



St. Alexander Nevsky Orthodox Cathedral Parish Update

Orthodox Church in America
Diocese of Western Pennsylvania

Archpriest Michael Senyo
Protodeacon Michael Wusylko

February 2012

Annual Parish Meeting immediately following Divine Liturgy and **Annual Parish Fundraising Dinner** on **Sunday, January 29th** (See Page 3 for details).

Blessing of Homes continues. Please schedule a time with Father Michael.

Financial Statements are available on the table in the Vestibule. Please pick up your statement.

Wednesday, February 1
Forefeast of the Meeting

7:00 pm Vigil

Thursday, February 2
The Meeting of Jesus Christ
in the Temple

8:40 am Hours
9:00 am Divine Liturgy
Blessing of Candles

Parish Council will meet on **February 12th** following Coffee Hour.

Youth Sunday, February 19th

Beginning of **Lenten Triodion and Great Lent**
See Page 5 for Schedule.

General Confession following Great Vespers on **Saturday, February 25th**.

(Parish News continued on Page 3)

GET UP! **Motivation for Confession**

"Confess your sins to one another, that you may be healed." (James 5:16)

We are created for God and only in Him do we find the paramount bliss for which our heart is constantly yearning. Nothing other than God can make our souls happy! Give man everything which he desires and he will enjoy it for a while, but afterwards he will become indifferent to it, because he feels that something else, much more elevated, is missing. Is it not in that way that the child, too, enjoys every new toy until it grows hungry? Then it abandons the toy and looks for food. A certain inextinguishable inner hunger for truth, joy, and peace in the Holy Spirit (Romans 14:17) torments our soul and does not give us peace, even among the best pleasures of life and among the most enviable achievements in the world.

This blessed hunger is a hunger for God. Blessed Augustine is right in his Confessions before God: "Thou madest us for Thyself, and our heart is restless until it repose in Thee." The only guest who can make our soul happy is God. And if God is our paramount bliss, it is clear that which obstructs the way to God must be the greatest evil for us. Such an evil is sin.

It is in vain that some unenlightened people seek the greatest evil for man somewhere else, rather than his sin. Some consider disease to be the greatest evil, others - poverty, and others - death. But neither disease, nor poverty, nor death, nor any other earthly disaster can be such a great evil for us as is sin. These earthly misfortunes do not separate us from God if we are seeking Him sincerely, but, on the contrary, they bring us closer to Him.

(Continued on Page 2)

***This month's newsletter is sponsored by
Nikki, Marissa and Olivia Williams
in remembrance of the loved ones we hold in our heart***

***Give rest, O Lord, to the souls of Thy servants who have fallen asleep!
Memory Eternal!***

Motivation for Confession (continued)

Disease is not the greatest evil for man, because a disease of the body endured with humility, faith, and patience can cure the soul sick with sin and bring it closer to God - the greatest good for man.

And death is not frightening for the believer, because through it, as through a door, one goes to the beloved and loving God Who hath prepared for them that love Him, things that which eye hath not seen, nor ear heard, neither have entered into the heart of man. (I Cor. 2:9)

But sin is the most wretched poverty of the heart - poverty blocking the treasure of grace. Sin is a deadly sickness of the soul, a sickness which deprives us both of the joys of earth and the joys of heaven. Sin is a terrible and most lamentable spiritual death which separates us eternally from the joy of the heavenly inhabitants in paradise and buries us *in* the darkness of hell.

There is no greater evil for man than sin. It destroys both the body and the soul. It makes both this life and eternal life bitter. It causes discord in families, quarrels among neighbors, and disagreements among relatives. It starts the fire of malice among people. It makes the soul proud and embittered. It poisons the heart with envy. It drives out holy feelings from the breast and invites the demons to settle there. It separates us from God. It extinguishes everything bright in our hearts. It teaches us to lie, to be gluttonous, and to be selfish and greedy. It makes us slander and judge our neighbors. It incites our hand to steal. It fills us with anger and rage. It whispers to us to seek revenge. It commits all outrages, debaucheries, and crimes. It causes all diseases, suffering, injustice, violence, bloodshed, and war. It has filled the souls of all of us with unbearable spiritual stench. It pours this stench into the relationships among us.

Have you asked yourself why is it so stifling in the world? Why is it hard to live? Why can we not put up with each other? The answer is because sin has poisoned the atmosphere of life. We are all sick with sin. And if untreated body wounds emit intolerable stench, how much more terrible is the stench of sin!

But I'll Only Sin Again!

Why should I confess when I know that tomorrow I will sin again? Is there any point in such confession? I see that one should confess only if one would sin no more after that!

This objection to Confession contains: both something which is very true and something which is not. The right thing here is the desire not to sin any more after Confession. But we are feeble humans, and we cannot attain right away such a firmness which makes falling into voluntary sins impossible. If we cannot reach such steadfastness in virtue right away, should we surrender to vice? Or should we stop confessing? Which is better - to roll in the mud of the spiritual swamp, or to pick yourself up after each fall and go on with the hope that someday you may reach the solid and beautiful shore of virtue? If you do not confess, you remain in the mud. If you confess, you pick yourself up from the mud and clean yourself. "But why should I get up if tomorrow I will fall again?" you say. When you fall again, then get up again! Every day begin all over again! This is undoubtedly better than falling out of the habit of getting up.

A young monk complained to the great ascetic Abba Sisoës: "Abba, what should I do? I fell." The elder answered: "Get up!" The monk said: "I got up, and I fell again!" The elder replied: "Get up again!" But the young monk asked: "For how long should I get up when I fall?" "Until your death," answered Abba Sisoës. This wise dialogue should be remembered by all of us who want to change but, deceived by the devil, constantly return to our previous sins. Every time we fall into a transgression, we must get up. The "getting up"- this is Confession.

