



Holy Ghost Orthodox Church

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GREAT LENT

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: **Metropolitan Constantine**, Patriarch Pavle, Archimandrite Raphael, Father Peter Natishan, Father Gerald Olszewski, Father Jakiw Norton, Father Dragan Filipović, Father Elias Katras, Father Stevo Rocknage, **Father Paul Stoll**, Father Deacon Joseph Bulkanowa, Frank & Ollie Pendylshok, Walt & Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Joe Karas, Mike and Hilda Holupka, Eva Malesnick, Helen Likar, Angela Wesolosky, Stella Peanoske, Joe Nezolyk, Nick Behun, Terry Reinhart, Bernie O'Masta, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Maria Balo, Linda Mechtly, Mary Mochnick, Mary Pekich, Mildred Manolovich, Evelyn Misko, Amy, Nigel Daniel, & Daniel Pocura, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Sandy Gamble, Glen Lucas Burlack, Bernie Vangrin, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Stella Cherepko, Sam Wadrose, Khoruia Joanne Abdalah, Cameron [a boy in Matt's class], Faith—a 3-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 10-month old with a brain tumor, Dillon, Cindy Rita, Ethel Thomas, Donna, Jeff, Nick Malec [Maxine's brother], Bill, Sophia Grace, Erin, Jimmy Fennel [6th Grader], Jim Markovich, Jeff Walewski [thyroid cancer], Carol [Lotinski] Rose, Michael Miller, Dave May, Peter Paul & Louise May Sprock, Grace & Owen Ostrasky, Claudia [Horvath] Gradicheck, Alberta, Margaret Mueller, Gary Zurasky, Michael Horvath, Tony Notaro, John Holupka, Patti Sinecki, David Genshi, Denny Doran, Pete Special, Rita Very & family, Sue Segeleon, Mike Gallagher, Mildred Walters, and Daria Masur. **ARNOLD: Stefania Lucci, Kay Tomson, Ann Ostaffy, Steve Sakal, Elisabeth Arasin, and Homer Paul Kline.** We pray that God will grant them all a speedy recovery.

Please remember ALL American servicemen and women in the Middle East in your prayers. May God watch over them and all American servicemen and women—and bring them all home safely!

PLEASE REMEMBER TO BRING YOUR "BOXTOPS FOR EDUCATION" AND CAMPBELL'S SOUP LABELS TO CHURCH. There is a shoebox in the basement for Alex's Fourth Grade and Matt's Second Grade collections. THANK YOU ALL FOR YOUR HELP! *Alex and Matt*

REMEMBER—PRAYERS ARE ALWAYS FREE!

Communion Fasting: nothing to eat or drink after midnight, EXCEPT in cases where your doctor tells you to eat or drink something for medical reasons: medication, diabetes, etc. If you have a question, please call Father Bob.

AT ANY TIME—if there is an emergency, if you have questions, or if you just need to talk, please CALL FATHER BOB at [412] 279-5640.

Schedule of Services

Sunday, February 25

Divine Liturgy—Saint Basil the Great

10:30 AM

FIRST SUNDAY OF GREAT LENT—THE SUNDAY OF ORTHODOXY

SAINT MELETIUS-ARCHBISHOP OF ANTIOCH, SAINT MARY/MARINUS-NUN & HER FATHER SAINT EUGENE, SAINT ALEXIS-WONDERWORKER & METROPOLITAN OF KIEV, SAINT ANTHONY-PATRIARCH OF CONSTANTINOPLE, SAINT EUGENE-MONK AT ALEXANDRIA

Tone 4

Hebrews 11:24-26, 32-12:2

John 1:43-51

SUNDAY OF ORTHODOXY VESPERS 5:00 PM
SAINT GEORGE ANTIOCHIAN ORTHODOX CATHEDRAL, OAKLAND

Thursday, March 1 **Slickville Ecumenical Service** 7:00 PM
First Presbyterian Church—Father Anthony Carbone Speaking

