



Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

[724] 468-5581

www.holyghostorthodoxchurch.org

Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home [412] 442-4160 office

[412] 956-6626 cell

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.

REMINDER: Saint Sylvester R. C. Church is having a Chicken Dinner today from 11:30 AM to 2:30 PM. A whole dinner is \$8 for adults and \$4 for children—everyone is welcome. Please support the local parish fundraiser!

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, March 18 **Divine Liturgy—Saint Basil the Great** **10:30 AM**
FOURTH SUNDAY OF GREAT LENT—SAINT JOHN CLIMACUS—OF THE LADDER
MARTYRS CONON & ONISIUS OF ISAURIA, CONON THE GARNER OF PAMPHYLIA, VIRGIN-
MARTYRIRAIIS OF ANTINOE IN EGYPT, MARTYRS EULOGIUS & EULAMPIUS OF PALESTINE,
VENERABLE HESYCHIUS THE FASTER OF BITHYNIA, MARTYR ARCHELAUS & 152 WITH HIM IN
EGYPT, VENERABLE ADRIAN & LEONIDAS OF POSHEKHONYE, GREAT-MARTYR JOHN THE
BULGARIAN AT CONSTANTINOPLE
Tone 7
Hebrews 6:13-20
Mark 9:17-31
Parastas in Blessed Memory of Frank & Helen Riznow—Riznow Family

Thursday, March 22 **Slickville Ecumenical Service** **7:00 PM**
First Presbyterian Church—Rev. Linda Steward Speaking

Sunday, March 25 **Divine Liturgy—Saint Basil the Great** **10:30 AM**
FIFTH SUNDAY OF GREAT LENT—SAINT MARY OF EGYPT
VENERABLE THEPHANES THE CONFESSOR OF SIGRAINAE, RIGHTEOUS PHIEAS-GRANDSON OF
AARON, SAINT GREGORY DIALOGUS-POPE OF ROME, VENERABLE SYMEON THE NEW THEOLOGIAN
Tone 8
Hebrews 9:11-14
Mark 10:32-45

Thursday, March 29 **Slickville Ecumenical Service** **7:00 PM**
Holy Ghost Orthodox Church—Rev. Carl Jones Speaking

Saturday, March 31 **Obednitsa** **10:30 AM**
LAZARUS SATURDAY

Sunday, April 1 **Divine Liturgy—Saint John Chrysostom** **10:30 AM**
PALM SUNDAY—ENTRY OF OUR LORD INTO JERUSALEM

**MARTYRS CHRYSANTHUS & DARIA & THOSE WITH THEM AT ROME: CLAUDIUS THE TRIBUTE, HIS WIFE HILARIA, SONS JASON & MAURICE, PRESBYTER DIODORU, DEACON MARIANUS, MARTYR PANCHARIUS AT NICODEMIA
BLESSING OF PALMS AND PUSSY WILLOWS**
Philippians: 4:4-9
John 12:1-18

BULLETIN INSERT FOR 18 MARCH 2007

FOURTH SUNDAY OF GREAT LENT

SAINT JOHN CLIMACUS—JOHN OF THE LADDER

MARTYRS CONON & ONISIUS OF ISAURIA, CONON THE GARNER OF PAMPHYLIA, VIRGIN-MARTYRIRAIIS OF ANTINOE IN EGYPT, MARTYRS EULOGIUS & EULAMPIUS OF PALESTINE, VENERABLE HESYCHIUS THE FASTER OF BITHYNIA, MARTYR ARCHELAUS & 152 WITH HIM IN EGYPT, VENERABLE ADRIAN & LEONIDAS OF POSHEKHONYE, GREAT-MARTYR JOHN THE BULGARIAN AT CONSTANTINOPE

TROPARION—TONE 1

O dweller of the wilderness and angel in the body!
You were a wonder-worker, O our God-bearing Father John!
You received heavenly gifts through fasting, vigil, and prayer:
Healing the sick and the souls of those drawn to you by faith.
Glory to Him who gave you strength! Glory to Him who granted you a crown!
Glory to Him who through you grants healing to all!

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

KONTAKION—TONE 4

The Lord truly set you on the heights of abstinence,
To be a guiding star, showing the way to the universe,
O our Father and Teacher John.

