



# HOLY RESURRECTION ORTHODOX CHURCH

A Parish of the Carpatho-Russian Orthodox Diocese  
Ecumenical Patriarchate  
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Very Rev. Peter Zarynow, Pastor  
Protopresbyter John Fedornock

Subdeacons Anastasios Davis & Michael Vaporis Reader Stephen Sudik

**Sunday 24 March 2024**

**Sunday of Orthodoxy**

**St. Sophronius, Patriarch of Jerusalem**

**Epistle: Hebrews 11:24-26, 11:32-12:2 Gospel: John 1:43-51**

**Tone One**

## **THE SCHEDULE OF DIVINE SERVICES FOR THE WEEK IS AS FOLLOWS:**

**24 March (SUN) 1<sup>st</sup> Sunday of the Great Fast**

Chanting of the 3<sup>rd</sup> Hour 9:15am

Divine Liturgy of St Basil the Great 9:30am

Coffee Social to Follow

**27 March (Wed) 2<sup>nd</sup> Wednesday of the Great Fast**

Liturgy of the PreSanctified Gifts 7:00pm

(fast from 4pm if receiving Communion)

**29 March (Fri) 2<sup>nd</sup> Friday of the Great Fast**

Liturgy of the PreSanctified Gifts 9:30am

Panachida: +Pañi Jeannette Moriak by sister Chris Fallon

**31 March (SUN) 2<sup>nd</sup> Sunday of the Great Fast**

Sacrament of Chrismation: Maria Aukward 9:00am

Chanting of the 3<sup>rd</sup> Hour 9:15am

Divine Liturgy of St Basil the Great 9:30am

Coffee Social to Follow



## **Announcements:**

Confessions will be heard after Divine Services on Sundays and weekdays and by appointment. Please contact Fr Peter to schedule. All faithful are encouraged to come to the Sacrament every 8-10 weeks, on average, to help maintain spiritual health. Make note that the final opportunity to have your Confession heard before Pascha will be after Holy Unction on Great & Holy Wednesday evening, 1 May. Please do not wait until the last minute.

A reminder that we are in the midst of the Great Fast. All fasting guidelines apply.

Extra copies of the Lenten Reading books have arrived. If you would still like to join in on the reading, please see Father during Coffee Social. Let's all read together during the coming season of the Great Fast!

In your envelope box is the offering for the annual ***Patriarchal Pence*** in support of the Ecumenical Patriarchate. This annual diocesan gift was established by +Metropolitan Orestes (of blessed memory) in the late 1930's in thanks for the Patriarchate accepting our Diocesan Faithful back into the fold of Holy Orthodoxy. Please hand your offering in by Palm Sunday, 28 April, so that the gift can be sent to Johnstown in a timely manner.

We are trialing a small group format for anyone who like to meet in person for fellowship and discussion with fellow parishioners mid-week. We will be meeting weekly at the Mt Airy Starbucks (441 E Ridgeville Blvd, Mt Airy, MD) on Thursdays at 7PM beginning on 21 March. Contact Jason Aumen with any questions or to let him know you are going to participate.

The National ACRY is sponsoring an "Eastern Seaboard Lenten Retreat" at Holy Ghost Church in Phoenixville on Saturday 6 April. Online registration is until 25 March. See the bulletin board and the flier attached to today's bulletin for details. This retreat is sponsored by the National ACRY and is open to everyone.

We will be needing Coffee Social hosts for the remainder of March and April. Keep in mind that during the Great Fast all selections need to be fast appropriate with at least a few strict fast items available as well. Also, during the Great Fast, with the exception of Cross Week, flowers will not be on the Altar or Tetrapod.