Sunday, March 4 **Divine Liturgy—Saint Basil the Great** 10:30 AM

SECOND SUNDAY OF GREAT LENT—SAINT GREGORY PALAMAS
APOSTLES ARCHIPPUS & PHILEMON OF THE 70, MARTYR APHIA-EQUAL-TO-THE-APOSTLES,
MARTYRS MAXIMUS, THEODOTUS, HESYCHIUS, & ASCLEPIODOTA OF ADRIANOPOLIS, VENERABLE
EUGENE & MACARIUS PRESBYTERS-CONFESSORS AT ANTIOCH, VENERABLE RABULAS OF
SAMOSATA, DOSITHEUS OF PALESTINE

Tone 5

Hebrews 1:10-2:3

Mark 2:1-12

Litany in Blessed Memory of John Metrick, Mary Smith, Andrew Hanczar, Anna Lawrence, Michael Cicio, Joseph Vangrin, & Frank Riznow—Fr. Bob
Parastas in Blessed Memory of Charles Batch—Batch Family

Thursday, March 8 **Slickville Ecumenical Service** 7:00 PM
Saint Sylvester Roman Catholic Church—Father Bob Speaking

Sunday, March 11 **DAYLIGHT SAVINGS TIME BEGINS** 2:00 AM
Turn your clocks AHEAD ONE HOUR!!!

Divine Liturgy—Saint Basil the Great 10:30 AM

THIRD SUNDAY OF GREAT LENT—VENERATION OF THE HOLY CROSS
SAINT PORPHYRIUS-ARCHBISHOP OF GAZA, MARTYR SEBASTIAN AT ROME, VENERABLE SEBASTIAN-
MONK OF POSHEKHONYE, NEW MARTYR JOHN CALPHAS “THE APPRENTICE” AT CONSTANTINOPLE

Tone 6

Hebrews 4:14-5:6

Mark 8:34-9:1

Parastas in Blessed Memory of Mike Evanick & Mary C. Zeyzus—Ollie Pendylshok

BULLETIN INSERT FOR 25 FEBRUARY 2007
FIRST SUNDAY OF GREAT LENT—THE SUNDAY OF ORTHODOXY
SAINT MELETIUS-ARCHBISHOP OF ANTIOCH, SAINT MARY/MARINUS-
NUN & HER FATHER SAINT EUGENE, SAINT ALEXIS-WONDERWORKER &
METROPOLITAN OF KIEV, SAINT ANTHONY-PATRIARCH OF
CONSTANTINOPLE, SAINT EUGENE-MONK AT ALEXANDRIA

TROPARION—TONE 2

We venerate Thy most pure image, O Good One,
And ask forgiveness of our transgressions, O Christ our God.
Of Thy good will Thou wast pleased to ascend the Cross in the flesh
And deliver Thy creatures from bondage to the enemy.
Therefore with thankfulness we cry aloud to Thee:
Thou hast filled all with joy, O our Savior,
For Thou didst come to save the world.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and
unto ages of ages. Amen.

KONTAKION—TONE 8

No one could describe the Word of the Father;
But when He took flesh from you, O Theotokos,
He accepted to be described,
And restored the fallen image to its former state
By uniting it to divine beauty.
We confess and proclaim our salvation in word and images

PROKEIMENON—TONE 4

READER: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever!

PEOPLE: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever!

READER: For Thou art just in all that Thou hast done for us!

PEOPLE: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever!

READER: Blessed art Thou, O Lord God of our Fathers,

PEOPLE: And praised and glorified is Thy name forever!

ALLELUIA VERSES

Moses and Aaron were among His priests; Samuel also was among those who called on His name.

They cried to the Lord, and He answered them.

By an Anonymous Nurse:

It was a busy morning, approximately 8:30 AM, when an elderly gentleman, in his 80's, arrived to have stitches removed from his thumb. He stated that he was in a hurry as he had an appointment at 9:00 AM.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On exam it was well healed, so I talked to one of the doctors and obtained the needed supplies to remove his sutures and redress his wound. While taking care of his wound, we began to engage in conversation.