"But why should we play at falling and getting up?" ask some. It is not a game, but a struggle in which there is much sense. If we, as feeble humans, fall but get up again, there is a great probability that death will find us when we are standing. Then we are saved. But if we do not intend to get up, death will surely find us lying in the mud. Then we are lost forever!

St. John Chrysostom says: "Repentance opens the heavens for man, takes him to Paradise, overcomes the devil. Have you sinned? Do not despair! If you sin every day, then offer repentance every day! When there are rotten parts in old houses, we replace the parts with new ones, and we do not stop caring for the houses. In the same way, you should reason for yourself: if today you have defiled yourself with sin, immediately clean yourself with repentance."

For the washing away of bodily dirtiness God has given water. And for the washing of spiritual foulness, God has given the grace of the holy Sacrament of Confession. Every man, when he dirties his hands, washes them. No one says: "I will not wash my hands anymore, because I will get them dirty again!" But why is it then that many people say, "I will not go to Confession, because I will sin again tomorrow!" It is clear that the enemy of our salvation is enticing us not to wash our souls, so that he can gain power over them.

(Continued on Page 4)

Annual Parish Meeting on **Sunday, January 29th** immediately following Divine Liturgy.

Annual Parish Fundraising Dinner – Prepare your best salad, vegetable, or dessert and join us for the annual parish fundraising dinner at **5:00 pm on Sunday, January 29th** at Deacon Michael and Matushka Mary Wusylko's home. Donations toward the Building Fund will be accepted. Meat, fish, and beverages will be provided. (Children are welcome.)

**Memorial Saturdays
Commemorated February 18, March 10, 17 and 24**

Every year, there are special Memorial (Soul) Saturdays set aside for us to celebrate the Divine Liturgy and remember our loved ones. During the Liturgy, special prayers are offered for those who have reposed.

Commemoration forms are available at the candle desk in the Narthex and on Page 6.

By praying for others, we bring benefit to them, and also to ourselves, because "God is not so unjust as to forget your work and the love which you showed for His sake in serving the saints..." (Heb. 6:10).

From "Daily Lives of Saints, www.oca.org"

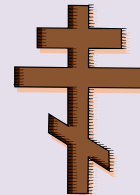
Because of inclement weather, the Archdiocesan Council meeting was rescheduled to meet on Saturday, **February 4th**, at our Cathedral to plan the future course of affairs within the Diocese. The meeting will be chaired by His Grace, BISHOP MELCHISEDEK. Father Michael and Greg Nescott are responsible for the agenda for the day. Please note there will be Divine Liturgy at 8:00 am which parishioners are welcome to attend.

Thank you to Matushka Mary Wusylko and Sophia Radinsky for coordinating breakfast and lunch for our guests.

Confessions

There will be **General Confession** following Great Vespers on **Saturday, February 25th**. Confessions are heard following every evening service, and one-half hour prior to all morning services. Also, confessions may be arranged with Father Michael any time by simply calling the Rectory for an appointment.

Parish News



Deepest Sympathy

is extended to
Richard Sismour and family
on the falling asleep in the Lord
of his wife, **Florence**,
on January 14, 2012

Florence and Richard were married for 65 years and were the parents of daughter Donna Murphy (husband Thomas) and son of Richard P. (wife Mary). Florence was the proud grandmother of Mark (Donna) Murphy, Tracey (Dave) Muench, Kelly Sismour, Richard P (Amanda) Sismour, Jr., Adam P. Sismour and Todd (Holly) Murphy and six great grandchildren.

Florence was the sister of Philip Karavlan, Nancy Mell, Phyllis Esau, Harry Karavlan and the late John Karavlan. She was a long time employee of H.J. Heinz Company.

Prior to medical problems that prevented her from attending services, many parishioners will remember her always sitting in the same pew in the front with brother Phillip and his wife Katherine and sister Phyllis and her husband Bill.

Condolences may be sent to Richard at
Room 230
Valencia Woods at St Barnabas
85 Charity Place
Valencia, PA 16059

Donations may be made to the charity of your choice in memory of Florence. Her funeral was held at our cathedral on January 17th.

May her Memory be Eternal*

Motivation for Confession (continued)

But we must not give in to such satanic suggestions; we should confess frequently, because frequent washing produces a taste for cleanliness in us.

Leave your house unswept, uncleaned, and unventilated for one year! Will it not turn into a pigsty? Now think about what the soul of a man is like when he has not cleaned it through Confession, not only for a year, but for twenty, forty, sixty, or seventy years...

The Forgotten Medicine by Archimandrite Seraphim (Aleksiev) of Bulgaria

ON FAITH

(from the Optina Elders)

Guard the holy faith, that priceless treasure, and with it enter the Kingdom: it is not for something trivial that we labor, but for acquiring a kingdom, and what a kingdom - a heavenly one! We want to be made its citizens.

St. Barsanuphius

There was a wealthy man who became destitute; this was difficult, but it could be overcome. There was a healthy man who became ill, and this too could be remedied, for with the poor and the sick, there is always Christ. However, if you lose your faith, it is a great tragedy. It is truly terrible for such a man, for he has no support.

St. Barsanuphius

A time of trial has now come; do we have faith? A person can maintain his faith who believes fervently and sincerely, to whom God is the dearest of all. Only he who guards himself from every sin can guard his faith, according to the *Gospel: Light is come into the world, and men loved darkness rather than light, because their deeds were evil* (John 3:19).

