

The Saint Sava Serbian Orthodox Church Of McKeesport-Duquesne, Pa.
901 Hartman Street, McKeesport, Pa. 15132 – Our Website: stsavapa.org

Very Rev. Stevan (Stevo) G. Rocknage, Pastor

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December 20th – 28th Sunday after Pentecost – Tone 3

(Remembering – the Saints, Ambrose, Bishop of Milan; Paul the Obedient, and John The Faster)

Today's Epistle

Reading: Colossians 1: 12-18

Today's Gospel

Reading: Luke 17: 12-19

Troparion: "Let the heavens rejoice, and let the earth be glad! For the Lord has shown strength with His Arm! He has trampled down death by death! He has become the first-born of the dead! He has delivered us from the depths of hell, and has granted the world great mercy!"

Kontakion: "On this day, Thou didst rise from the tomb, O Merciful One, leading us from the gates of death. On this day, Adam exults as Eve rejoices; with the prophets and patriarchs, they unceasingly praise the divine majesty of Thy Power!"

Today's Meditation:

Fasting

Fasting is an excellent discipline. The desert fathers remind us that one of the purposes of fasting is to capture the attention of the pig which is constantly looking downward seeking food and turn it upward so that it begins to seek after the food that lasts unto life everlasting. How far easier it is for a person to pray when not burdened with a full stomach! How much lighter the soul! How much quicker it soars to its Maker on the wings of prayer!

We need to distinguish among the many forms of fasting:

1. the fasting of expectation, before receiving Holy Communion;
2. the fasting of remorse, or sorrow for our sins, which is practiced especially during Lent;
3. the fasting of love, whereby one denies oneself of food in order to help feed or clothe the hungry and needy;
4. the fasting of remembrance, i.e., Wednesday and Friday;
5. the monastic or ascetical fast. As Adam's tasting of the forbidden fruit enslaved man to food, so the purpose of ascetical fasting is to return man to freedom, to a life that does not depend on bread alone.

Fasting is not something we are called to do only on certain days. It ought to become a lifestyle, a way of life for us.

Special Announcements Today – For Your Benefit!

(1) **TODAY:** is Stewardship Sunday – at the appropriate time, please bring your pledge cards up to the basket – and let's give thanks to God for His Blessings! Also today, pick up your St. Nicholas Wheat canisters downstairs!

(2) Please keep the following loved ones in our prayers:

Arlene Crnkovich	Dawn Hamm	Bertha Cervo	Bertha Lalich
Desa Bunovich	Mika Rocknage	Mildred Miljus	Louise Popelas-NH
Ljubica Trbovic-NH	Delores Craven	Mara Gasparovic-NH	Milan Vranesevic-NH
Vlade Baskot-H	Pr. Michael Lewis	Boya Kecman	Cpt. Michael Repasky

(3) As well as those who have fallen asleep in the Lord:

+ Ruby Petrisko +Nicholas Vuick +Amy Pacura +Melva Stankovich +George Torbic
+ Smilja Vukovich +Arch-Bishop JOB +Natasha Kavic + Sophie Vranesevic

(4) **THIS WEEK:** Salvation Army – Friday – workers needed for BOTH shifts!
- **NEXT Saturday morning** – we will decorate the Church for Christmas – 10 AM!

(5) **KEEP IT UP!** Do Your Part!) **PLEASE SIGN-UP IN BACK OF THE CHURCH!**

(6) **UPCOMING EVENTS:**

- **Parish Advent Celebration: NEXT Sunday, Dec. 27th – 4 PM!**
- **Stuffed Cabbage Sale – TODAY - Take-Out ONLY!!**

(7) **YOUTH GROUP:** meets in the near future at Dana Buck's home – at 5 PM - We will discuss several ethical issues at that time! (If you need a ride, see Fr. Stevo)

(8) **Please bring in goods for our "Treats For Troops" Drive** in December – collecting for our soldiers for Christmas – the list is included today!

(9) **ATTENTION CHILDREN:** we will be making Christmas 'luminaries' for our Church to celebrate our Christmas – please see Joyce for details!

(10) **PLEASE:** we again want to help the homeless this Holiday Season – so we are collecting blankets, hats and gloves – please do what you can – to be given out on the 25th!

(11) **Today, we will take our LAST collection for the needy – PLEASE GIVE heartfully!**

(12) **TONIGHT:** on "60 Minutes" – special interview with His All-Holiness, Patriarch Bartholemew, Ecumenical Patriarch of the Orthodox Church – watch!!