PROKEIMENON—TONE 8

READER: Let the righteous exult in glory! Let them sing for joy on their couches!

PEOPLE: Let the righteous exult in glory! Let them sing for joy on their couches!

READER: Let the righteous exult in glory!

PEOPLE: Let them sing for joy on their couches!

ALLEUIA VERSE

Those planted in the house of the Lord shall flourish in the courts of our God.

NOTE: You really need to be aware of this. This is very clear and historically indisputable. From Fr. Joshua.

Message from Father Aris (Archpriest at Holy Trinity, Columbia, SC):

Sometimes I am asked, “What’s up with all these people receiving Communion every Sunday?” That’s a reasonable question, and one that is easy to answer. Ancient Christian sources (most notably, St. Basil the Great) call us to frequent Communion. The canons prescribe ex-communication to all who hear the Gospel during Liturgy and do not receive. Quite simply, people who commune frequently are doing what they’re supposed to do.

That being said, many people worship faithfully and regularly, but only partake of the Eucharist a few times per year. Are they wrong? Not if we consider the cultural context in which they were raised. Pietistic beliefs and practices that shape much of Old World Orthodoxy teach that we can only “make ourselves worthy (ouch!)” of Communion a few times per year. Persons raised in this environment can’t be faulted for doing what their parents and grandparents taught them to do.

But what about the third category of communicants: those who come to Liturgy once or twice a year and boldly approach the chalice without a second thought? Is there a place in the Tradition of the Church for these folks? Yes, the sacrament of Confession. ***The Church prescribes ex-communication to those who miss three Sundays in a row.*** The remedy for this is Confession. This makes sense since Confession is a liturgical recommitment to Christ.

What’s wrong with popping into to the church once a year, never to be heard from for another 12 months? Here’s what St. Paul says: ***“Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For any one who eats and drinks without discerning the body eats and drinks judgment upon himself.”*** (1 Corinthians 11:27-29).

Orthodox Christians will pass the entire month of March 2007 observing Great Lent. It is the time of year when most of the regular worshipers that I know (frequent and infrequent communicants alike) will go to Confession. It is also the season when people who have been infrequent worshipers place their salvation in jeopardy by not confessing — particularly if they plan to draw near to the Body and Blood of the Risen Lord with ***“the fear of God, faith, and with love.”***

REMINDER: Saint Sylvester R. C. Church is having a Chicken Dinner today from 11:30 AM to 2:30 PM. A whole dinner is \$8 for adults and \$4 for children—everyone is welcome. Please support the local parish fundraiser!

Dear Fr. Christopher and all,

Greetings in Christ,

Please pray for the rest of this week for the safety, guidance and travel protection of OFT [*Orthodox Fellowship of the Transfiguration*] steering committee member Anne Glynn-Mackoul. She recently left to visit some tough neighborhoods in the Middle East and to do a survey on relief and development needs for the IOCC. She will be in several countries including at least Syria and Lebanon and involved in a number of meetings and tours.

Thank you.

Fred

Funeral and Memorial Stone.

Joe passed away. His will provided \$30,000 for an elaborate funeral.

As the last guests departed the affair, his wife, Helen, turned to her oldest friend.

"Well, I'm sure Joe would be pleased," she said.

"I'm sure you're right," replied Jody, who lowered her voice and leaned in close.

"How much did this really cost?"

"All of it," said Helen. "Thirty thousand."

"No!" Jody exclaimed. "I mean, it was very nice, but \$30,000?"

Helen answered. "The funeral was \$6,500. I donated \$500 to the church. The wake, food and drinks were another \$500. The rest went for the memorial stone."

Jody computed quickly.

"\$22,500 for a memorial stone? How big is it?!"

"Two and a half carats."

Prayer is a conversation of man with God. He who prays with a broken and humbled spirit is filled with divine gifts and blessings – that is, with joy, peace, comfort, illumination, and consolation – and he, too, becomes blessed. Prayer is a doubled-edged sword that slays despair, saves from danger, assuages grief, and so on. Prayer is a preventative medicine for all diseases of soul and body.

Elder Ephraim of Philotheou (Mt. Athos)

Joseph was amazed as he saw what was supernatural. He understood, O Virgin, the rain upon the fleece in thy conception without seed. And he understood the bush that burned without fire and was unconsumed, And Aaron's rod, which blossomed. Indeed, thy betrothed and guardian cried out to the priests: "A virgin gives birth, and after the birth remains a virgin."