I asked him if he had another appointment this morning, since he was in such a hurry. The gentleman told me that he needed to go to the nursing home to eat breakfast with his wife. I then inquired about her health. He told me that she had been there for awhile and that she was a victim of Alzheimer's disease.

As we talked, and I finished dressing his wound, I asked if she would be worried if he was

a bit late. He replied that she no longer knew who he was and that she had not recognized him in five years. I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?" He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is." I had to hold back tears as he left. I had goose bumps on my arm, and I thought, "That is the kind of love I want in my life." True love is neither physical nor romantic. True love is an acceptance of all that is, has been, will be, and will not be.

The happiest of people don't necessarily have the best of everything; they just make the best of everything that comes their way.

e-mail via Jan Jennings

SCOBA

[The Standing Conference of the Canonical Orthodox Bishops in the Americas](#)
8 East 79th Street, New York, NY 10021

February 25, 2007—The Feast of the Sunday of Orthodoxy

The Hierarchs of the Standing Conference of Canonical Orthodox Bishops in the Americas

To all the Clergy and the Laity of the Holy Orthodox Churches in the Americas

Beloved Brothers and Sisters in Christ,

On this the first Sunday of Great Lent, we the Hierarchs of the Standing Conference of Canonical Orthodox Bishops in the Americas greet you in the peace and love of our Lord. Together, we have begun our Lenten journey with a week of prayer, fasting, and worship, seeking to strengthen our faith and renew our commitment to God and His will. Today, the inaugural week of Great Lent culminates in the celebration of the Sunday of Orthodoxy, a commemoration of the triumph of the true Faith with the final restoration of the Holy Icons to the churches in the year 843.

It is on this day that we hear once again the acclamation of those who signed the decree of the Seventh Ecumenical Council in 787: "This is the faith of the Apostles, this is the faith of the Orthodox, this is the faith which has made firm the whole world." In this statement the bishops affirmed the Apostolic character of the faith. Why was it so essential that the faith be connected to the Apostles of our Lord? Why do we as Orthodox Christians continue to affirm this Apostolic character? How do we define and understand the nature of this link between our spiritual lives and the faith of these Saints who answered the call of the kingdom, followed Christ in ministry and witness, and established the Church through their testimony of His love?

First, we know from the Holy Scriptures that the faith of the Apostles was in Christ alone and in His revelation of the divine will and work of the Holy Trinity. On the day of Pentecost, the Apostle Peter proclaimed, "God has made this Jesus, whom you crucified, both Lord and Christ" (Acts 2:36). It was to this Lord and Christ that the Apostles pointed through their preaching, teaching, and healing. They knew that He was the source of life and that faith in Him was the way to salvation. The Evangelist and Apostle John wrote, "In Him was life, and the life was the light of men" (John 1:4). They also knew His power to help us overcome sin and live in intimate communion with God. "It is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me", wrote the Apostle Paul (Galatians 2:20).

Second, the faith of the Apostles was evangelistic and philanthropic. Filled with the power of the Holy Spirit, they became witnesses to Christ throughout the world (Acts 1:8). They preached Christ crucified and risen, and even when threatened with imprisonment and death they proclaimed, "We cannot but speak of the things which we have seen and heard" (Acts 4:20). In addition to sharing the Gospel, the Apostles offered a witness of its truth through the power of healing and caring for those in need. They guided the early Christians in acts of charity, especially for the widows, orphans, and the poor, and they offered the saving mercy of God through miraculous healings in the name of Jesus Christ.

Third, the faith of the Apostles was life-transforming. The life of each disciple of Christ was radically changed through an encounter with the Son of God. Simple, ordinary people became champions of the faith. In hearing the call to service, the Apostles sacrificed much for the sake of the Cross and offered their lives so that others might hear and believe in the Gospel of the kingdom. In so doing, their own lives were transformed in holiness, they were granted great wisdom, and they were received by our Lord into a blessed and eternal communion of life and love.

