# 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

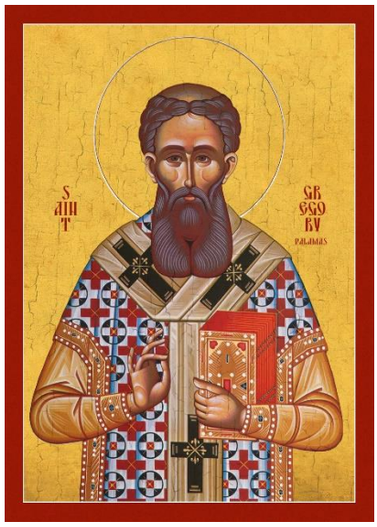
Pastor – Very Reverend Protopresbyter Robert A. Buczak, Cathedral Dean
Very Reverend Protopresbyter Frank P. Miloro, Chancellor
Very Rev. John S. Brancho


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***Cathedral***: http://www.acrod.org/organizations/cathedral ***Twitter***: https://twitter.com/acrodnews
***Camp Nazareth***: http://www.campnazareth.org ***You Tube***: https://youtube.com/acroddiocese


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Vol. 81 No. 1895


**Sunday, March 31st, 2024**



## *Second Sunday of the Great Fast*

## *Saint Gregory Palamas*

**Divine Liturgy of Saint Basil the Great - 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

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**Services for the week of March 31st**

**Mon. 4/01** …+Pani Brenda Conrad (Perpetual) – Parastas……8:00 am

**Tue. 4/02** … +Anna Gladish offered by Mr. & Mrs. Richard McCoy (Perpetual) – Par. …8:00 am

**Wed. 4/03** … +Pani Anna Yurcisin and
+Andrew and Anna (Homyak) Popovich (Perpetual) – Parastas……...8:00 am
***Presanctified Liturgy…..……..…..……..……6:00 pm***

**Thur. 4/04** … +Helen Herman offered by John and Helen Herman; and
Pauline McCormick (Perpetual) – Parastas……8:00 am

**Fri. 4/05** … +Reggie Lengyel; +Andrew Krett offered by Edward & Rita Hanechak – Par……..8:00 am
***Pre-sanctified Liturgy…..……6:00 pm***

**Sat. 4/06** … 3rd ***All-Souls Saturday*****……**……**9:00 am**
Great Vespers…..……6:00 pm

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## BIBLE STUDY- Tuesday, April 2nd @ 6:30 pm

## Choir Practice Wednesday, April 3rd after Lenten service

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**Sunday, April 7th, 2024**

## *Third Sunday of the Great Fast - Sunday of the Holy Cross*
## *Feast of the Annunciation of the Theotokos*

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

Resurrection Tone 3 - Tropar & Kondak: pages 87 & 185-186
Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-38; 9:1

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**Services for the week of April 7th**

**Wed. 4/10** … ***Moleben to the Holy Cross.……..……..……6:00 pm***

**Thur. 4/11** … +Michael and Justina, son John, parents Andrew and Mary, in-laws Paul and Anna, and brother Michael offered by Justina Slachta; Orthodox Christians offered by Julia Hamilla; and +John and Elizabeth offered by Velma and Irene Wargo (Perpetual) Parastas..……8:00 am

**Fri. 4/12** … ***Pre-sanctified Liturgy…..……6:00 pm***

**Sat. 4/13 … 4th *All-Souls Saturday*……9:00 am**

Great Vespers……..…….6:00 pm

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**Sunday, April 14th, 2024**

## *Fourth Sunday of the Great Fast*
## *Saint John Climacus*

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

Resurrection Tone 4
Tropar & Kondak: pages 90 & 183-184

Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31

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**BIRTHDAY PRAYERS** – ***Jason Lewis Buczak 4/1), Gideon Lyons (4/1), Romayne Laichak (4/4) James Audi (4/4), Carrie Hower (4/6), Nick Miloro (4/6), and Anna Valero (4/6).***

You were remembered in Proskomedia!

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## A.C.R.Y. LENTEN SOUP/FOOD SALE

Our A.C.R.Y. is having a Lenten Soup/Food Sale. The soup and foods are made by our members, and will be sold on Sundays after Divine Liturgy in the church auditorium beginning Sunday, March 24th thru Sunday, April 28th. The price is $8.00 a quart.
Any member (or non-member) wishing to make and donate your Lenten Recipe, please use the sign-up sheet in the church auditorium, or contact Rose Ann DeCoske at 717-925-9041.

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# LENTEN DINNER

## After Presanctified Liturgy

We will be trying something new after Presanctified Liturgy. - Potluck Dinner. Please bring a fasting side dish to be shared. Please see Christina Sakmar for any details. The dinners will be held on ***Friday, April 12th and Friday April 19th*** following Presanctified Liturgy.