St. Romanos the Melodist, 6th century
from the kontakion, On the Annunciation

Someone asked Abba Agathon, "Which is better, bodily asceticism or interior vigilance?" The old man replied, "Man is like a tree, bodily asceticism is the foliage, interior vigilance the fruit. According to that which is written, 'Every tree that bringeth not forth good fruit shall be cut down and cast into the fire' (Matt.3:10) it is clear that all our care should be directed towards the fruit, that is to say, guard of the spirit; but it needs the protection and the embellishment of the foliage, which is bodily asceticism."

There was a saint in Egypt who dwelt in a desert place. Far away from him there was a Manichaean who was a priest -- at least, what they call a priest. Once, when this Manichaean was going to visit one of his confederates, night overtook him in the place where the orthodox saint was living. He was in great distress, fearing to go to him to sleep there, for he knew that he was well known as a Manichaean, and he was afraid that he would not be received. However, finding himself compelled to do so, he knocked; and the old man opened the door to him, recognized him, received him joyfully, constrained him to pray with him, and after having given him refreshment, he made a bed for him. Thinking this over during the night, the Manichaean said to himself, "How is it that he is without any suspicions about me? Truly, this man is of

God." And he threw himself at his feet, saying, "Henceforth, I am orthodox," and he stayed with the old man.

archived at: <http://wordfromthedesert.squarespace.com/>

ALBANIANS KILLED A SERBIAN NUN

Sister Serafima (Andjelka Mijailovic) has been found with a broken neck next to a railway track near Staro Selo "translation from the Serbian by Alex"

Sister Serafima (Andjelka Mijailovic), aged 34, was murdered on the night of February 21-22, 2007, on the Tesaloniki - Belgrade international train, and her body was found next to a railway in Staro Selo, near a small town of Velika Plana. Sister Serafima, born in Valjevo, was a nun at a monastery in Tesaloniki, and was buried yesterday at the Celije monastery near Valjevo.

Although it is not known at this moment who had murdered Serafima, her father Branko Mijailovic suspects that the 3 Albanians who were on the same train, had thrown her body off the train, about 100 kilometers from Belgrade. Even though Serafima has been reported missing by her fellow female passenger, who has also given Serafima's documents to the police, the police had not been able to identify the victim for 6 days, and she was initially buried as an unknown person. Her father, who lives with his family in Germany, says that Serafima went to see her family, via Belgrade, so that she could obtain the documents for her transfer from Saloniki in Greece to the Zica monastery in Serbia.

- Serafima was sitting in a train compartment near Presevo (southern Serbia), when 3 Albanian men had entered it. As she was bothered by the smoke, she asked the train official to be moved to another compartment. She, being a nun, was logically uncomfortable sitting next to 3 men. Serafima was then transferred to the compartment number 5. There was a woman from Krusevac in that compartment. At about 9 pm, this woman went to get some sandwiches and when she returned, 8 to 10 minutes later, Serafima was gone, says Serafima's father. Her belongings had remained at the compartment and this woman—the fellow passenger—was interviewed by the police. She had initially reported Serafima's disappearance and had handed her belongings to the train official. He, however, claimed that Serafima got out at the Rakovica station to buy a sandwich. Among her personal belongings, her cell phone was found, and in it, the number of her uncle. The police informed him of her disappearance.
- - At about the same time, on Feb. 22, at 11 am, a female shepherd discovered the body in the village Staro Selo, of a nun in her uniform. Next to her there was

a pair of jeans. The body lay just 6 meters away from the rail tracks. My daughter did not wear jeans ever since she became a nun 10 years ago, says her father.

