



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 16, 2025

SECOND SUNDAY OF LENT — Tone 5. St. Gregory Palamas. Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Martyr Sabinas of Egypt. Martyr Pappas of Lyconia. St. Serapion, Archbishop of Novgorod. Apostle Aristobulus of the Seventy, Bishop of Britain. Hieromartyr Alexander, Pope of Rome. Martyr Julian of Anazarbus. Hieromartyrs Trophimus & Thalys of Laodicea.

Schedule: Hours – 9:10am; Divine Liturgy of St. Basil – 9:30am; Church School & Fellowship. Lenten Vespers – 5pm at Holy Trinity Cathedral, Camp Hill

3rd Hour: Ken Snyder • 6th Hour: Angie DiFlorio & Ava P.

Epistle: John Dotsey • Post-Communion: Maria Reba

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 V – Let us, the faithful, praise and worship the Word,/ co-eternal with the Father and the Spirit,/ born for our salvation from the Virgin;/ for He willed to be lifted up on the Cross in the flesh,/ to endure death,/ and to raise the dead// by His glorious Resurrection.

TROPARION, ST. GREGORY PALAMAS, TONE VIII – O light of Orthodoxy, teacher of the Church,/ its confirmation,/ O ideal of monks and invincible champion of the theologians,/ O wonderworking Gregory, glory of Thessalonica and preacher of grace, // always intercede before the Lord that our souls may be saved!

Glory to the Father, and to the Son, and to the Holy Spirit.

KONTAKION, ST. GREGORY PALAMAS, TONE VIII – Holy and divine instrument of wisdom,/ joyful trumpet of the ology,/ together we sing your praises,/ O God-inspired Gregory,/ Since you now stand before the Original Mind,/ guide our minds to Him, O Father,/ so that we may sing to you://“Rejoice, preacher of grace!”

Now and ever, and unto ages of ages. Amen.

KONTAKION, LENTEN TRIODION, TONE IV – Now is the time for action!/ Judgment is at the doors!/ So let us rise and fast,/ offering alms with tears of compunction and crying:/ “Our sins are more in number than the sands of the sea;/ but forgive us, O Master of all, //so that we may receive the incorruptible crowns!”

PROKEIMENON, TONE V (*Resurrection*) – Thou, O Lord, shalt protect us / and preserve us from this generation forever.

V. Save me, O Lord, for there is no longer any that is godly!

PROKEIMENON, TONE I (*St. Gregory Palamas*) – My mouth shall speak wisdom; / the meditation of my heart shall be understanding.

EPISTLE (*Hebrews 1:10-2:3*) – “You, LORD, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands. ¹¹ They will perish, but You remain; and they will all grow old like a garment; ¹² like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail.” ¹³ But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”? ¹⁴ Are they not all ministering spirits sent forth to minister for those who will inherit salvation? ¹ Therefore we must give the more earnest heed to the things we have heard, lest we drift away. ² For if the word spoken through angels proved steadfast, and every

transgression and disobedience received a just reward, ³ how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him.

ALLELUIA VERSES – *I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation. ■ For Thou hast said: Mercy will be established forever; Thy truth will be prepared in the heavens. ■ Make a joyful noise to God, all the earth! Sing of His name, give to Him glorious praise!*

GOSPEL (*Mark 2:1-12*) – *At that time:* Again Jesus entered Capernaum after some days, and it was heard that He was in the house. ² Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. ³ Then they came to Him, bringing a paralytic who was carried by four men. ⁴ And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. ⁵ When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.” ⁶ And some of the scribes were sitting there and reasoning in their hearts, ⁷ “Why does this Man speak blasphemies like this? Who can forgive sins but God alone?” ⁸ But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts? ⁹ Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk?’ ¹⁰ But that you may know that the Son of Man has power on earth to forgive sins” – He said to the paralytic, ¹¹ “I say to you, arise, take up your bed, and go to your house.” ¹² Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!”

INSTEAD OF “IT IS TRULY MEET” – In thee, O Full of Grace, all creation rejoices;/ the assembly of angels and the race of men./ O sanctified temple and spiritual paradise,/ the glory of virgins,/ from whom God was incarnate/ and became a Child:/ our God before the ages./ He made thy body into a throne,/ and thy womb He made more spacious than the heavens./ In thee, O Full of Grace, all creation rejoices://glory to thee!