St. Nikon

There are times when the Lord permits a person to feel as if he has been abandoned, yet He still guards and leads his soul to salvation. This allowance by God can even pertain to an entire group of the faithful. Our primary concern is to preserve the Faith of Christ. If we keep our faith, it is the hope of our salvation. One must guard his faith and avoid every sin.

St. Nikon

I implore you to live piously in order that you might preserve your Orthodox faith, in order that no one and nothing, no circumstances and no kind of sorrow can turn you away from it. For this you absolutely must pray, seeking God's help to keep your faith pure.

St. Nikon

In the Holy Gospel, the Lord Himself says: *Be ye therefore wise as serpents, and harmless as doves* (Matt. 10:16). According to commentaries, the wisdom of the serpent consists of the fact that when a serpent is attacked, it first of all protects its head; similarly, in times of misfortune and difficult circumstances, the Christian must first of all protect his faith. Secondly, the wisdom of the serpent consists of the fact that when it wants to shed its old skin, it slithers into a tight space; otherwise it will not be able to shed his skin. Likewise with the Christian, if he wishes to shed himself of the "old man," he must take the narrow path, according to the Gospel teaching. The harmlessness of the dove consists in gentleness and forgiveness of offenses, vexations, and similar things.

St. Ambrose

A woman cannot live without faith. Either she lives for a period of time without faith and then soon returns to faith in God, or she quickly begins to go to pieces. It is another matter for a man; it is possible for him to live without faith. He hardens completely and becomes a pillar salt, and so he lives, stiff and cold. But a woman cannot live like this.

St. Barsanuphius

Preparation and Beginning of Great Lent

Sunday, February 5	Publican and the Pharisee (Beginning of Lenten Triodion) Hours 9:40 am, Divine Liturgy 10:00 am
Sunday- Saturday February 5-11	Fast Free Week
Sunday, February 12	Prodigal Son 9:40 am Hours, 10:00 am Divine Liturgy
Sunday, February 19	Meatfare Sunday 9:40 am Hours 10:00 am Divine Liturgy
Sunday, February 26	Cheesefare Sunday (Forgiveness Sunday) 9:40 am Hours 10:00 am Divine Liturgy Parish Dinner (Maslenitsa/Butter Festival) Immediately after Liturgy 2:00 pm Forgiveness Vespers
Monday, February 27	Great Fast Begins
Monday, February 27	7:30 am Lenten Hours and Typica 7:00 pm Great Canon of St Andrew
Tuesday, February 28	7:30 am Lenten Hours and Typica 7:00 pm Great Canon of St Andrew
Wednesday, February 29	7:30 am Lenten Hours and Typica 7:00 pm Great Canon of St Andrew
Thursday, March 1	7:30 am Lenten Hours and Typica 7:00 pm Great Canon of St Andrew
Friday, March 2	7:30 am Lenten Hours and Typica 6:00 pm Parish Lenten Pot Luck Dinner 7:00 pm Akathist
Saturday, March 3	St Theodore Saturday, 8:40 am Hours 9:00 am Divine Liturgy; Blessing of Koliva (see Page 7)

Cheesefare Week, also known as **Maslenitsa**, **Butter Week**, or **Pancake Week** is celebrated during the last week before Great Lent (February 20-26). The week is a meat-fast week. Cheesefare represents the last chance to partake of dairy products and social activities that are not appropriate during the more prayerful, sober and introspective Lenten season. The most characteristic element of Cheesefare is blini (Russian pancakes/crepes). Round and golden, they are made from the rich foods still allowed: butter, eggs and milk.

Traditionally, in Russia, Cheesefare week was similar to the Western Christian celebration of Mardi Gras and Shrove Tuesday. It included masquerades, snowball fights, sledding and sleigh rides. Certain days were designated for mothers to teach daughters and daughters-in-law to prepare blini, another day to visit in-laws, and another day for visiting godparents.

Matushka Mary Wusylko has agreed to organize our parish dinner on **Sunday, February 26th**. We will have pancakes, waffles, blintzes/crepes and Russian blini. Please join us after Liturgy.

Following dinner, Forgiveness Vespers will be conducted.

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C O N C I L I A R M E D I A M I N I S T R I E S

Refocus for Lent

Give up complaining – focus on gratitude
Give up harsh judgments – think kind thoughts
Give up worry – trust God to provide
Give up discouragement – be full of hope
Give up bitterness – turn to forgiveness
Give up hatred – return good for evil
Give up anger – be more patient
Give up pettiness – become mature
Give up jealousy – pray for trust
Give up gossiping – control your tongue
Give up sin – turn to virtue
Give up giving up – persevere

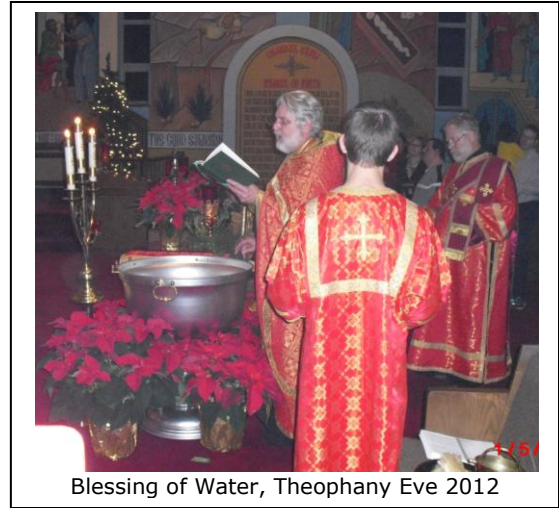
Author Unknown

More Parish News

Another New Addition to the Daskivich Family

Bobbi and John Daskivich are pleased to announce the birth of their first grandson, **Liam Matthew**, born to proud parents Amy and Fred Hermann on Saturday, January 7th. Liam weighed 7 lbs, 3 oz, was 20 inches long and had lots of thick reddish hair. Big sister Julia is thrilled to have a baby brother.