- She was found in her socks which were clean. Her boots were not found so it is suspected that those men had held her by the legs when they had thrown her off the train. It is not clear where they hid her body from Presevo to Staro Selo. *(Comment by Alex: If they had thrown her out in Presevo, the suspected murderers would almost certainly be classified as Albanians. Instead, they waited and threw her body when they passed the troubled Presevo Valley. Presevo Valley is located in southern Serbia, adjacent to Kosovo, and the Albanians want to secede this region and connect it to Kosovo and Greater Albania).* But, this is where the real drama for the family began. Forensic experts have determined that she was not raped, and that the cause of her death was a broken neck.
- After my brother had informed me on the news of her disappearance, her body has been transferred to the Institute of Forensic Medicine in Belgrade. After the abduction has been performed on the body, it has been transferred to the local authorities in Velika Plana, which failed to identify her! So, she was classified as Jane Do (an unknown person), and buried at the local cemetery. Only yesterday we managed to unbury her and transfer her body to Valjevo and bury her at the Celije monastery. I do not understand why the Belgrade authorities did not inform their colleagues in the rest of Serbia that a nun has disappeared. *(Comment by Alex: That way the authorities in Velika Plana would have known her identity).*

Her Yugoslav passport (still used by Serbia) and her Serbian ID card were stolen. Her other belongings - German passport and documents, bankcards and 50 euros in cash - remained intact. Therefore, robbery has been ruled out as motive for the murder. The theft of a Yugoslav passport also points out that the murderers were Albanians, because forging stolen Yugoslav passports is a very profitable business for them. Serafima was a citizen of both Serbia and Germany.

- ***The End.***

Serbian police are still conducting an investigation and have nothing to say on the case, but Kurir has learned that the monks and nuns in Kosovo have offered their help in the investigation. Serbian embassies in Germany and Greece are also silent about the case. German police have been included in the investigation as well.

Third Sunday of Great Lent
Veneration of the Holy Cross
Mark 8:34-38, 9:1

And when He had called the people unto Him with His disciples also, He said unto them, "Whosoever will come after Me, let him deny himself, and take up his cross, and follow Me. For whosoever will save his life shall lose it; but whosoever shall lose his life for My sake and the gospel's, the same shall save it. For what shall it profit a man if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul? Whosoever therefore shall be ashamed of Me and of My words in this adulterous and sinful generation; of him also shall the Son of Man be ashamed when He cometh in the glory of His Father with the holy angels'. And He said unto them, "Verily I say unto you, that there will be some of them that stand here, which shall not taste of death, till they have seen the kingdom of God come with power.

The Cross of the Lord Jesus Christ, the soul of each believer and the life of each believer are interconnected. Individuals seeking eternal life, individuals seeking the kingdom of God, cannot separate their lives from the Cross of Christ. Individuals cannot separate their souls from the Cross of Christ.

Choices are required throughout the day. Each decision affects the soul. Each decision sets a direction. Each decision affects the personal relationship with Jesus Christ.

Personal crosses are hard to bear. For each person, his or her cross looms large. Some years ago, a priest gave a memorable sermon at a Lenten Vespers. The sermon included a reference to a room where one could see the size of his or her personal cross and also the sizes of the crosses of others.

Sometimes when seeing our personal crosses, we forget others have crosses equal in size or larger. Let each of us deal with the cross we have as Christ dealt with His Cross.

When Christ asks believers to take up his or her cross and follow Him, He does so having set an example. Jesus said: O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."(Mt.26:39)

Christ went to the Cross. Christ made the Cross a symbol of victory. The Cross preceded the Resurrection. Without Christ's death on the Cross, there would be no resurrection. For believers, without the crosses in our lives, there is no new life in Christ.

For believers, without dying to the life in sin, there is no new life in Christ. Without following the narrow way, without making the difficult choices true to Christ, there is no continued life in Christ.(Mt.7:14)

Our personal crosses can cause limited vision. We may not see the glory of God in the present and may not remember the glory of God in the past. We may not see the hope of God provides for the future.

Let us draw strength from the strong in faith...from Noah...from Abraham...from Joseph...from Moses...from Gideon and from David and the prophets(Heb.11:1-40)

Believers would not share in the Precious Body and Blood of Christ had Christ not gone to the Cross. Believers would not know of the life-giving power of the Cross, had Jesus not died upon the Cross.

The Cross revealed the divinity of Christ. Christ shines through the lives of believers who relinquish lives of sin for the life in Christ. St. Paul said, "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in flesh I live by faith in the Son of God, who loved me and gave Himself for me."(Gal.2:20)

Theology can be complex. Understanding God and the Church can become complicated. The human mind will not fully comprehend the far reaching nature of God and all dimensions of the Church.

Perspective is necessary. Despair, despondency and confusion are not to prevail. We must always keep in mind the relationship of God and each individual.