# CANDLE OFFERINGS

## Vigil Candles Offered For the Living (*Many Years! Mnohaja L'ita!*)

- 2-for health-love Mom & Dad  
*Jonathan & Lara; Stephanie*
- 1-health of Melanie-love Alex
- 1-health of Alex-love Melanie
- 1-health & Special intention John & Marie Smith, Georgene & Ray Ammon, Fr Peter & Pa i Bernadette, Alex Zarynow, Marie Skasko, Fr John & Pa i Marge Fedornock, Lois Erhard, Charlie & Debi Myers, Chris Fallon, Barbara Homick, All parishioners of HROC-Carol Miller
- 2-for health-Sheila  
*HROC parishioners; Family members*
- 3-special intention-Sheila  
*Fr. Peter & family; Diocesan Priests & their families; OCMC Missionaries*
- 1-health of children & grandchildren-Tom & Amy
- 1-health of Chris Fallon-Michael, Kathleen, John & Anna
- 2-special intention-brother George  
*Archbishop Michael; Barbara Knighton*
- 2-special intention-George Dahulich  
*Metropolitan Gregory; Bishop Matthias*
- 13-for health-George Dahulich  
*Archbishop Michael; Fr Tom Kadlec; Fr Jim Dutko; Chris Fallon; Charlie Myers; Barbara Knighton; Pañi Kathy Dutko; Alex Zarynow; Emily Dzubak; Bishop Matthias; Katherine Chow; Psa. Diana Acsente; Fr. John & Pañi Marie Brancho*
- 5-happy birthday-George Dahulich  
*Betty Jane Steele; Steve Stank; Rachel Sumner; Sarah Ulicny; MJ Sheeley*
- 1-happy Ordination Anniv Fr. George Acsente-George Dahulich
- 1-health of Savannah, Chloe, Caroline, Christopher, Natalie, Cole-love Grandparents
- 18-health & healing-John & Marie Smith  
*Irene Dzubak; Melanie Sampson; Carol Miller; Barbara Homick; Marie Skasko; Georgene & Ray Ammon; Fr Tom & Pañi Linda Kadlec; Fr John & Pañi Marge Fedornock; Fr John & Pañi Eleanor Pribish; Eleanor Breno; Charlie Myers; Lois Erhard; Pañi Marie Brancho; Pañi Jean Hutnyan; Chris Fallon; Fr Peter & Pañi Bernadette, Dorothy Sudik; Angela & son*
- 2-safety & peace-John & Marie Smith  
*for the Ukrainian people; Israel & its people*
- 6-special intentions-the Breno Family

- Breno Family; Fedornock Families; Peart Family; Nakonecznyj Family; Zankey Family; Fabian Family*
- 3-special intention-the Breno Family  
*Jenn & baby; all who are traveling; all who are ill*
- 2-specail intention-Mom & Dad  
*Brian, Angela & Dominic; Stephen*
- 16-for health & special intention-Mark & Marie  
*Mom; Nancy Shields; Mike Czap; Skeets & Beth; Charlie; Irene Dzubak; Carol Miller; Ray & Georgene Ammon; Eleanor Breno; FrJohn & Pañi Marge; FrPeter & Pañi Bernadette; Chris & Mike Fallon; Dan Zelensky*
- 1-health of Andrew Myers-Mark & Marie
- 4-health-Charlie, Debi, Jacob & Joey  
*Skeets; Jessica; Aunt Dorothy; Carol Miller*
- 2-specail intention Jacob & Joey-love Mom & Dad
- 1-health & healing Hayley, Bob, Peggy and Bruce, Andrea, Katie, Carol Miller, Cathy and her dad John, Chris Fallon, Cindy, Sharon, AnneMarie, Dorothy Sudik, Pa i Jean, Ray Ammon, Vickie Sullivan, Tom Delare, Chryl-Lois
- 1-for health Savannah, Caroline, Natalie, Karen K, Elizabeth Michel, Jeanne Delasko, Irene Dzubak, Barbara Homick, Georgene, Debbie Delare- Lois
- 1-happy birthday Nancy Hall-Lois
- 1-health and wellbeing of Artem-Olga Vovk
- 1-health and wellbeing of Andrey, Lidia and Tatiana, Natalia, Konstantin, Eva, George, Michael, Lubov, Anastasia, Maxim and Ivan-Olga Vovk
- 1-health and wellbeing of Sofia, Sergey, Eva, Matthew, Yuliia, Alex, Dru, Irina and Dennis-Olga Vovk
- 2-for health-Pa i Jean Hutnyan  
*Muhlenberg Family; Hutnyan Family*
- 2-birthday blessings-Rose Plowchin  
*Mikey Hall; Jesse Plowchin*
- 3-for health-Rose Plowchin  
*Carol Miller; Barbara Parimucha; Lois Erhard*
- 1-specail prayer-Pa i Marge Fedornock\*
- 1-special intention-Pa i Marge Fedornock\*  
*Philip & Team; all my children*
- 2-for health-Pa i Marge Fedornock\*  
*Hilary; those who are ill*
- 1-safe trip-Pa i Marge Fedornock\*
- 1-health & recovery Kate Burke-Diane Rowland
- 1-happy birthday Rachel Sumner-the Fallons