May God grant many years to Amy and Fred, big sister Julia, Liam and grandparents, Bobbi and John Daskivich.



Blessing of Water, Theophany Eve 2012



Combined Jr and Adult Choir at Yolka
on January 8th (Part 1)



Another view of combined Jr and Adult Choir
at Yolka (Part 2)

St Alexander Fundability Fund

Fundability offers us an opportunity to help pay off our church mortgage at no extra cost to you and it works best if everyone participates. Read some interesting facts about our experience with important fundraiser. Did you know that St Alexander Fundability is over 11 years old? It's true; we have been doing this for several years and generated funds to pay approximately two mortgage payments every year. And, it just keeps getting better each and every month!

We have had our dedicated volunteers manning the Fundability Counter -- always with a smile. We have grown and implemented an automated system of record keeping that allows us to track popular cards and identify inventory needs. We have added new cards over the years to accommodate all of your shopping requests.

At the start of the new year, St Alexander Fundability had generated almost \$150,000 toward our building fund since its start-up in late 2000. And all because of those who participated!

In order to reach the \$150,000 goal (approximately 5% profit from \$3,000,000 in sales), we needed to have approximately \$20,000 in sales during the month of January. Did we make it? We should know if we were successful or how close we came by the Annual Meeting on January 29th.

One important fact that you should know is that not everyone participates. How can that be? If every family purchased cards for groceries and gas, we would increase our sales. That doesn't account for cards for restaurants, retail stores, office supplies, etc. If you haven't taken advantage of Fundability cards, yet, please start now with at least one card -- once you see how easy it is, you will wonder why you haven't participated sooner!

What a notable landmark to reach - \$3,000,000 in sales and \$150,000 in profit to the building fund! As always, thank you for your support of this important fundraiser.



Choir News

Adult (All at 7:00 pm)

February Tuesday the 7th
Thursday, the 23rd

March Tuesday, the 6th
Monday, the 19th

April Thursday, the 5th

Junior Choir (After Divine Liturgy)

February Sunday, the 5th
Sunday, the 12th

(We will be preparing for Youth Sunday on February 19th)

March Sunday, the 4th
Sunday, the 11th

April Sunday, the 1st

May Sunday, the 6th

Note: Junior choir members are invited and encouraged to attend the adult choir rehearsals.



St Theodore Saturday (March 3rd - Blessing of Koliva)

Koliva (Greek) or Kutya (Ukrainian and Russian) is an offering of boiled wheat that is blessed in connection with the Memorial Services in Church for the benefit of one's departed, thereby offering unto God, a sacrifice of atonement for the dead person and in honor of the Sovereign Lord over life and death.

The tradition of blessing and eating of Koliva at the end of the first week of Great Lent is connected with an event fifty years after the death of St Theodore. The emperor Julian the Apostate (362 AD) knowing that the Christians who had observed strict fasting during the first week of Great Lent would be hungry and wanting to commit an outrage upon the Christians, ordered the city commander of Constantinople to sprinkle blood from pagan sacrifices over all the food that was sold there, making it "polluted sacrificial food" (food "polluted" with the blood of idolatry), in an attempt to force upon the people the paganism of which he was an ardent supporter.

However, St Theodore of Tyre appeared in a dream to the Patriarch of Constantinople Eudoxios, ordering him to inform all the Christians that no one should buy anything at the market, but rather to boil the wheat that they had at home and eat it sweetened with honey.

As a result, this first Saturday of Great Lent has come to be known as Theodore Saturday. After the service, the Koliva is distributed to all who are present and after Holy Communion and the antidoron, is the first food eaten after the strict fasting of the first week.

Since then, in some parishes, Koliva, having become connected with celebrating the memory of saints, are brought to church and are ordained by the priest during memorial prayers.

and . . More Parish News

RELIGIOUS GIFT SHOP

We will carry the 11 different service books for **Lent** and **Pascha**. They include the following: **Forgiveness Sunday Vespers, Canons of St. Andrew** (for first and fifth week of Great Lent), **The Liturgy of Presanctified Gifts, The Feast of Palms** (Lazarus Saturday & Palm Sunday), **The Bridegroom Services of Holy Week, Great Holy Friday Vesper Service, Holy Friday Matins, Great and Holy Saturday, Matins of Holy Saturday, The Vespers of Pascha, and The Paschal Service**. These small books may help to make your journey through Lent and Pascha more meaningful.

Pocket Calendars and **Daily Reading of the Saints Calendar Books** for 2012 are still available. If you haven't seen them, stop by and take a look. It's not too late to use either of them.

See Beth Benton or Sylvia Hanna with questions or requests.

From "Daily Lives of Saints, www.oca.org"

For more information regarding recipe, preparation, please see <http://Orthodoxwiki.org>

H R A M O T Y

“Have pity on me, have pity on me, at least you, my friends, because the hand of the Lord has touched me.”

Job 19:21



“And I shall be clothed again with my skin, and in my flesh I shall see God.”