We must always keep in mind each person can draw near to God in prayer. Each believer can approach the Holy Chalice. Each person can repent. Each person can be still and experience God(Ps.46:10)

The Cross of Christ stands in the middle of the road leading to the celebration of the Resurrection. Each person must deal with his or her cross to experience the new life in Christ.

Flight out of fear or avoidance will not save the believer. Picking up the cross and following Christ is the only choice for the salvation of the soul. Following Christ is an exercise in faith.

The believer does not know where he or she will go with Christ. The believer does not know what he or she will experience in the Name of Christ. The believer is confident knowing that to follow Christ is always the best course for the salvation of the soul

Following Christ enables the believer to be nourished by Christ. Following Christ enables the believer to be strengthened and protected by Christ. Following Christ provides the believer with a set of directions for use in daily life.

Hope and joy are identified with following Christ. The Holy Apostle Paul told the Thessalonians: "What is our hope, or joy, or crown of rejoicing? Is it not even you in the presence of our Lord Jesus Christ at His coming?"(I Thess.2:20)

Empowerment comes from Christ. The First Epistle of St. John states:

"He who is in you is greater than he who is in the world."(I Jn.4:4)

Believers picking up their crosses and following Christ die to this world and live in Christ. Put hesitancy behind and follow Christ to His Kingdom.

St. George Serbian Orthodox Church, Carmichaels, Pennsylvania
Third Sunday of Great Lent. February 26/March 11, 2007
Father Rodney Torbic

Hear the weekly St.George radio broadcast at www.stgeorgeserbian.us

A neat story...

The man slowly looked up. This was a woman clearly accustomed to the finer things of life. Her coat was new. She looked like that she had never missed a meal in her life. His first thought was that she wanted to make fun of him, like so many others had done before.

"Leave me alone," he growled.

To his amazement, the woman continued standing. She was smiling -- her even white teeth displayed in dazzling rows. "Are you hungry?" she asked.

"No," he answered sarcastically. "I've just come from dining with the president. Now go away." The woman's smile became even broader. Suddenly the man felt a gentle hand under his arm. "What are you doing, lady?" the man asked angrily. "I said to leave me alone."

Just then a policeman came up. "Is there any problem, ma'am?" he asked.

"No problem here, officer," the woman answered. "I'm just trying to get this man to his feet. Will you help me?"

The officer scratched his head. "That's old Jack. He's been a fixture around here for a couple of years. What do you want with him?"

"See that cafeteria over there?" she asked. "I'm going to get him something to eat and get him out of the cold for awhile."

"Are you crazy, lady?" the homeless man resisted. "I don't want to go in there!" Then he felt strong hands grab his other arm and lift him up.

"Let me go, officer. I didn't do anything."

"This is a good deal for you, Jack," the officer answered. "Don't blow it."

Finally, and with some difficulty, the woman and the police officer got Jack into the cafeteria and sat him at a table in a remote corner. It was the middle of the morning, so most of the breakfast crowd had already left and the lunch bunch had not yet arrived. The manager strode across the cafeteria and stood by the table.

"What's going on here, officer?" he asked. "What is all this. Is this man in trouble?"

"This lady brought this man in here to be fed," the policeman answered.

"Not in here!" the manager replied angrily. "Having a person like that here is bad for business."

Old Jack smiled a toothless grin. "See, lady. I told you so. Now if you'll let me go. I didn't want to come here in the first place."

The woman turned to the cafeteria manager and smiled. "Sir, are you familiar with Eddy and Associates, the banking firm down the street?"

"Of course I am," the manager answered impatiently.

"They hold their weekly meetings in one of my banquet rooms."

"And do you make a goodly amount of money providing food at these weekly meetings?"

"What business is that of yours?"

"I, sir, am Penelope Eddy, president and CEO of the company."

"Oh."

The woman smiled again. "I thought that might make a difference." She glanced at the cop who was busy stifling a giggle. "Would you like to join us in a cup of coffee and a meal, officer?"

"No thanks, ma'am," the officer replied. "I'm on duty."

"Then, perhaps, a cup of coffee to go?"

"Yes, ma'am. That would be very nice."

The cafeteria manager turned on his heel. "I'll get your coffee for you right away, officer."

The officer watched him walk away. "You certainly put him in his place," he said.