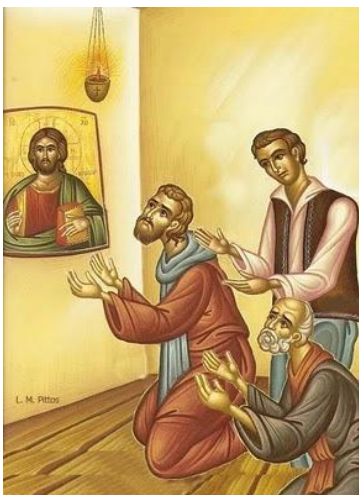
## Vigil Candles In Loving Memory: (*Memory Eternal! Vicnaja Pamjat!*)

- 1+in loving memory of Les-love Carol
- 1+in memory Mother & Father. Carol Miller
- 1+In loving memory of Chris Hudack, Grandparents, Bettie Searfoss, Myrtle Miller, John Hudack, John Hrapchak, John Homick, Marge Tomasevich-Carol Miller
- 1+in loving memory of our father & mother-Taina and Craig
- 1+in loving memory of Chrysa Thear-Taina and Craig
- 2+loving memory-the Fallons  
*Pañi Jeannette; Anna & John Luchok*
- 1+in memory of parents Helen & Larry Rowland-Diane
- 1+in memory of grandparents Helen & Peter Sedlar-Diane R
- 1+Memory Eternal Parents/Grandparents-Koval Family
- 1+Memory Eternal Uncle George, Aunt Marge & Uncle Tony-Koval Family
- 2+Memory Eternal-love Alex, Melanie  
*parents Michael & Elaine; parents John & Katherine*
- 6+in memory-Sheila  
*John; Dad Krainok; Mom Krainok; Charles Hrapchak; Anna Hrapchak; Evelyn Hrapchak*
- 1+In loving memory of Metro-Love, Joan and Family
- 1+in loving memory of parents Peter & Ann Dahulich-love son George
- 1+in memory of Pa i Jeannette Moriak-George Dahulich
- 1+in memory of Grammy-Charlie, Debi, Jacob & Joey
- 4+in memory-Mark & Marie  
*Chris Hudack; Verna Czap; Charlene Myers; Marge Tomasevich*
- 1+loving memory of Vladimir, Irina, Sergey, Nina, Rafael, Germina, Maxim, Anna, Irena, Lidia, Pavel, Tatiana, Natalia, Olga-Olga Vovk
- 1+loving memory of Leonid, Anna, Izot, Natalia, Afanasii, Anastasia, Lidia-Olga Vovk
- 2+in memory-John & Marie Smith  
*John Homick; Marge Tomasevich*
- 2+in memory-Pa i Jean Hutnyan  
*Mom & Dad; Fr. Andrew*
- 2+in memory-Pa i Marge Fedornock\*  
*Parents; Brother & Sister*
- 1+in memory of Margaret Morris-Lois
- 1+in memory of Aunt Josie- Charlie, Debi, Jacob & Joey

## Prayers for our Lenten Prayer Friends

- 1-Sofia Savirova-Your Lenten Prayer Friend
- 1-Blessed Lent Alana Greenwald-YLPF
- 1-Blessed Lent Matthew Heimbach-YLPF
- 1-Cyndi Dzubak-Your Lenten Prayer Friend
- 1-Michael Fallon-Your Lenten Prayer Friend
- 1-Brandon Patrick-Your Lenten Prayer Friend
- 1-Pa i Jean Hutnyan-Your Lenten Prayer friend
- 1-Susan Peart-Your Lenten Prayer Friend
- 1-Marie Skasko-Your Lenten Prayer Friend
- 1-Pa i Marge Fedornock-Your Lenten Prayer Friend
- 1-Barbara Parimucha-Your Lenten Prayer Friend
- 1-Janet Yakubik-Your Lenten Prayer Friend
- 1-Christina Chow-Your Lenten Prayer Friend

**\*from 10 March listings**







## LEAVE A LEGACY GIFT

Did you know there is a way for your giving  
to the Church to live on beyond your life?