COMMUNION HYMNS – Praise the Lord from the heavens, praise Him in the highest! ■ The righteous shall be in everlasting remembrance! He shall not fear evil tidings! *Alleluia, Alleluia, Alleluia!*

UPCOMING SERVICES & EVENTS

- Tue, Mar 18:** St. Ita Home School Co-op – 10am; **Lenten Compline – 6:30pm;** Adult Ed #2 –7pm
- Wed, Mar 19:** Bible Study (*Zoom*) - noon; **9th Hour –6:10pm; Joint Pre-Sanctified Liturgy - 6:30pm;** Lenten Pot Luck
- Thu, Mar 20:** Lunch Bunch – 12:30pm *at Gilligans (Rt 22/Houcks Rd);* Parish Council Meeting –6:30pm
- Fri, Mar 21: Panikhida – 6:30pm**
- Sat, Mar 22:** Orthodoxy 101- 3:30pm; **Vespers – 5pm;** Confession & Choir Rehearsal
- Sun, Mar 23: VEN. PRECIOUS CROSS. Hours – 9:10am; Divine Liturgy of St. Basil – 9:30am; Memorial Litiya –11:30am;** *Church School & Fellowship. Lenten Vespers –5pm at CTS, We are Hosting! Pascha Breads/ Nut Rolls orders are DUE!*
- 3rd Hour: **Lydia Mantle** • 6th Hour: **Zoe Vernak**
Epistle: **John Constantine** • Post-Communion: **Janice Zuro**

PARISH NEWS

Pussy Willows: Are beginning to bud, please cut them when they are ready. Store & bring them the week before our Palm Sunday celebration.

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!
• Dates: March 29; April 5; April 12

Great Lent Prayer Buddies: Please pick up your envelope in the vestibule.

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

- **Tues, March 18: Forgiveness:** Parables of Repentance & Forgiveness; *w. Fr. Stephen Vernak*
- **Tues, March 25:** Hunger for Righteousness: *A Lenten Journey Toward Intimacy with God and Loving our Neighbor. w. Phoebe Mikhail (author)*
- **Tues, April 1:** Theology of Illness & Suffering *w. 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.

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 johnandjeandotsey@verizon.net.

Help Needed for Baking – We need volunteers for our nut roll baking. The schedule is as follows: **Mon, March 31** – Separate eggs at 9:00 am; **Tue, April 1** – Baking at 8:30am – Bagging and Clean-up 5:00pm

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.

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.

Parish Feast Day Luncheon: Please see the parish email to RSVP for the parish feast day luncheon on Sun, April 27 (St. Thomas Sunday).

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]: **Margie Orris** (aunt of Marie Reba) -Mar 7 [4/15]; **Marc Fetters** (friend of Bob Drozd) - Mar 5 [4/13]; **Janet Helfrich Freeman** (Nick Fresco's grandmother) - Feb 19 [3/30];

ANNIVERSARIES OF DEPARTED: **John Paraschak**, Dotty Fedetz's brother-in-law, Mar 16 – 15th; **Met. LAURUS**, Mar 16 – 17th; **Harold Johnson**, Hatti Kaznowsky's brother, Mar 16 – 17th; **Joseph Smart**, father of Jo-Ann Nesko, Mar 16 – 31st; **Thomas Karins**, step-father of Candi Ressetar, Mar 16 – 19th; **Ann Hribovski**, mother of Denise Zullo, Mar 16 – 9th; **Chris Kidane Dayer** -Mar 16 – 7th; **Stephen Macut**, Mar 17 – 31st; **John Yerega**, uncle of Carl Hisiro, Mar 17 – 23rd; **Oliver (Gregory) Wendell Allen**, Mar 18 – 36th; **Stephen Kalenevitch**, father of Elaine, Mar 18 – 25th; **Egor Andreevich**, father of Erin Kostylev, Mar 18 – 23rd; **Ap. Victor Sokolov**, Mar 18 – 19th; **Fr. Thomas Hopko**, Mar 18- 10th; **Met. PHILIP**, -Mar 19 – 11th; **Ruth Ann Kushlan Waite**, Rdr James aunt, Mar 19- 5th; **James Brown**, father of Andrew – Mar 19 – 9th; **Grace Dougherty Bent**, +Suzanne Mioff's mother, Mar 20 – 34th; **Ap. Peter Bourdokofsky**, Mar 20 – 20th; **Mary C. McCarthy**, grandmother of William Kenny, Mar 21 – 46th; **Sophie Fatich**, sister of +Janet Kuzupas, Mar 22 – 19th;

AILING - PARISHIONERS: **Joe Russian**; **Prot. Joseph Fester**; **Richard Hall**; **John Schilling**; **Loretta Ivanoff**; **Patricia Drebot**; **Christine Velott**; **FAMILY/FRIENDS:** **Pauline** (N. Somple's mother); **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**; **Jeanette, 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**; **Alesia** (family of J. Wevodau); **Constantine**; **Cindy, Adrienne**; **Paul, Jen-**

ny, 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 Goddaughter); **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); **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); **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** (I. 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; Bahlily K.; Evgeny (Owen) & 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; COL-**

LEGE 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:** Christopher & Kathy (friends of B. Drozd); 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); 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

BIRTHDAYS: Iryna Pototska – Mar 16; Milen Kebede – Mar 17; Grace Vernak – Mar 18; Eli Mioff – Mar 18; Noah Daniel Priestley – Mar 18; Zoe Vernak – Mar 20; Susan Dotsey – Mar 21; Marcus Chakot – Mar 21; Noah Goitmon –Mar 22; Joseph Russian – Mar 22; Melissa Hanna – Mar 22;

CANDLE OFFERINGS

To reserve, please see a vestryperson

