



Holy Ghost Orthodox Church

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CHRIST IS RISEN! INDEED HE IS RISEN!

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Constantine, Patriarch Pavle, Metropolitan Theodosius, Bishop Robert, Father Peter Natishan, Father Gerald Olszewski, Father Jakiw Norton, Father Dragan Filipović, Father Elias Katras, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Michael Mihalick [MS], Ollie Pendylshok, Walt & Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike and Hilda Holupka, Eva Malesnick, Helen Likar, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Maria Balo, Linda Mechtly, Mary Mochnick, Mary Pekich, Mildred Manolovich, Evelyn Misko, 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 6-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 2-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Nick Malec [Maxine's brother], Erin, Jimmy Fennel [7th Grader], Jim Markovich, Jeff Walewski [thyroid cancer], Carol [Lotinski] Rose, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Margaret Mueller, Gary Zurasky, Michael Horvath, Patti Sinecki, David Genshi, Rita Very & family, Sue Segeleon, Mike Gallagher, Mildred Walters, Michael Miller, Mike Pelchar [Liz's brother], Jim Logue—throat cancer, Liz Stumpf, Ester Tylavsky, Ed Jamison, Theodore Nixon, Charles Johnson, Amy Forbeck, Michelle Corba Kapeluck, Gloria Prymak [Liz's niece], Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, Sabrina, George & Mika Rocknage, Elizabeth Mitchell, Amari Clark, Robert McKivitz, Cliff Dow, Marjorie Pershing, Robert Paouncic, and Daria Masur. **ARNOLD:** Stefania Lucci, Kay Tomson, Ann Ostaffy, Steve Sakal, Homer Paul Kline, and Steve Ostaffy. We pray that God will grant them all a speedy recovery.

HAPPY BIRTHDAY TO OUR MAY BABIES: Pani Gina on the 9th, Nathaniel Scott on the 16th, Christine Shirley on the 23rd, and Jim Weiser on the 24th. May God grant them all Many Happy, Healthy, and Prosperous Years!

Please remember David Weaver in Mosul, James John Logue assigned to Iraq, and 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 Fifth Grade and Matt’s Third 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, May 4

Divine Liturgy

10:30 AM

ANTI-PASCHA, SAINT THOMAS SUNDAY

HIEROMARYTR JANUARIUS-BISHOP OF BENEVENTO & COMPANIONS FESTUS, PROCULUS, & SOSIUS-DEACONS, DESIDERIUS-READER, & EUTYCHIUS & ACUTIUS-LAYMEN-AT POZZUOLI, HIEROMARTYR THEODORE OF PERGE IN PAMPHYLIA & MOTHER PILIPPA, MARTYRS DIOSCURUS, SOCRATES, & DIONYSIUS, MARTYRS ISAACIUS, APOLLO, & CODRATUS OF NICOMEDIA, SAINT MAXIMIAN-PATRIARCH OF CONSTANTINOPLE, SAINT NIPHONT-BISHOP OF NOVHOROD-PERCHEVSKY LAVRA

Tone 1

Acts 5:12-20

John 20:19-31

Litany in Blessed Memory of Charles Cherepko, Anna Metrick, Bogdan Mural, Walter Golofski, Jr., & Anna Vangrin—Fr. Bob

Parastas in Blessed Memory of John Batch—Harry Batch & Family

Sunday, May 11

Divine Liturgy

10:30 AM

SUNDAY OF THE MYRRH-BEARING WOMEN

MARY MAGDALENE, MARY-WIFE OF CLEOPAS, SALOME, JOANNA, MARTHA & MARY, SUSANNA, AND THE OTHERS, NICODEMUS AND JOSEPH OF ARAMATHEA, APOSTLES JASON & SOSIPATER OF THE 70 AND THEIR COMPANIONS, SAINT CYRIL-BISHOP OF TUROV, SAINT AUXIBIUS-BISHOP OF SOLI IN CYPRUS

Tone 2

Acts 6:1-7

Mark 15:43-16:8

Litany in Blessed Memory of All Deceased Mothers, Grandmothers, etc.—Fr. Bob

Parastas in Blessed Memory of Martha Batch—Harry Batch & Family

Sunday, May 18

Divine Liturgy

10:30 AM

SUNDAY OF THE PARALYTIC

GREAT-MARTYR IRENE OF THESSALONICA, MARTYRS NEOPHYTUS, GAIUS, & GAIANUS, VENERABLE
ADRIAN-ABBOT OF MONZA MONASTERY, UNCOVERING OF THE RELICS OF VENERABLE JAMES-
ABBOT OF ZHELEZNOBOROV