Not only can you leave a legacy gift to your loved ones, but also to your church. A legacy gift ensures that your acts of faith will continue to make a lasting difference to Holy Resurrection Orthodox Church. It's easy to do. Consider your options to name the Church as a beneficiary or make a bequest in:

- Your will
- Your trust
- Your life insurance policy
- Your retirement plan
- Your saving, checking or non-retirement investment account



With a gift to the Holy Resurrection Orthodox Church, you can extend your legacy of caring and love that you have shown to your church far into the future. If you already have made a legacy gift to Holy Resurrection Orthodox Church, we thank you! Legacy gifts will be used for major projects or new initiatives of the parish.

*Please consult your legal or tax advisor when preparing estate plans. Our Church cannot provide legal or tax advice.* If you are interested in making a legacy gift, we would be glad to help you and your advisor plan a gift that works for you.

Very Rev. Peter Zarynow  
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Rose Plowchin, Council President  
703-968-2989  
[thisrose22@gmail.com](mailto:thisrose22@gmail.com)

*Giving back to God a portion of what He has given to you  
is the way of an Orthodox Christian*

## Sts. Joachim and Anna Senior Retreat

Tuesday-Thursday, April 9-11, 2024  
Camp Nazareth Retreat and Conference Center  
Mercer, PA

**Purchasing the Right Things as a Senior:  
Can You Buy Your Way into Heaven?!**  
Reflections on Proverbs 23:23 – “Buy truth, and do not  
sell it; buy wisdom, instruction, and understanding.”

**Keynote Speaker:**

**Mother Christophora, Abbess of The Monastery of the Holy  
Transfiguration, Ellwood City, PA**

**Seniors' needs and interests and will offer something for everyone.**

**Schedule includes church services, Social Hours, Meals, presentations, Free-Time, evening  
entertainment, and More!**

**Register at [ACROD.ORG](http://ACROD.ORG)**

**For more information call 724-662-4840 or email [campnazareth@acrod.org](mailto:campnazareth@acrod.org)**

**\*It might be possible to get a carpool together from HROC. If you are interested in attending, and if you would like to maybe drive, please contact Fr Peter or Rose Plowchin  
Registration is open until 7 April\***

# 1ST SUNDAY OF GREAT LENT: SUNDAY OF ORTHODOXY

The first Sunday of Great Lent is called the Sunday of Orthodoxy because it commemorates the restoration of the Holy Icons and the triumph of the Orthodox Faith against the terrible heresy of the Iconoclasts, i.e. those heretics who refused to honor the Holy Icons. For more than a hundred years the Church was disturbed by the evil doctrine of iconoclasm.

The first Emperor to persecute the Church was Leo the Isaurian, and the last was Theophilus, the spouse of Saint Theodora (February 11), who reigned after her husband's death and re-established Orthodoxy in the time of Patriarch Methodios. Empress Theodora proclaimed publicly that we do not kiss the Icons as a sign of worship, nor do we honor them as "gods," but as images of their prototypes.

In the year 843, on the first Sunday of the Fast, Saint Theodora and her son, Emperor Michael, venerated the Holy Icons together with the clergy and the people. Since that time this event has been commemorated every year, because it was definitively determined that we do not worship the Icons, but we honor and glorify all the Saints who are depicted on them. We worship only the Triune God: the Father, the Son and the Holy Spirit, and no one else, neither a Saint, nor an Angel.

Originally, the Holy Prophets Moses, Aaron, and Samuel were commemorated on this Sunday. The Alleluia verses appointed for today's Liturgy reflect this older usage.



## SAINT SOPHRONIUS, PATRIARCH OF JERUSALEM

Commemorated 11/24 March

Saint Sophronius, Patriarch of Jerusalem, was born in Damascus around 560. From his youth he was distinguished for his piety and his love for classical studies. He was especially proficient in philosophy, and so he was known as Sophronius the Wise. The future hierarch, however, sought the true philosophy of monasticism, and conversations with the desert-dwellers.

He arrived in Jerusalem at the monastery of Saint Theodosius, and there he became close with the hieromonk John Moschus, becoming his spiritual son and submitting himself to him in obedience. They visited several monasteries, writing down the lives and spiritual wisdom of the ascetics they met. From these notes emerged their renowned book, the LEIMONARION or SPIRITUAL MEADOW, which was highly esteemed at the Seventh Ecumenical Council.