Job 19:26

REMEMBRANCE OF THE DEAD

During the 2012 holy sacrifice of the Liturgies for the Memorial Saturdays in honor of the dead, please remember the souls of:

1	7
_____	_____
2	8
_____	_____
3	9
_____	_____
4	10
_____	_____
5	11
_____	_____
6	12
_____	_____

Name: _____

Address: _____

Offering: \$ _____

Place in envelope and drop in offering plate or bring to rectory.

YOUTH GROUP

Youth Group Meeting

The first meeting of the newly organized Youth Group will be held on **Sunday, January 29th** after Divine Liturgy and during the Annual Parish meeting. Agenda includes electing officers, gathering new ideas for activities and developing a schedule for the coming year.

Plan to attend this first meeting of the new year. Feel free to send your ideas and suggestions to jnescott@gmail.com or susanneseny@netscape.net

**Save the Date
Youth Sunday,
February 19th**

Correction

Email address for Justin Nescott was incorrect in last month's newsletter. Corrected email address is jnescott@gmail.com

Boy Scout Sunday February 5th

The official beginning of Scouting in America was February 8, 1910. In 1960, the Eastern Orthodox Committee on Scouting [EOCS] was created by the Standing Conference of Orthodox Bishops in the Americas, whose purpose is to conduct the mission of our Lord and His Church via the Boy Scouts of America and the Girl Scouts USA programs on a national level. The Scout affirmation and Law are significant aids to parishes and families in raising young men and women who "do their duty to God." The methods of the Boy Scouts of America, the Girl Scouts USA, and the Camp Fire Boys and Girls programs are tremendous tools and EOCS continues to fully endorse the work of these valued institutions. For more information, visit www.eocs.org.

On Sunday, February 5th, all of our scouts are encouraged to come to Liturgy in uniform for prayers and a blessing. Also, Bobby Hershey will be awarded the Saint George medal.

Forgiveness Game

(Try this twist on musical chairs)

What you need:

- 28 large index cards
- Black marker
- Two teams of people
- Radio or CD player

What you do:

1. On index cards, write out **forgiveness**, one letter per card. Make two sets (two f's, two o's, two r's, etc).
2. Mix up the cards and form them face up in a circle on the floor. (You'll have six blank cards mixed in.)
3. Have teams mix themselves up and stand in a circle around the cards. Ask an extra person to turn the music on and off.
4. As the music plays, teams walk around the circle. When the music stops, each player picks up the card nearest to them.
5. Team members take their cards to a designated area and try to spell "**forgiveness**." Any double letters or blanks go back to the "music person" who reorganizes the cards, spacing them evenly into a fresh circle.
6. Play continues until one team spells "**forgiveness**."



"I'm following Father Michael on twitter"

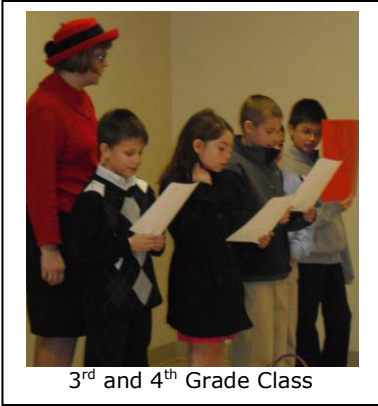
YOLKA 2012



Kindergarten and Pre-School Class



1st and 2nd Grade Class



3rd and 4th Grade Class



5th and 6th Grade Class



5th and 6th Grade Class



Kyra Ribar and
Joshua Pazin



Stephen Savchik



Alexis and Fran Balog



7th and 8th Grade Class



Teen Class

Hoagie Sale Sunday, February 5th

Have you ordered your hoagies for your Super Bowl party? Support this fund raising project to assist our Nevsky Warriors build up their account for their trip to the FOCA basketball tournament in May.

Note: Nevsky Warriors you will be assembling the hoagies from **3:00—5:00 pm on Saturday, February 4th** at the Church Hall. We need everyone's help on this fund raiser.

St Alexander Nevsky Warriors

**FOCA National Basketball Tournament in New Jersey
May 4-6, 2012**

Basketball Practices

St. Paul's United Methodist Church

February 19 March 18 April 22

Bantams will practice 1:00 to 2:30 pm
Juniors/Seniors from 2:30 to 4:00 pm



We plan to take at least 4 teams: Bantam Girls, Junior Girls, Bantam Boys and Junior Boys. Potentially, we may also take Senior Men's and Super Senior Men's teams.

Bantam teams are grades 4-8 and Junior Teams are grades 9-12.

Brunch n Run and other fundraisers (e.g. Hoagie Sale on February 5th) will be conducted to defray expenses such as hall rental for practices and bus rental.

An exciting weekend is planned with possible tours to Ellis Island, Staten Island and downtown NYC

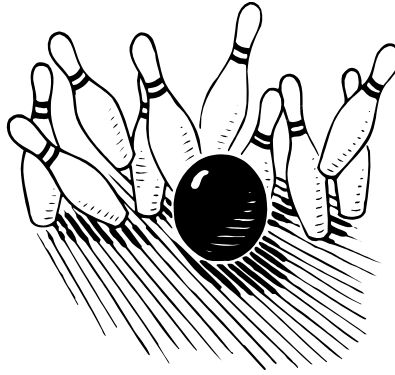
Anyone interested in playing should contact Ed Markoff.

Brunch 'n Run

Thanks to all the families who prepared and served meals for Brunch n' Run. We still need volunteers for future Sundays. Please contact Nikki Williams if you can prepare a meal or if you have any questions.