Tone 3

Acts 9:32-42

John 5:1-15

Parastas in Blessed Memory of Nicholas & Catherine Behun—Behun Family

BULLETIN INSERT FOR 04 MAY 2008

ANTI-PASCHA, SAINT THOMAS SUNDAY

**HIEROMARTYR JANUARIUS-BISHOP OF BENEVENTO &
COMPANIONS FESTUS, PROCULUS, & SOSIUS-DEACONS,
DESIDERIUS-READER, & EUTYCHIUS & ACUTIUS-LAYMEN-AT
POZZUOLI, HIEROMARTYR THEODORE OF PERGE IN
PAMPHYLIA & MOTHER PILIPPA, MARTYRS DIOSCURUS,
SOCRATES, & DIONYSIUS, MARTYRS ISAACIUS, APOLLO, &
CODRATUS OF NICOMEDIA, SAINT MAXIMIAN-PATRIARCH OF
CONSTANTINOPLE, SAINT NIPHONT-BISHOP OF NOVHOROD-
PERCHEVSKY LAVRA**

TROPARION—TONE 7

From the sealed tomb, Thou didst shine forth, O Life!
Through closed doors Thou didst come to Thy disciples, O Christ God!
Renew in us, through them, an upright spirit,
By the greatness of Thy mercy, O Resurrection of 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 8

Thomas touched Thy life-giving side with an eager hand, O Christ God,
When Thou didst come to Thy apostles through closed doors.
He cried out with all: Thou art my Lord and my God!

PROKEIMENON—TONE 3

READER: Great is our Lord and abundant in power. His understanding is
beyond measure.

PEOPLE: Great is our Lord and abundant in power. His understanding is beyond measure.

READER: Praise the Lord! For it is good to sing praises to our God!

PEOPLE: Great is our Lord and abundant in power. His understanding is beyond measure.

READER: Great is our Lord and abundant in power.

PEOPLE: His understanding is beyond measure.

ALLELUIA VERSES

Come, let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

For the Lord is a great God, and a great King above all the earth.

HYMN TO THE THEOTOKOS [INSTEAD OF IT IS TRULY MEET...]

The angel cried to the Lady Full of Grace Rejoice, O Pure Virgin! Again I say: Rejoice! Your Son is risen from His three days in the tomb! With Himself He has raised all the dead! Rejoice, all ye people!

Shine! Shine! O New Jerusalem! The Glory of the Lord has shone on you! Exult now and be glad, O Zion! Be radiant, O Pure Theotokos, in the Resurrection of your Son!

COMMUNION HYMN

Praise the Lord, O Jerusalem! Praise your God, O Zion!

They're Back! Those Wonderful Church Bulletins!

Thank God for church ladies with typewriters. These sentences appeared in church bulletins or were announced in church services (Summer, 2007 Release).

The Fasting & Prayer Conference includes meals.

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."

Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

The peacemaking meeting scheduled for today has been canceled due to a conflict.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "Hell" to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

The Rector will preach his farewell message, after which the choir will sing: "Break Forth Into Joy"

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be "What Is Hell?" Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The church will host an evening of fine dining, super entertainment and gracious hostility.

Potluck supper Sunday at 5:00 PM - prayer and medication to follow..

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7 PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done.

The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use the large double door at the side entrance.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours".

If you wish to gain victory over the passions, enter within yourself through prayer and God's help; then descend into the depths of your heart and there track down these three powerful giants -- forgetfulness, laziness, and ignorance. It is these three who uphold the ranks of our spiritual adversaries: supported by these three, all the other passions, returning to the heart, act, live, and gain strength in self-indulgent and uninstructed souls. But if by means of great attention and persistence of mind, and with help from above, you find those evil giants that are unbeknown to many, you will easily drive them away with the weapons of righteousness -- with the remembrance of what is good, with the eagerness that spurs the soul to salvation, and with knowledge from heaven.

St. Mark the Ascetic

REMINDERS: NO KNEELING until the Kneeling Prayers of Pentecost Sunday. Instead of "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service *until Ascension Thursday*, we sing "Christ is Risen!" Also, we do not say the

prayer to the Holy Spirit “O Heavenly King” until Pentecost Sunday.

The Cup of Christ: An Orthodox Meditation on Holy Week

by Bishop Ignatius Brianchaninov

Two beloved disciples asked the Lord for thrones of glory--and He gave them His Cup (Matt. 20:23).

The Cup of Christ is suffering. But for those who drink from it on earth, the Cup of Christ grants participation in Christ's Kingdom. It prepares for them the thrones of eternal glory in heaven. We stand in silence before the Cup of Christ, nor can any man complain about it or reject it; for He who commanded us to taste it first drank of it Himself.