To save themselves from the devastating incursions of the Persians, Saints John and Sophronius left Palestine and went to Antioch, and from there they went to Egypt. In Egypt, Saint Sophronius became seriously ill. During this time, he decided to become a monk and was tonsured by Saint John Moschus.

After Saint Sophronius recovered his health, they both decided to remain in Alexandria. There they were received by the holy Patriarch John the Merciful (November 12), to whom they rendered great aid in the struggle against the Monophysite heresy. At Alexandria Saint Sophronius had an affliction of the eyes, and he turned with prayer and faith to the holy Unmercenarys Cyrus and John, and he received healing in a church named for them. In gratitude, Saint Sophronius then wrote the Lives of these holy Unmercenarys.

When the barbarians began to threaten Alexandria, Patriarch John, accompanied by Saints Sophronius and John Moschus, set out for Constantinople, but he died along the way. Saints John Moschus and Sophronius then set out for Rome with eighteen other monks. Saint John Moschus died at Rome. His body was taken to Jerusalem by Saint Sophronius and buried at the monastery of Saint Theodosius.

In the year 628, Patriarch Zacharias of Jerusalem (609-633) returned from his captivity in Persia. After his death, the patriarchal throne was occupied for two years by Saint Modestus. After the death of Saint Modestus, Saint Sophronius was chosen Patriarch. Saint Sophronius toiled much for the welfare of the Jerusalem Church as its primate (634-644).

Toward the end of his life, Saint Sophronius and his flock lived through a two-year siege of Jerusalem by the Moslems. Worn down by hunger, the Christians finally agreed to open the city gates, on the condition that the enemy spare the holy places. But this condition was not fulfilled, and Saint Sophronius died in grief over the desecration of the Christian holy places.

While still a hieromonk, Saint Sophronius reviewed and made corrections to the Rule of the monastery of Saint Savva the Sanctified. The saint's three Canons for the Holy Forty Day Great Fast are included in the contemporary Lenten Triodion.



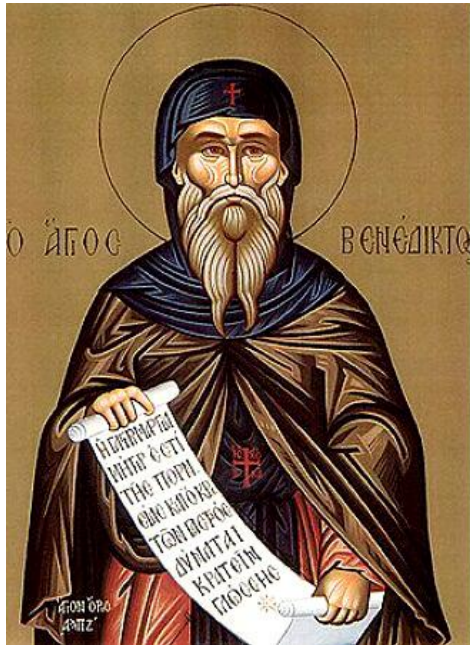
# VENERABLE BENEDICT OF NURSIA

Commemorated 14/27 March

Saint Benedict, founder of Western monasticism, was born in the Italian city of Nursia in the year 480. When he was fourteen years of age, the saint's parents sent him to Rome to study. Unsettled by the immorality around him, he decided to devote himself to a different sort of life.

At first Saint Benedict settled near the church of the holy Apostle Peter in the village of Euffedum, but news of his ascetic life compelled him to go farther into the mountains. There he encountered the hermit Romanus, who tonsured him into monasticism and directed him to live in a remote cave at Subiaco. From time to time, the hermit would bring him food.

For three years the saint waged a harsh struggle with temptations and conquered them. People soon began to gather to him, thirsting to live under his guidance. The number of disciples grew so much, that the saint divided them into twelve communities. Each community was comprised of twelve monks and was a separate skete. The saint gave each skete an igumen from among his experienced disciples, and only the novice monks remained with Saint Benedict for instruction.



The strict monastic Rule Saint Benedict established for the monks was not accepted by everyone, and more than once he was criticized and abused by dissenters.