This is the faith of the Apostles. This is our faith as Orthodox Christians, direct spiritual descendants of these holy ones who offer both their example and intercessions to all of us. This is the faith that we have inherited in truth and love, but it must also be the faith that we live. If we proclaim our faith as that of the Apostles, then we must believe above all in Christ and salvation through Him. Our faith must be visible through a constant witness of God's grace and through acts of compassion, so that both the spiritual and physical needs of others may be met, and they may know of the power of the Gospel. Most importantly, we should understand that the genuine, Apostolic faith will change our lives. Our Lord is calling us "out of darkness and into His marvelous light to become the people of God" (I Peter 2:9).

As we celebrate Sunday of Orthodoxy, as we continue this blessed and holy Lenten season towards the Holy Pascha, may we cherish this beautiful heritage of the Holy Apostles and allow it to guide us to a deeper communion with Jesus Christ and a greater understanding of life and faith. May we also seek the intercessions of the Apostles and of all of the Saints. They have made this journey before us, and through their lives and prayers they call us to keep our hearts and minds in Christ Jesus, our Savior and Lord.

With paternal blessings and love in Christ,

+Archbishop DEMETRIOS, Chairman

Greek Orthodox Archdiocese of America

+Metropolitan PHILIP, Vice Chairman

Antiochian Orthodox Christian Archdiocese of North America

+Metropolitan CHRISTOPHER, Secretary

Serbian Orthodox Church in the USA and Canada

+Metropolitan NICHOLAS of Amissos, Treasurer

American Carpatho-Russian Orthodox Diocese in the USA

+Metropolitan HERMAN

Orthodox Church in America

+Archbishop NICOLAE

Romanian Orthodox Archdiocese in America and Canada

+Metropolitan JOSEPH

Bulgarian Eastern Orthodox Church

+Metropolitan CONSTANTINE

Ukrainian Orthodox Church in the USA

+Bishop ILIA of Philomelion

Albanian Orthodox Diocese of America

Six reasons not to mess with children

1. A little girl was talking to her teacher about whales.

The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.

The little girl stated that Jonah was swallowed by a whale.

Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, "When I get to heaven I will ask Jonah".

The teacher asked, "What if Jonah went to hell?"

The little girl replied, "Then you ask him".

2. A Kindergarten teacher was observing her classroom of children while they were drawing.

She would occasionally walk around to see each child's work.

As she got to one little girl who was working diligently, she asked what the drawing was.

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

3. A Sunday school teacher was discussing the Ten Commandments with her five and six year olds.

After explaining the commandment to "honor" thy Father and thy Mother, she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?"

Without missing a beat one little boy (the oldest of a family) answered, "Thou shall not kill."

4. The children had all been photographed, and the teacher was trying to persuade them each to buy a copy of the group picture.

"Just think how nice it will be to look at it when you are all grown up and say, 'There's Jennifer, she's a lawyer,' or 'That's Michael, He's a doctor.'

A small voice at the back of the room rang out, "And there's the teacher, she's dead."

5. A teacher was giving a lesson on the circulation of the blood. Trying to make the matter clearer, she said, "Now, class, if I stood on my head, the blood, as you know, would run into it, and I would turn red in the face."

"Yes," the class said.

"Then why is it that while I am standing upright in the ordinary position the blood doesn't run into my feet?"

A little fellow shouted, "Cause your feet ain't empty."

6. The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. The nun made a note, and posted on the apple tray:

"Take only ONE. God is watching."

Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies.

A child had written a note, "Take all you want. God is watching the apples."

KIDS IN CHURCH

3-year-old Reese: "Our Father, Who does art in heaven, Harold is His name. Amen."

A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."

After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, the boy replied, "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys."

One particular four-year-old prayed, "And forgive us our trash baskets as we forgive those who put trash in our baskets."

A Sunday school teacher asked her children as they were on the way to church service, "And why is it necessary to be quiet in church?"

One bright little girl replied, >"Because people are sleeping."

A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. "If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait.'

Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand.

"Daddy, what happened to him?" the son asked.

"He died and went to Heaven," the Dad replied.

The boy thought a moment and then said, "Did God throw him back down?"

A wife invited some people to dinner. At the table, she turned to their six-year-old daughter and said, "Would you like to say the blessing?"

"I wouldn't know what to say," the girl replied.