As you know, the funds raised via **Brunch 'n Runs** will defer expenses for our teams to travel to the tournament in New Jersey on May 4-6, 2012. Please consider staying for lunch and enjoying the wonderful food that is prepared along with the fellowship of other parishioners. You are reminded that you may order "to go" if you don't want to eat your meal at coffee hour.

Players and parents are asked to assist in suggesting menu items, preparing and serving food. Please contact Nikki Williams if you have any questions.



Youth Bowling Party!

All Archdiocesan youth and their families
are invited to a bowling party on...

Sunday, February 19, 2012

Mt. Lebanon Lanes

(1601 Washington Rd., Mt. Lebanon, PA 15228)

5 - 7 p.m.

Cost is \$17 per person and includes two hours of bowling, shoe rental,
and a pizza snack (Make checks payable to Pittsburgh District FOCA)
(Non-bowlers who just want pizza should pay \$5)

RSVP by Sunday, February 5th to Helene Emerick at (724) 941-4293
or Elizabeth Goehring at elizabethgoehring@gmail.com



Sponsored by Archdiocesan Youth Committee



Women's Association



Our book discussion meeting was rescheduled to **Thursday, January 26th at 7:00 pm** at the home of Gregg & Lory Nescott. Discussion was a continuation of "Having a Mary Heart in a Martha World", with special emphasis on our special assignment to try to put into daily practice one of the sample sections. A report of the discussion will be published in the next issue.

Watch the weekly bulletin for notice of next book chosen for discussion. All women of the parish are invited to join us.

I've long since stopped feeling guilty about taking "being" time; it's something we all need for our spiritual health, and often we don't take enough of it.
Madeline L'Engle

Attitude Check

"Attitude is the mind's paintbrush. It can color a situation gloomy and gray, or cheerful and gay. In fact, attitudes are more important than facts."
Mary C Crowley

Pierogie Workshops

New Year New Prices

A new year brings a new price list for our pierogies. We will no longer be offering discounts but we do have a new family or "party" package of 2-½ dozen offered at \$20.

Price per dozen (12 count)	\$8.00
Price per family/party pack (30 count)	\$20.00

Pierogie workshops help us meet our financial obligation to the parish and support our charitable work. During this Lenten season, we will be making pierogies every other week. The more help we have on Thursday night and Friday, the faster the work gets done. And on top of that, we really are a very happy group, whether in the kitchen cooking or packaging, at the dough table making circles, or at the "pinchers" table. In addition, we serve a delicious luncheon every Friday to all the workers. If you have never participated in a workshop, consider joining us on Thursday evenings or Fridays. Also, we appreciate help from our Youth Group when available.

We anticipate increased sales on February 24th (first Friday of Western Lent) and April 6th (Western Good Friday) so that we will need all available workers. Please mark your calendars for the following workshops:

February 23-24
March 8-9
March 22-23
April 5-6

**St Alexander Nevsky
Women's Association (SANWA)**

SANWA meeting will be held on **Wednesday, February 8th at 7:00 pm** at the church hall.
All women parishioners are invited to attend.

New Officers for 2012

Co-Presidents: Janet Casciato and Marianne Easton
 Vice President: Nancy Leszunov
 Secretary: Elizabeth Goehring
 Treasurer: Susan Paget
 Charity: Sylvia Hanna and Judy Tesone
 Church Catering: Matushka Mary Wusylko and Sophia Radinsky
 Coffee Hour: Susan Paget, Amy Lane and Ann Hershey
 Outreach Director: Barbara Banosky
 Pierogie Workshops: Matushka Mary Wusylko
 Religious Gift Shop: Beth Benton and Sylvia Hanna
 Basket Party: Anne Ribar
 Elizabeth Goehring
 Cookie Walk: Open – need volunteers
 Golf Outing: Denise Zallow

Upcoming Schedule – the Women's Association has the following events planned:

Women's Association Calendar of Events

Date	Time	Event	Location
<i>Wednesday, February 8</i>	<i>7:00 pm</i>	<i>SANWA Meeting</i>	<i>Church Hall</i>
<i>Thursday, February 23</i>	<i>5:00 pm</i>	<i>Potato Workshop</i>	<i>Church Hall</i>
<i>Friday, February 24</i>	<i>10:00 am</i>	<i>Pierogie Workshop</i>	<i>Church Hall</i>
<i>Sunday, February 26</i>	<i>Following Liturgy</i>	<i>Parish Dinner</i>	<i>Church Hall</i>
<i>Thursday, March 8</i>	<i>5:00 pm</i>	<i>Potato Workshop</i>	<i>Church Hall</i>
<i>Friday, March 9</i>	<i>10:00 am</i>	<i>Pierogie Workshop</i>	<i>Church Hall</i>
<i>Tuesday, March 13</i>	<i>7:00 pm</i>	<i>SANWA Meeting</i>	<i>Church Hall</i>
<i>Thursday, March 22</i>	<i>5:00 pm</i>	<i>Potato Workshop</i>	<i>Church Hall</i>
<i>Friday, March 23</i>	<i>10:00 am</i>	<i>Pierogie Workshop</i>	<i>Church Hall</i>
<i>Thursday, April 5</i>	<i>5:00 pm</i>	<i>Potato Workshop</i>	<i>Church Hall</i>
<i>Friday, April 6</i>	<i>10:00 am</i>	<i>Pierogie Workshop</i>	<i>Church Hall</i>



Clip and insert in prayer book to pray for those on list

PRAYER CORNER

Archpriest Theodore	Vladimir	Richard	Anna
Archpriest Michael	Elfrieda	Mary	Susanne
Archpriest Paul	Mildred	Alexander	Matthew
Mary	Philip	Karen	Marjorie
Alexandria	George	Phyllis	Justin