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## 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!***

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## LENTEN MISSIONS

The Johnstown Deanery is looking to revive the tradition of parishes hosting Lenten Missions, which typically took place on Sunday afternoons during the Great Fast. There would be a service with time for individuals to have confession. Saints Peter & Paul Parish of Windber will host the Forgiveness Sunday Vespers on March 17 at 4:00 pm; St. Michael's in Clymer will host on Sunday April 7 at 4:00 pm; Saint John the Baptist in Hawk Run will host on Sunday April 14 at 4:00 pm

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## 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!

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# 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.

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## QUOTES FROM THE HOLY FATHERS

Some labor and struggle hard to earn forgiveness, but better than these is the man who forgets the wrongs done to him. Forgive quickly and you will be abundantly forgiven. To forget wrongs is to prove oneself truly repentant, but to brood on them and at the same time to imagine one is practicing repentance is to act like the man who is convinced he is running when in fact he is fast asleep.

***St. John Climacus***

What a gnawing worm of the soul, what a plague of our thoughts, what a rust of our heart it is to be jealous of someone's strength or happiness. That is, to hate one's deserved profit or divine benefits, to turn others' advantages into your harm, to be tormented by the prosperity of famous men, to make other people's glory your own penalty, and as it were, to execute yourself or to bring tormentors to your thoughts and feelings, that they might tear up your stomach and strike the secret places of the heart with hatred. To such a person no food is joyous, no drink can be cheerful. They are always sighing, groaning, and grieving. Since the envious never put off envy, the crazed heart is torn violent day and night.

***St. Cyprian of Carthage***

Humble yourself and reproach yourself. Do not justify yourself, even if you are absolutely right, for self-justification is not conducive to the healing of our spiritual illness…If you want to be fragrant, embrace a humble, simple, obedient, and meek spirit. Despise egotism as a stench and stupidity. You do well to reproach yourself in everything. This is most true to the Fathers. Yes, my child, implant this manner of life deeply within your dear little soul and you will benefit enormously.

***Elder Ephraim of the Holy Mountain***

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## PRAYER CHAIN

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| Thomas Buczak | Judith Rowlands | Aberdeen Rudge | Roger Zankey | Nicholas and Carole Blitva |
| Cindy LaBarr | Angeline Komara | Pat Hanuska | Jess Ambrose | Lorie Joseph |
| Steve Martyak | Arianna Risso | Dwight Nugle | Paul Kalinyak | Mary Frances Dutko |
| Veronica Buczak | Charlie Erisman | Rose and Terry Fyock | John Rosiak | Clarabella Knight |
| Michael Sakmar | Rachael Costlow | Rosalia Horner | Louis Pocchiari | Matushka Mary Margaret |
| Joseph Muchesko | Marshall Rosenow | Beverly Mayo | Ed and Christine Sakmar | Remona Blunt-Wall |
| Roberta Kovalik | Shirley Mazurak | Al Kuzmyak | Julie Locher | Patti Sweeney |
| Kira Pronin | Donna Babble | Michael Paul Gost | Denise Stroud | Samantha Salway |
| Alexxa Lowery | Richard Barnes | Brooklyn Balamuto | Brianna Thompson | Joan Bost |
| Romayne Laichak | Michael Logan | Matushka Helen Jasiukowicz | Elijah Groff | Cheryl Reese |
| Zachary Rogina | Lloyd Broadwater | Joanne Democko | Lisa Shaffer | Sheri Smay |
| Ron Kuzmyak | Nick Timko | Robert and Barbara Stokes | Stephen Machik | Geroge Kuzmiak |
| Paul Kalcik | Erin Demich | Marcia Matthews | Aniee Himes | Jackson Enhro |
| Henry Laichak | Mary Ann Muchesko | Jolene McClain | Michael Mehalacki | Lisa Luterman |
| Ronald Kmet | Joella Hamlin | Georgene Coulter | Matthew Hanak | Jeanne Norris |
| Barry Gilchrist | Donna Martyak | Tanya Britan | Carol Labad | Kristo Burkett |
| Robert Janeway | Michaela Miller | Frank Porembka | Carter McAuly | Amanda May |
| Andy Walls | Arianna Jade Miller | Daniel Porembka | Michael Yaremenko | Jean Romesburg |
| Eva Zeleniak-Whitak | Taylor Miller | Dr. Rose Ann Jordan | Alex Yarementko | Michael and MaryAnn Savering |
| Malcolm Barnes | Jennifer Gardenhour | Demetra Mavrophilipos | Pauline and Margaret Blehi | Marilyn Stolzfus |
| Ann Koehnlein | Valentina and Olga Yaremenko | Rose Conjelko | Lauri LaBuda | Spenser Kreger |
| Larry Eisenhauer | Steve Prieber | Cindy Birth | Dorothy and Kathy Bayconish | Zander Marshall |

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