# Christ the Saviour Cathedral

## *"CATHEDRAL JOTTINGS"*




Corner of Garfield Street and Butler Avenue
Johnstown, Pa. 15906
Rectory Office – 249 Butler Avenue; Johnstown, Pa. 15906
**Cathedral Church of His Eminence, Metropolitan Gregory of Nyssa**
of the
**American Carpatho-Russian Orthodox Diocese**
of the
**Ecumenical Patriarch of Constantinople**


### Cathedral Clergy

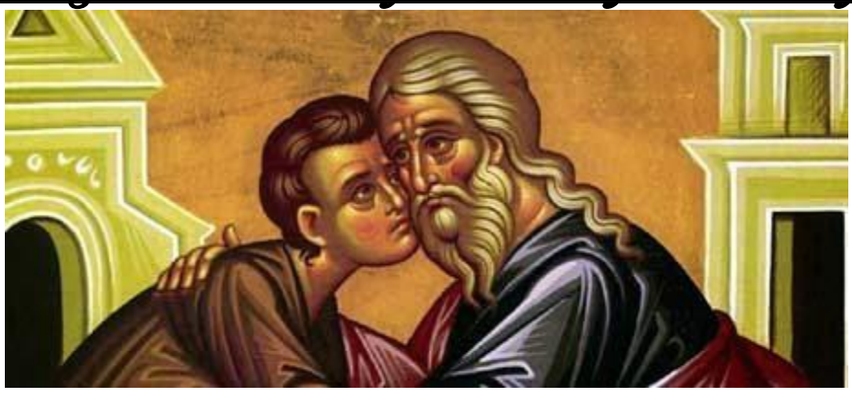
Pastor – Very Reverend Protopresbyter Robert A. Buczak, Cathedral Dean
Very Reverend Protopresbyter Frank P. Miloro, Chancellor
Very Rev. John S. Brancho


Rectory Phone……814-539-8086
Mobile Phone……412-759-4481
Cathedral Office……814-254-4011
E-mail Address (for Father Robert Buczak)……frbuczak@outlook.com
***Diocesan Website***: http://www.acrod.org ***Facebook***: https://www.facebook.com/acroddiocese
***Cathedral***: http://www.acrod.org/organizations/cathedral ***Twitter***: https://twitter.com/acrodnews
***Camp Nazareth***: http://www.campnazareth.org ***You Tube***: https://youtube.com/acroddiocese


**********


Vol. 81 No. 1893 **Sunday, March 17th, 2024**


## *Forgiveness Sunday – Cheese-fare Sunday*



**Divine Liturgy – 9:00 am** **Sunday School - 10:20 am**

Panachida for ***+Mary Antonikas; and + Elsie Gomilar and Michael Dzura***

Resurrection Tone 8 - Tropar & Kondak: pages 102 &178

Epistle: Roman 13:11-14:4 Gospel: Matthew 6:14-21

***Forgiveness Sunday Vespers after Coffee Social (approximately 11:30)***

***Lenten Mission Forgiveness Sunday Vespers at Saints Peter and Paul in Windber 4:00 pm***

**********

**Services for the week of March 17th**

**Mon. 3/18 … Clean Monday – first day of the Great Fast – a day of Strict Fasting**
***Canon of Saint Andrew……..6:00 pm***