Altar Boy Schedule

January 29	C & C Baker; P & S Savchik; M Walker
February 5	P Benton; G & Z Brkovich; N Lane
February 12	R, A & S Boehm; L & Z Esswein; A Pitz
February 19	Youth Sunday: R Burek; C Fedor; D Geeza; B Hershey
February 26	C & C Baker; P & S Savchik; M Walker
March 4	P Benton; G & Z Brkovich; N Lane

Epistle & Hours Reading and Greeters

	Epistle	Hours	Greeters	Candle Desk
January 29	D Leszunov	D Leszunov	S Dunfee	J Paget
February 5	F Balog	Mat M Wusylko	S Dunfee	J Paget
February 12	C Poluszek	F Namisnak	E O'Rourke	S Romanchik
February 19	Youth	Savchik Class	J Paget, Youth	F Balog, Youth
February 26	G Pazin	L Nescott	A Ribar	R Glisan
March 4	G Nescott	S Benton	S Dunfee	J Paget

Other Duties

	Collection Counters	Coffee Social	Fundability
January 29	G Ribar, P Mulcahy	Tesone/Zallow	A Lane, S Paget
February 5	G Ribar, P Mulcahy		A Lane, S Paget
February 12	J Dille, C Poluszek		J Casciato, N Leszunov
February 19	N Tesone, K Zallow		S Radinsky, L Burek
February 26	R Horodnick, R Steeb	Parish Dinner	T Claus, B Banosky
March 4	G Ribar, P Mulcahy		A Lane, S Paget

February 2012

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Jan 29 9:00 am Church School 9:40 am Hours 10:00 am Divine Liturgy Youth Group Mtg Annual Parish Mtg 5:00 pm Annual Parish Fundraising Dinner (see P 3)	Jan 30	Jan 31	Feb 1 Forefeast of the Meeting 7:00 pm Vigil	Feb 2 Mtg of Christ in the Temple 8:40 am Hours 9:00 am Divine Liturgy with Blessing of Candles	Feb 3	Feb 4 8:00 am Divine Liturgy Diocesan Council Mtg 5:00 pm Great Vespers Confessions
Feb 5 Publican and Pharisee St Theodosius of Chernigov (Scout Sunday) 9:00 am Church School 9:40 am Hours 10:00 am Divine Liturgy Jr Choir Rehearsal	Feb 6	Feb 7 7:00 pm Adult Choir Rehearsal	Feb 8 7:00 pm SANWA Mtg	Feb 9	Feb 10	Feb 11 5:00 pm Great Vespers Confessions
Fast Free Week						
Feb 12 Prodigal Son St Alexis of Moscow 9:00 am Church School 9:40 am Hours 10:00 am Divine Liturgy Jr Choir Rehearsal Parish Council	Feb 13	Feb 14 Valentine's Day	Feb 15 7:00 pm 9 th Hour Vespers	Feb 16	Feb 17	Feb 18 Memorial (Soul) Saturday 8:40 am Hours 9:00 am Divine Liturgy w/Litya for Departed 5:00 pm Great Vespers Confessions
Feb 19 Youth Sunday Sunday of Last Judgment Meatfare Sunday 9:00 am Church School 9:40 am Hours 10:00 am Divine Liturgy 1:00 Basketball Practice 5:00 pm Archdiocesan Bowling Party	Feb 20	Feb 21	Feb 22 7:00 pm 9 th Hour Vespers	Feb 23 5:00 pm Potato Workshop 7:00 pm Adult Choir Rehearsal	Feb 24 10:00 am Pierogie Workshop	Feb 25 Holy Ascetics 8:40 am Hours 9:00 am Divine Liturgy 5:00 pm Great Vespers General Confession
Cheesefare Week (Maslenitsa/Butter Week/Pancake Week – see Page 5)						

February 2012 (Continued)

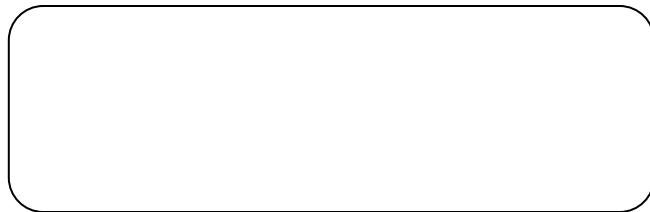
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Feb 26 Cheesefare Sunday Forgiveness Sunday 9:00 am Church School 9:40 am Hours 10:00 am Divine Liturgy Parish Dinner (See Page 5) 2:00 pm Forgiveness Vespers	Feb 27 7:30 am Lenten Hours & Typica 7:00 pm Great Canon of St Andrew	Feb 28 7:30 am Lenten Hours & Typica 7:00 pm Great Canon of St Andrew	Feb 29 7:30 am Lenten Hours & Typica 7:00 pm Great Canon of St Andrew	Mar 1 7:30 am Lenten Hours & Typica 7:00 pm Great Canon of St Andrew	Mar 2 7:30 am Lenten Hours & Typica 6:00 pm Pot Luck Lenten Meal 7:00 pm Akathist	Mar 3 St Theodore Saturday 8:40 am Hours 9:00 am Divine Liturgy Blessing of Koliva (Wheat) (see Page 7) 5:00 pm Great Vespers Confession
Great Fast						
Mar 4 Orthodoxy Sunday 9:00 am Church School 9:40 am Hours 10:00 am Divine Liturgy Jr Choir Rehearsal	Mar 5	Mar 6 7:00 pm Adult Choir Rehearsal	Mar 7 7:00 pm 9 th Hour Liturgy of Presanctified Gifts	Mar 8 5:00 pm Potato Workshop	Mar 9 Forty Martyrs of Sebaste 9:00 am Lenten Hours & Typica 10:00 am Pierogie Workshop 7:00 pm Akathist	Mar 10 Memorial (Soul) Saturday 8:40 am Hours 9:00 am Divine Liturgy w/Litya for Departed 5:00 pm Great Vespers Confessions
Great Fast						