Finally, he settled in Campagna and on Mount Cassino he founded the Monte Cassino monastery, which for a long time was a center of theological education for the Western Church. The monastery possessed a remarkable library. Saint Benedict wrote his Rule, based on the experience of life of the Eastern desert-dwellers and the precepts of Saint John Cassian the Roman.

The Rule of Saint Benedict dominated Western monasticism for centuries (by the year 1595 it had appeared in more than 100 editions). The Rule prescribed the renunciation of personal possessions, as well as unconditional obedience, and constant work. It was considered the duty of older monks to teach the younger and to copy ancient

manuscripts. This helped to preserve many memorable writings from the first centuries of Christianity.

Every new monk was required to live as a novice for a year, to learn the monastic Rule and to become acclimated to monastic life. Every deed required a blessing. The head of this cenobitic monastery is the igumen. He discerns, teaches, and explains. The igumen solicits the advice of the older, experienced brethren, but he makes the final decisions. Keeping the monastic Rule was strictly binding for everyone and was regarded as an important step on the way to perfection.

Saint Benedict was granted by the Lord the gift of foresight and wonderworking. He healed many by his prayers. The monk foretold the day of his death in 547. The main source for his Life is the second Dialogue of Saint Gregory.

Saint Benedict's sister, Saint Scholastica, also became famous for her strict ascetic life and was numbered among the saints.

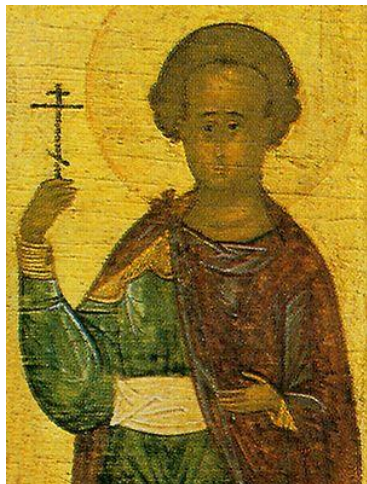


# MARTYR SABINUS OF EGYPT

Commemorated 16/29 March

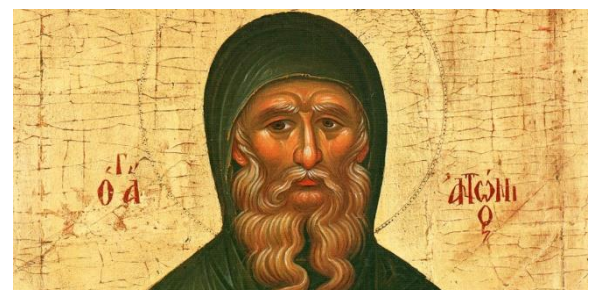
The Holy Martyr Sabinus was administrator of the Egyptian city of Hermopolis. During a persecution of Christians under the emperor Diocletian (284-305), Saint Sabinus and some like-minded companions hid in a remote village.