"That was not my intent. Believe it or not, I have a reason for all this."

She sat down at the table across from her amazed dinner guest. She stared at him intently.

"Jack, do you remember me?"

Old Jack searched her face with his old, rheumy eyes "I think so—I mean you do look familiar."

"I'm a little older perhaps," she said. "Maybe I've even filled out more than in my younger days when you worked here, and I came through that very door, cold and hungry."

"Ma'am?" the officer said questioningly. He couldn't believe that such a magnificently turned out woman could ever have been hungry.

"I was just out of college," the woman began. "I had come to the city looking for a job, but I couldn't find anything. Finally I was down to my last few cents and had been kicked out of my apartment. I walked the streets for days. It was February and I was cold and nearly starving. I saw this place and walked in on the off chance that I could get something to eat."

Jack lit up with a smile. "Now I remember," he said. "I was behind the serving counter. You came up and asked me if you could work for something to eat. I said that it was against company policy."

"I know," the woman continued. "Then you made me the biggest roast beef sandwich that I had ever seen, gave me a cup of coffee, and told me to go over to a corner table and enjoy it. I was afraid that you would get into trouble. Then, when I looked over, I saw you put the price of my food in the cash register. I knew then that everything would be all right."

"So you started your own business?" Old Jack said.

"I got a job that very afternoon. I worked my way up. Eventually I started my own business, that, with the help of God, prospered." She opened her purse and pulled out a business card. "When you are finished here, I want you to pay a visit to a Mr. Lyons. He's the personnel director of my company. I'll go talk to him now and I'm certain he'll find something for you to do around the office." She smiled. "I think he might even find the funds to give you a little advance so that you can buy some clothes and get a place to live until you get on your feet. If you ever need anything, my door is always opened to you."

There were tears in the old man's eyes. "How can I ever thank you?" he said.

"Don't thank me," the woman answered. "To God goes the glory. Thank Jesus. He led me to you."

Outside the cafeteria, the officer and the woman paused at the entrance before going their separate ways. "Thank you for all your help, officer," she said.

"On the contrary, Ms. Eddy," he answered. "Thank you. I saw a miracle today, something that I will never forget. And...And thank you for the coffee."

Have a Wonderful Day And May God Bless You Always

GREAT LENT

Fr. John Stavropoulos, ST. NICHOLAS Orthodox Church, Wilmington, NC

As we enter upon this Great Lenten season, my mind and heart are reminded that to enter into "the glory of the Lord" we must first cross over the desert, so to speak, of Lent. Now more than ever, we are called to wake up our senses to our spiritual condition: the world is departing from Christ and we are striving towards Him. By now

we have felt more than our share of aches, pains and weariness. Our souls have sinned enough and we cannot bear up under the weight of our problems. Even the winter skies remind us of St. John Chrysostom's truth, "Sin is gray, bland and tasteless."

At that precise moment our Lord directs us to Great Lent and the promise of the fulfillment of His plan for us. This is called the "New Jerusalem" – His coming again and being with us.

It is the fulfillment of the Scriptures that state that we will be with Christ forever in His Kingdom. To get there requires our cooperation with God in a repentant cognitive manner.

I love to gaze upon the image of the Risen Life-Giver with the banner in His hand, that symbol of victory over death and the one who has the power of death: "O death, where is thy sting? O grave, where is thy victory?" What a glorious Victor! What a cruel, most wicked enemy He has conquered! And enemy who gloried in his victories for thousands of years!

"To Thee, conqueror of death we cry: Hosanna in the highest! Blessed is He that cometh in the Name of the Lord."

"We glorify Thee, life-giving Christ, Who descended into hell for our sakes, and didst raise all with Thyself."

"In rising from the tomb, Christ, Thou didst raise all the race of Adam with Thyself."

This time of year, during Lent, we are asked: "What is truth, and what is real?" St. John of Kronstadt asks: "What do we love most in the world? Life and health. Who is our life and health? Jesus Christ. Therefore if you wish to live eternally and be blessed, believe in Jesus Christ and please Him by living in accordance with His Gospel."

This is the reality of Christ, here, now and tomorrow with Him. This is why we cannot depart from the Church because how else will we be with Him in His presence and glory! How else can we be in Him except through His Passion and Resurrection?

Lord, save us from faintheartedness!