**Wed. 3/20** … +Andrew and Helen Dluhos (Perpetual) - Parastas……..8:00 am
***Pre-sanctified Liturgy…..……6:00 pm***

**Fri. 3/22** … ***Pre-sanctified Liturgy…..……6:00 pm***

**Sat. 3/23** … Great Vespers…..…….6:00 pm

**********

## BIBLE STUDY- Tuesday, March 19th @ 6:30 pm

## Choir Practice Wednesday, March 20th @ 6:30 pm

**********

**********

**Sunday, March 24th, 2023**

## *First Sunday of the Great Fast*

## *Triumph of Orthodoxy*

**Divine Liturgy of Saint Basil the Great/ Choir Sunday – 9:00 am**
**Sunday School - 10:20 am**

Resurrection Tone 1 - Tropar & Kondak: pages 81 & 179-180

Epistle: Hebrews 11:24-30; 12:1-2 Gospel: John 1:43-51

*Procession with Icons -after Divine Liturgy*

**********

**Services for the week of March 24th**

**Mon. 3/25** … +Emma Jean Yazvak; and
+Mary and +Stephen Karnosky (Perpetual) – Parastas…….8:00 am

**Tue. 3/26** … +George and +Mary Pakh Magdinec
offered by John and Mary Gido (Perpetual) – Parastas…….8:00 am

***Special Lenten Retreat……6:00 – 8:00 pm***

**Wed. 3/27** … +Georga Paczolt and Joseph and Mary
offered by Mary Kindya(Perpetual) – Parastas.……8:00 am

***Paraklis……..……..……6:00 pm***

**Thur. 3/28** … +Mary, Michael, and Mmary Hritz; +Margaret Herko offered by her family; and
+Boyd Conrad (Perpetual) - Parastas……..…8:00 am

**Fri. 3/29** … ***Pre-sanctified Liturgy….……6:00 pm***

**Sat. 3/30** … ***+2nd All-souls Saturday***…..……9:00 am

Great Vespers…..…….……6:00 pm

**********

**Sunday, March 31st, 2024**

## *Second Sunday of the Great Fast*

## *Saint Gregory Palamas*

**Divine Liturgy of Saint Basil the Great / Choir Sunday– 9:00 am**
**Sunday School - 10:20 am**

Resurrection Tone 2 - Tropar & Kondak: pages 84 & 181-182

Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12

**********

**BIRTHDAY PRAYERS** – ***Lynn Hood (3/17), John Lakatos (3/19), Alison Archer (3/20), Joshua Machik (3/21), Nick Bocher (3/21), Helen Gvozdich (3/22), Cheri Miloro (3/23), and Janet Seitz (4/23).*** You were remembered in Prokomedia!

**********

# LENTEN DINNER AND DISCUSSION

**Tuesday, March 26th, 2024 6 – 8 pm**
**Topic: Melchizedek – Myth, Man, or Son of God**
**Register on-line @ bit.ly/RSVPMEL**

**********

## CENTRAL REGION DIOCESAN LENTEN RETREAT

All are invited and encouraged to attend the Diocesan Lenten Retreat held Saturday, ***April 20, 2024*** from 10:00 am – 5:00 pm at Saint Nicholas Orthodox Church; 903 Ann Street; Homestead, Pa. 15120. A free-will offering will be taken.

***Please contact Kathy Pawlik at 412-461-2110 if you plan to attend!***

**********

## SUNDAY OF ORTHODOXY

Our Sunday of Orthodoxy Vespers Service will be held at the ***Saint John the Baptist Orthodox Church***, 427 1st Street; East Conemaugh, Pa. 15909, at **4:00 pm**. Archbishop Melchisedek will be our homilist for the service. There will be a meal served in the parish hall following the service. (35 Main St.). All choir members are invited to join the Combined Choir. Rehearsal for the choir on Tuesday, March 19 following the Great Canon of Saint Andrew. The service is at 6pm the rehearsal is at 7pm.

**********

**********

## JR. A.C.R.Y. LENTEN ENCOUNTER

The National Jr. ACRY is sponsoring a Lenten Encounter at Camp Nazareth for all youth ages 8-18 on Friday April 5th through Sunday April 7th. Register on line today!

**********

# A.C.R.Y. EMERGENCY HEALTH KIT DRIVE

## INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES

Imagine being so poor that soap, washcloths, and school supplies are considered luxury items. Or being a refugee who has fled your home with only the items you carry in your hand. Or being the victim of a natural disaster. Many parishes, youth groups, and individuals want to do something tangible to help others. Assembling and sending emergency kits is a practical way to make life a bit better for someone in need. Emergency kits are small packages of essential supplies assembled in the United States and shipped to people in need around the world.

As a Lenten Project, our local ACRY Chapter has set of goal of assembling 100 Health Kits and would like your help. Included in this week's Jottings is a sheet of instruction on how to assemble a Health Kit. Please consider assembling one or two kits and bring them to the Cathedral Auditorium where a collection box will await your gift. **Please assemble as directed per instructions. (Toothpaste cannot be added for security reasons).** God Bless you for your help.