"Just say what you hear Mommy say," the wife answered.

The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"



**PROJECT
"FEED THE HOMELESS AND NEEDY"**

"As you did it to these, the least of my brethren, you did it to Me" (Mt. 25.40)

The Greater Pittsburgh Orthodox Clergy Brotherhood will once again sponsor a sit-down hot lunch for the homeless and needy of the Pittsburgh area

On Saturday – March 10, 2007

At Holy Trinity Greek Orthodox Church Social Hall
On the North Side of Pittsburgh.

Orthodox parishes of the area are being asked to participate in this philanthropic outreach event by donating food, supplies or money.

Volunteers of all ages are also welcome – children, in particular, have found this ministry to be rewarding.

**To help, please call
Julie or Mike Kritiotis at 412-766-5001
by March 1st.**

In this season of preparation and lent, be a part of a wonderful way of giving and aiding the less fortunate among us.

Thank You in advance for your generosity!

A special word must be said about fasting during lent. Generally speaking, fasting is an essential element of the Christian Life. Christ fasted and taught men to fast. Blessed fasting is done in secret, without ostentation or accusation of others (Mt 6:16; Rom 14). It has as its goal the purification of our lives, the liberation of our souls and bodies from sin, the strengthening of our human powers of love for God and man, the enlightening of our entire being for communion with the Blessed Trinity.

The Orthodox rules for Lenten fasting are the monastic rules. No meat is allowed after Meatfare Sunday, and no eggs or dairy products after Cheesefare Sunday. These rules exist not as a Pharisaic "burden too hard to bear" (Lk 11:46), but as an ideal to be striven for; not as an end in themselves, but as a means to spiritual perfection crowned in love. The Lenten services themselves continually remind us of this.

Let us fast with a fast pleasing to the Lord. This is the true fast: the casting off of evil, the bridling of the tongue, the cutting off of anger, the cessation of lusts, evil talking, lies and cursing. The stopping of these is the fast true and acceptable. (Monday Vespers of the First Week)

The Lenten services also make the undeniable point that we should not pride ourselves with external fasting since the devil also never eats!

The ascetic fast of Great Lent continues from Meatfare Sunday to Easter Sunday, and is broken only after the Paschal Divine Liturgy. Knowing the great effort to which they are called, Christians should make every effort to fast as well as they can, in secret, so that God would see and bless their openly with a holy life. Each person must do his best in the light of the given ideal.

In addition to the ascetic fasting of the Lenten season, the Orthodox alone among Christians also practice what is known as Eucharistic or liturgical fasting. This fasting does not refer to the normal abstinence in preparation for receiving the holy Eucharist; it means fasting from the holy Eucharist itself.

During the weekdays of Great Lent the regular Eucharistic Divine Liturgy is not celebrated in Orthodox churches since the Divine Liturgy is always a paschal celebration of communion with the Risen Lord. Because the Lenten season is one of preparation for the Lord's Resurrection through the remembrance of sin and separation from God, the liturgical order of the Church eliminates the eucharistic service on the weekdays of lent. Instead the non-eucharistic services are extended with additional scripture readings and hymnology of a Lenten character. In order that the faithful would not be entirely deprived of Holy Communion on the Lenten days, however, the Liturgy of the Presanctified Gifts is celebrated on Wednesday and Friday evenings.

Even during Great Lent, Saturday (the Sabbath Day) and Sunday (the Lord's Day) remain Eucharistic days, and the Divine Liturgy is celebrated. On Saturdays it is the normal Liturgy of St John Chrysostom, usually with prayers for the dead. On Sundays it is the longer Liturgy of St Basil the Great.

The well-known teaching that Saturdays and Sundays are never days of fasting in the Orthodox Church, an issue emphasized centuries ago when controversy arose with the Latin Church, refers only to this eucharistic-liturgical fast. During Great Lent, even though the eucharistic fast is broken on Saturdays and Sundays, the ascetical fast continues through the weekends since this fasting is an extended effort made from Meatfare Sunday right to Easter itself.

"The Orthodox Faith" By Protopresbyter Thomas Hopko