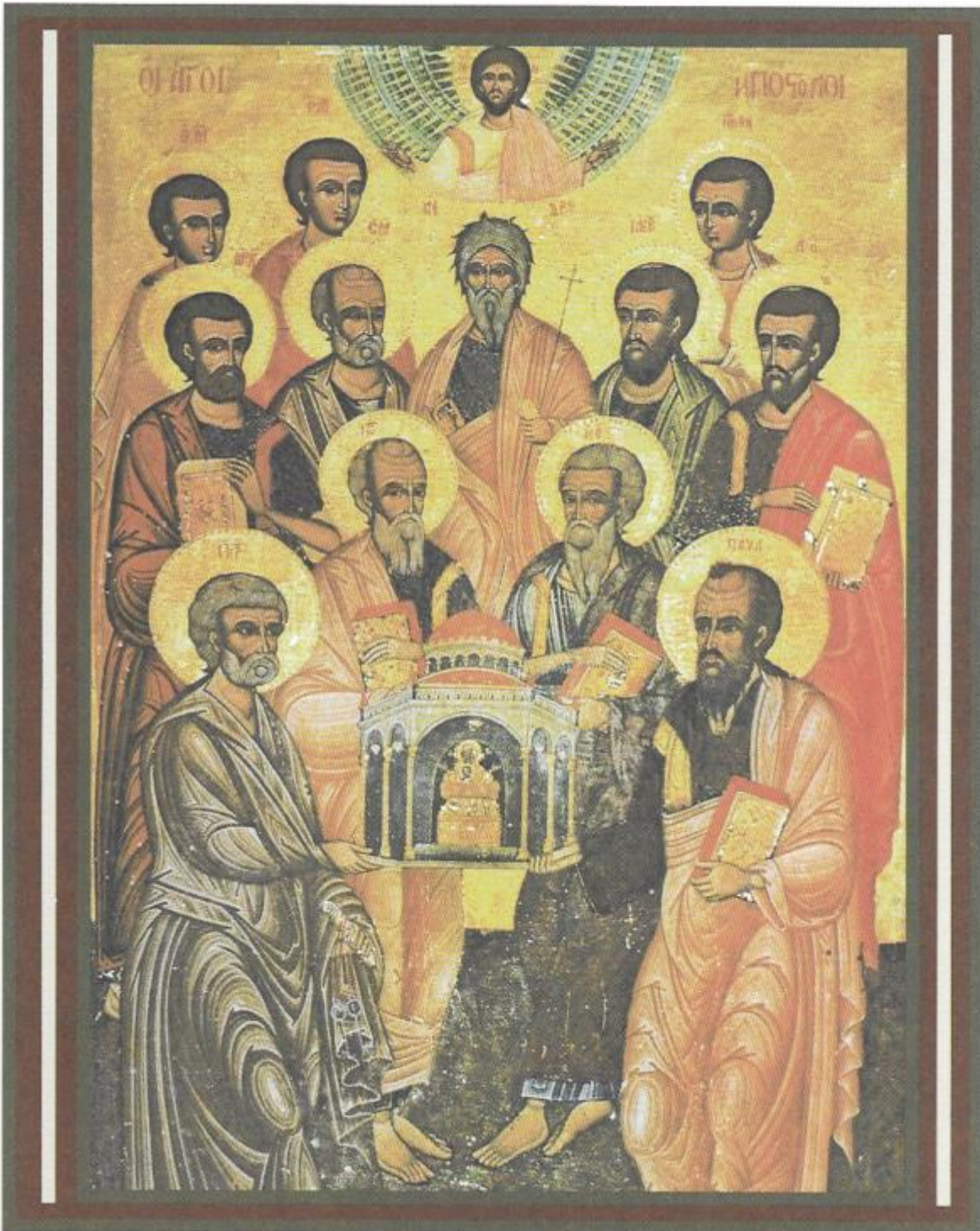
His hiding place was revealed by a certain ungrateful beggar who had brought him food. The saint used to feed him and help him with money, but the man betrayed him for two pieces of gold. Sabinus was seized with six other Christians, and after torture they were all drowned in the Nile in 287.



The blacksmith, who pounds a piece of iron, has previously thought about what he wants to make—a sickle, a knife, an axe—and works accordingly. And so let the man of God ponder in advance which virtues he wishes to acquire in order not to toil aimlessly.

St Anthony the Great





### THIS IS THE FAITH OF THE APOSTLES

**I**n 842 A.D., the Council of Constantinople decreed that the first Sunday of Great Lent should annually be celebrated as the **SUNDAY OF ORTHODOXY**. The purpose of this yearly commemoration is to draw attention to the triumph of the Church over the iconoclasts, who attempted to eliminate the use and veneration of sacred images in all public and private worship.

In recent years, it has become a tradition for Orthodox of all national and ethnic backgrounds to come together in prayer at special Sunday of Orthodoxy Vespers. While attention is still given to the original intent prescribed for this day by means of moving processions with holy icons, its scope has widened in significance. Today, we also pause to give thanks to God for our precious Orthodox Faith, which has

carefully preserved the theological, doctrinal and liturgical integrity of the "one, holy, catholic and apostolic church."

On the cover of today's Church Bulletin, the 12 Apostles are shown holding a church, a reminder to us that Christ entrusted His faithful followers with the enormous task of establishing and preserving His Church. With Jesus Christ being the "Chief Cornerstone," the Apostles laid the foundation for the Church. Their total commitment to doing the work Christ assigned them to do enabled this divine institution to rapidly grow in size and in impact on the world.

It is fitting, therefore, that the 12 Apostles are remembered on this Sunday of Orthodoxy, for the truths that they carried to all nations are still proclaimed by their successors today. Indeed, **THIS IS THE FAITH OF THE APOSTLES!**