**********

## QUOTES FROM THE HOLY FATHERS

Do not pray for the fulfillment of your wishes, for they may not be in accord with the will of God. But pray as you have been taught, saying: "***Thy will be done in me!"*** (Luke 22:42). Always entreat Him in this way: that His will be done. For He desires what is good and profitable for you, whereas you do not always ask for this.

***St. Evagrios the Solitary***

When praying heedfully, guard yourself with great caution, so as to pray in Psalms and to chant prayers with fear, joy, firm zeal, and a low bow to the Divine icon; for you will find in the psalms both instruction and prayer. Let us not pronounce the words only with the tip of the tongue, but pray with our whole heart. Join into one the body, the soul and the mind.

***St. Paisius Velichkovsky***

When you do not have much time for prayer, be satisfied with the time that you do have; and God will accept your good desire. Remember that the feeling of the Publican in prayer is pleasing to God, and beware of evaluating your prayer: that is the work of God, not us.

***St. Macarius of Optina***

When practicing the Jesus Prayer, remember that the most important thing of all is humility; then the ability – not the decision only – always to maintain a keen sense of responsibility towards God, towards one's spiritual director, men, and even things. Remember too, that Isaac the Syrian instructs us that God's grace comes of itself, suddenly, without our seeing it approach. It comes when the place is clean. Therefore, carefully, diligently, constantly clean the place; sweep it with the broom of humility.

***St. Macarius of Optina***

The cause of much nervousness is frustration. The antidote for frustration is a calm faith, not one's own cleverness or hard toil, but in God's guidance. The cure for frustration is belief that God will grant you what you need. Trust in God with all your heart and you will be able to keep working in health and happiness for many years to come. "If God is for us, who can be against us!"

**********

## PRAYER CHAIN

Thomas Buczak
Cindy LaBarr
Steve Martyak
Veronica Buczak
Michael Sakmar
Joseph Muchesko
Roberta Kovalik
Kira Pronin
Alexxa Lowery
Romayne Laichak
Zachary Rogina
Ron Kuzmyak
Paul Kalcik
Henry Laichak
Ronald Kmet
Michael Derby
Barry Gilchrist
Robert Janeway
Andy Walls
Eva Zeleniak-Whitak
Malcolm Barnes
Ann Koehnlein

Larry Eisenhauer
Judith Rowlands
Angeline Komara
Arianna Risso
Charlie Erisman
Rachael Costlow
Marshall Rosenow
Shirley Mazurak
Donna Babble
Richard Barnes
Michael Logan
Lloyd Broadwater
Nick Timko
Erin Demich
Mary Ann Muchesko
Joella Hamlin
Donna Martyak
Michaela Miller
Arianna Jade Miller
Taylor Miller
Jennifer Gardenhour
Valentina and Olga Yaremenko

Steve Prieber
Aberdeen Rudge
Pat Hanuska
Dwight Nugle
Rose and Terry Fyock
Rosalia Horner
Beverly Mayo
Al Kuzmyak
Michael Paul Gost
Brooklyn Balamuto
Matushka Helen Jasiukowicz
Joanne Democko
Robert and Barbara Stokes
Marcia Matthews
Jolene McClain
Georgene Coulter
Tanya Britan
Frank Porembka
Daniel Porembka
Dr. Rose Ann Jordan
Demetra Mavrophilipos
Rose Conjelko

Cindy Birth
Roger Zankey
Jess Ambrose
Paul Kalinyak
John Rosiak
Louis Pocchiari
Ed and Christine Sakmar
Julie Locher
Denise Stroud
Brianna Thompson
Elijah Groff
Lisa Shaffer
Stephen Machik
Aniee Himes
Michael Mehalacki
Matthew Hanak
Carol Labad
Carter McAuly
Michael Yaremenko
Alex Yarementko
Pauline and Margaret Blehi
Lauri LaBuda

Dorothy and Kathy Bayconish
Nicholas and Carole Blitva
Lorie Joseph
Mary Frances Dutko
Clarabella Knight
Matushka Mary Margaret
Remona Blunt-Wall
Patti Sweeney
Samantha Salway
Joan Bost
Cheryl Reese
Sheri Smay
Geroge Kuzmiak
Jackson Enhro
Lisa Luterman
Jeanne Norris
Kristo Burkett
Amanda May
Jean Romesburg
Michael and MaryAnn Savering
Marilyn Stolzfus
Spenser Kreger

**********