O tree of knowledge of good and evil! You killed our ancestors in Paradise, you deceived them by the delusions of sensual pleasure and the delusions of reason. Christ, the Redeemer of the fallen, brought his Cup of Salvation into this world, to the fallen and to those who are exiled from Paradise.

The bitterness of this Cup cleanses the heart from forbidden, destructive and sinful pleasure; through the humility that flows from it in abundance, the pride of understanding on the carnal level is mortified. To him who drinks from the Cup with faith and patience, the eternal life which was, and still is, lost to him by his tasting of forbidden fruit will be restored.

I will accept the Cup of Christ, the cup of Salvation. (cf. Ps. 116:13). The Cup is accepted when the Christian bears earthly tribulation in the spirit of humility learnt from the Gospel. St. Peter turned swiftly with a naked sword to defend the God-Man, Who was surrounded by evil doers; but Jesus said to Peter, "Put up thy sword into the sheath: the cup which my Father hath given Me, shall I not drink it?" (John 18:11). So, too, when disaster surrounds you, you should comfort and strengthen your soul, saying, "The Cup which my Father hath given me, shall I not drink it?" The Cup is bitter: at first sight all human reasoning is confounded. Surmount reason by faith and drink courageously from the bitter Cup: it is the Father Who gives it to you, He who is all good and all wise. It is neither the Pharisees, nor Caiaphas, nor Judas who prepared the Cup; it is neither Pilate nor his soldiers who give it: "The cup which my Father hath given me; shall I not drink it?"

Pharisees think evil, Judas betrays, Pilate orders the unlawful killing, the soldiers of the government execute his order. Through their evil deeds all these prepared their own true perdition. Do not prepare for yourself just such a perdition by remembering evil,

by longing for and dreaming of revenge, and by indignation against your enemies. The heavenly Father is almighty and all-seeing. He sees your affliction, and if He had found it necessary and profitable to withdraw the Cup from you, He would certainly have done so.

The Lord, as the Scriptures and Church history testify, has often allowed afflictions to befall His beloved, and often warded off afflictions from them, in accordance with the unfathomable ways of Providence. When you are faced with the Cup, turn your gaze from the people who gave it to you; lift up your eyes to Heaven and say, "The Cup which my Father hath given me, shall I not drink it?"

"I will take the cup of salvation." I cannot reject the Cup, the promise of heavenly and eternal good. The Apostle of Christ teaches me patience when he says: ...we must through much tribulation enter into the Kingdom of God (Acts 14:22). How can we reject the Cup which is the means of attaining this Kingdom and growing with it? I will accept the Cup--the gift of God. For the Cup of Christ is the gift of God. The great Paul writes to the Philippians: *For unto you is given in behalf of Christ, not only to believe on Him, but also to suffer for His sake*, (Phil. 1:29).

You receive the Cup which seemingly comes from the hand of man. What is it to you whether the bearer of the Cup acts righteously or unrighteously? As a follower of Jesus, your concern is to act righteously; to receive the Cup with thanksgiving to God and with a living faith; and courageously to drink it to the dregs.

In receiving the Cup from the hand of man, remember it is the Cup of Him Who is not only innocent but All-Holy. Thinking on this, remind yourself and other suffering sinners of the words that the blessed and enlightened thief spoke when he was crucified on the right hand of the crucified God-Man: *We receive the due reward of our deeds... Lord, remember me when Thou comest into Thy kingdom*, (Luke 23:41-42). And then, turning to the people, you will say to them: Blessed are you who are instruments of righteousness and of God's mercy, blessed are you from henceforth and forever! (If they are not in a fit state to understand and receive your words, do not cast your precious pearls of humility under the feet of those who cannot value them, but say these words in thought and heart.) By this alone will you fulfill the commandment of the Gospel which says: *Love your enemies, bless them that curse you...* (Matt. 5:44).

Pray to the Lord on behalf of those who have insulted and outraged you that what they have done for you should be repaid by a temporal blessing and the eternal reward of salvation, and that when they stand before Christ to be judged, it should be counted to them as if it had been an act of virtue. Although your heart does not wish to act in this way, compel it to do so: because only those who do violence to their own heart in fulfilling the commandments of the Gospel can inherit Heaven. If you have

not the will to act in this way, then you have not the will to be a follower of the Lord Jesus Christ. Look deep within yourself and consider searchingly: have you not found another teacher, the teacher of hatred-the devil-and fallen under his power?

It is a terrible transgression to offend or to oppress one's neighbor; it is a most terrible transgression to commit murder. But whoever hates his oppressor, his slanderer, his betrayer, his murderer, and whoever thinks ill of them and takes revenge on them, commits a sin very near to their sin. In vain does he pretend to himself and others that he is righteous. Everyone who hates his brother is a murderer of man, proclaimed St. John, the beloved disciple of Christ (I John 3:15).