NOTE: The monthly schedule is subject to change. Please consult the weekly bulletin for changes or additions to the monthly schedule

Did You Know

The **Pittsburgh Concert Chorale** will be presenting **Rachmaninoff's Vespers (All Night Vigil) Op. 37** as the second concert in its 2011-2012 "Brilliant, Breathtaking, Bold" Season. The performances, led by Music Director Susan Medley and performed in Church Slavonic, will take place on **Saturday-Sunday, March 3rd-4th**. Vespers is considered to be the finest of Rachmaninoff's sacred works. This *a cappella* choral work, first performed in 1915, is comprised of texts taken from the Russian Orthodox all-night vigil service. Joining the Chorale for this concert are mezzo-soprano Eva Rainforth and tenor Joseph Gaines. The March 3rd (8pm) performance will take place at Ingomar United Methodist Church, while the March 4th (4pm) performance will take place at Fox Chapel Presbyterian Church. Tickets are available online (www.pccsing.org), by phone (412.635.7654), or from Chorale member Scott Benton.

St Alexander Nevsky Orthodox Cathedral
 1600 Guyton Road
 Allison Park, PA 15101
 Archpriest Michael Senyo, Dean
 (412) 366-4647 Cell: (412) 328-8915
www.stalexandernevsky.org



Upcoming Events – Mark your calendar

January 29	Church School-9:00 am; Hours-9:40 am; Divine Liturgy-10:00 am; Youth Group Meeting; Annual Parish Meeting; Annual Fundraising Dinner @ home of Deacon Michael & Matushka Mary Wusylko
February 1	Forefeast of the Meeting Vigil-7:00 pm
February 2	Meeting of Christ in Temple Hours-8:40 am; Divine Liturgy w/ blessing of candles-9:00 am
February 4	Hours-7:40 am; Divine Liturgy-8:00 am; Archdiocesan Council Meeting; Great Vespers-5:00 pm; Confessions
February 5	Publican and Pharisee, St Theodosius of Chernigov (Scout Sunday) Church School-9:00 am; Hours-9:40 am; Divine Liturgy-10:00 am Jr Choir Rehearsal
February 6-11	FAST FREE WEEK
February 7	Adult Choir Rehearsal-7:00 pm
February 8	SANWA Meeting-7:00 pm
February 11	Great Vespers-5:00 pm; Confessions
February 12	Prodigal Son, St Alexis of Moscow Church School-9:00 am; Hours-9:40 am; Divine Liturgy-10:00 am; Jr Choir Rehearsal; Parish Council
February 15	9 th Hour Vespers-7:00 pm
February 18	Memorial (Soul) Saturday Hours-8:40 am; Divine Liturgy w/ Litya for Departed-9:00 am Great Vespers-5:00 pm; Confessions
February 19	Youth Sunday: Sunday of Last Judgment, Meatfare Sunday Church School-9:00 am; Hours-9:40 am; Divine Liturgy-10:00 am; Nevsky Warriors Practice-1:00 pm; Archdiocesan Youth Bowling @ Mt Lebanon Lanes-5:00 pm
February 22	9 th Hour Vespers-7:00 pm
February 23	Potato Workshop-5:00 pm; Adult Choir Rehearsal-7:00 pm
February 24	Pierogie Workshop-10:00 am
February 25	Holy Ascetics Hours-8:40 am; Divine Liturgy-9:00 am; Great Vespers-5:00 pm; General Confession
February 26	Cheesefare Sunday, Forgiveness Sunday Church School-9:00 am; Hours-9:40 am; Divine Liturgy-10:00 am; Parish Dinner; Forgiveness Vespers-2:00 pm
February 27	Beginning of Great Fast Lenten Hours and Typica-7:30 am Great Canon of St Andrew-7:00 pm
February 28	Lenten Hours and Typica-7:30 am Great Canon of St Andrew-7:00 pm
February 29	Lenten Hours and Typica-7:30 am Great Canon of St Andrew-7:00 pm
March 1	Lenten Hours and Typica-7:30 am Great Canon of St Andrew-7:00 pm
March 2	Lenten Hours and Typica-7:30 am Pot Luck Lenten Meal-6:00 pm; Akathist-7:00 pm
March 3	St Theodore Saturday Hours-8:40 am; Divine Liturgy w/ blessing of wheat (Koliva)-9:00 am; Great Vespers-5:00 pm; Confessions
March 4	Orthodoxy Sunday Church School-9:00 am; Hours-9:40 am; Divine Liturgy-10:00 am; Jr Choir Rehearsal
March 6	Adult Choir Rehearsal-7:00 pm
March 7	9 th Hour Liturgy of Presanctified Gifts-7:00 pm
March 8	Potato Workshop-5:00 pm
March 9	Forty Martyrs of Sebaste Lenten Hours and Typica-9:00 am; Pierogie Workshop-10:00am; Akathist-7:00 pm
March 10	Memorial (Soul) Saturday Hours-8:40 am; Divine Liturgy w/ Litya for Departed-9:00 am Great Vespers-5:00pm; Confessions