Kormushoff – Mar 5; Nicholas Ressetar – Mar 7;

CANDLE OFFERINGS

To reserve, please see a vestryperson

7 Day Votive is offered in Memory of **Joseph Bell**, uncle of Michele Gopinath



HOW TO DO LENT