A living faith in Christ teaches one to receive the Cup of Christ, and the Cup of Christ inspires hope in the heart of him who receives it; and hope in Christ gives strength and consolation to the heart. What torment, what torment of hell, to complain or to murmur against the Cup that is pre-ordained from above! Murmuring, impatience, faint-heartedness and especially despair, are sins before God--they are the ugly children of sinful disbelief.

It is sinful to complain of neighbors when they are the instruments of our suffering; still more sinful is it when we cry out against the Cup that comes down to us straight from Heaven, from the right hand of God. But he who drinks the Cup with thanksgiving to God and blessings on his neighbor, achieves holy serenity, the grace of the peace of Christ. It is as if already he enjoys God's spiritual Paradise.

Temporal suffering has no importance in itself; we lend it significance because of our attachment to the earth and to all corruptible things and through our coldness towards Christ and eternity. You are prepared to bear the bitter and repellent taste of medicines: to bear the painful amputation and cauterization of your limbs; to bear the long drawn out suffering of hunger, and prolonged seclusion in your room; you are prepared to bear all this to restore lost health to your body, which after it is healed will certainly become ill again, and will certainly die and become corrupt. Bear, then, the bitterness of the Cup of Christ which brings healing and eternal beatitude to your immortal soul.

If the Cup appears to you to be unbearable, deadly, then it reveals that although you bear Christ's name, you do not belong to Christ. For the true followers of Christ, the Cup of Christ is the Cup of joy. Thus the holy apostles, after having been beaten before the gathering of the elders of the Jews, went out from the presence of the council rejoicing that they were counted worthy to suffer shame for the Name of the Lord Jesus (Acts 5:40-41).

Righteous Job heard bitter news. Tiding after tiding came to pierce his steadfast heart; the last of these was the hardest--all his sons and daughters had been struck down

suddenly by a cruel and violent death. In his great sorrow, he rent his clothes and covered his head with ashes. And then, in submissive faith, he fell down upon the ground, and worshiped the Lord saying, *I myself came naked from my mother's womb, and naked shall I return thither: the Lord gave, the Lord has taken away: as it seemed good to the Lord, so has it come to pass; blessed be the name of the Lord.*

One day an angel of the Lord told our father Pachomius to teach a brother about his salvation. This brother was engaging in great practices and a harsh asceticism, but he was doing so not for God but for vainglory. Our father Pachomius took him aside and told him, "It is written, 'I have come down from heaven not to do my own will, but to do the will of the one who sent me.' Now obey me: when the signal is given at midday to call the brothers to eat, you shall go too and you shall eat a little. And whatever food they eat you shall take a little of it too, although without eating your fill. But at evening, when the signal is given again, let us go and eat properly. So obey me, for I see that the enemy envies you and wants to destroy all your labor."

The brother cheerfully obeyed the instructions our father addressed to him. Later, when the signal summoned the brothers for the midday meal, he got up too and went off to eat with the brothers. But once more he fell into his deception, saying to himself, "Where is it written, 'You shall not fast?'" And so again he followed his vain judgment and did not go in to eat with the brothers.

Our father Pachomius was sad about this brother, and he called Theodore and sent him to him, saying, "Go and see what that brother is doing. If you find him in prayer, hold him till I come, and vainglory will at once show itself forth in a lively manner in him." Theodore arose and did as our father Pachomius had ordered him. And when he arrived where the brother was, he found him busy praying, and he held him. At once, the brother grew angry like a devil. He seized a big stone to throw at Theodore's head and kill him, and said to him, "Impious Theodore! Is it you who will keep me from praying to the Lord God?" Theodore rebuked him, and at once the demon who was living in him kept still. And the demon said, "Do you know that I am the one who is at work in those who sing the office for sheer pleasure? If you do not believe me, listen to that brother who is singing. He is going to say that verse nine times." There was a brother in a cell who was singing the beginning of the Canticle of Moses with these words: Let us sing to the Lord, for He has been exalted gloriously. Theodore pricked up his ears, and what the demon had said happened. Reflecting on the devil's devices, he was awestruck, and wondered if the man would be able to escape a lot of trouble. While Theodore was seated near the brother and watched over him, our father Pachomius came. He stood, as did Theodore, and they prayed together over the brother. The Lord healed him. He opened the eyes of his heart so that he could understand how he must behave, "not as a fool but as one wise." And he gave glory to God.

from the Bohairic Life of St. Pachomius, 64

St. Theodore the Sanctified, disciple of St. Pachomius commemorated 16 May