



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.

Father Bob and his family participated in the consecration of Bishop Daniel [Zelinsky] in Parma, Ohio, on Friday and Saturday. Bishop Daniel will be

installed as Bishop of our Western Eparchy and his cathedral seat will be in Chicago. Please remember him in your prayers as he continues to work for the Glory of God and His Church. May God grant him many healthy, happy, prosperous, and blessed years! AXIOS! AXIOS! AXIOS!!!

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 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	
	<i>Tone 2</i>	
	Acts 6:1-7	
	Mark 15:43-16:8	
	<i>Litany in Blessed Memory of All Deceased Mothers, Grandmothers, etc.—Fr. Bob</i>	
	<i>Parastas in Blessed Memory of Martha Batch—Harry Batch & Family</i>	
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	
	<i>Tone 3</i>	
	Acts 9:32-42	
	John 5:1-15	
	<i>Parastas in Blessed Memory of Nicholas & Catherine Behun—Behun Family</i>	
Sunday, May 25	Divine Liturgy	10:30 AM
	SUNDAY OF THE SAMARITAN WOMAN	

**SAINT EPIPHANIUS-BISHOP OF CYPRUS, SAINT GERMANUS-PATRIARCH OF CONSTANTINOPLE,
SAINTS SABINUS & POLYBIUS-BISHOPS IN CYPRUS, VENERABLE DIONYSIUS-ARCHIMANDRITE OF
RADONEZH**

Tone 4

Acts 11:19-26, 29-30

John 4:5-42

Parastas in Blessed Memory of Mary Pendlyshok--Ollie

**BULLETIN INSERT FOR 11 MAY 2008
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**

TROPARION OF THE RESURRECTION—TONE 2

When Thou didst descend to death, O Life Immortal,
Thou didst slay hell with the splendor of Thy Godhead!
And when from the depths Thou didst raise the dead,
All the powers of heaven cried out:
O Giver of Life! Christ our God! Glory to Thee!

TROPARION OF THE RIGHTEOUS JOSEPH—TONE 2

The noble Joseph, when he had taken down Thy most pure body from the tree
Wrapped it in fine linens and anointed it with spices,
And placed it in a new tomb.
But Thou didst rise on the third day, O Lord,
Granting the world great mercy.

Glory to the Father, and to the Son, and to the Holy Spirit.

TROPARION OF THE MYRRH-BEARING WOMEN—TONE 2

The angel came to the myrrh-bearing women at the tomb and said:
Myrrh is meet for the dead; but Christ has shown Himself a stranger to
corruption! So proclaim: The Lord is risen, granting the world great mercy.

Now and ever, and unto ages of ages. Amen.

KONTAKION—TONE 2

Thou didst command the Myrrhbearers to rejoice, O Christ!
By Thy Resurrection, Thou didst stop the lamentation of Eve, O God!
Thou didst command Thy apostles to preach: The Savior is Risen!

PROKEIMENON—TONE 6

READER: O Lord, save Thy people and bless Thine inheritance.

PEOPLE: O Lord, save Thy people and bless Thine inheritance.

READER: To Thee, O Lord, will I call. O my God, be not silent to me.

PEOPLE: O Lord, save Thy people and bless Thine inheritance.

READER: O Lord, save Thy people.

PEOPLE: And bless Thine inheritance.

ALLELUIA VERSES—TONE 8

Lord, Thou wast favorable to Thy land; Thou didst restore the fortune of Jacob.

Mercy and truth have met; righteousness and peace have kissed each other.

THE HYMN TO THE THEOTOKOS (Replaces "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 HYMNS

Receive ye the Body of Christ; taste ye the fountain of immortality. Praise the Lord from the heavens! Praise Him in the highest!

Top Eight Geniuses of 2007

Posted by: "joey" jmljr2002@hotmail.com Thu Apr 17, 2008 11:11 pm (PDT)

Genius Number Eight of 2007

I live in a semi-rural area. (Weyauwega, Wisconsin) We recently had a new neighbor

call the local township administrative office to request the removal of the Deer Crossing sign on our road. The reason: 'Too many deer are being hit by cars out here! - I don't think this is a good place for them to be crossing anymore.'

Genius Number Seven of 2007

Arkansas: Seems this guy wanted some beer pretty badly. He decided that he'd just throw a cinder block through a liquor store window, grab some booze, and run. So he lifted the cinder block and heaved it over his head at the window. The cinder block bounced back knocking him unconscious. It seems the liquor store window was made of Plexi-Glass. The whole event was caught on videotape.

Yep, here's your sign

Genius Number Six of 2007

A pair of Michigan robbers entered a record shop nervously waving revolvers. The first one shouted, 'Nobody move!' When his partner moved, the startled first bandit shot him.

This guy doesn't even deserve a sign

Genius Number Five of 2007

A guy walked into a little corner store with a shotgun and demanded all of the cash from the cash drawer. After the cashier put the cash in a bag, the robber saw a bottle of Scotch that he wanted behind the counter on the shelf. He told the cashier to put it in the bag as well, but the cashier refused and said, 'Because I don't believe you are over 21.'

The robber said he was, but the clerk still refused to give it to him because she didn't believe him. At this point, the robber took his driver's license out of his wallet and gave it to the clerk.

The clerk looked it over and agreed that the man was in fact over 21 and she put the Scotch in the bag. The robber then ran from the store with his loot.

The cashier promptly called the police and gave the name and address of the robber that he got off the license. They arrested the robber two hours later.

This guy definitely needs a sign.

Genius Number Four of 2007

A motorist was unknowingly caught in an automated speed trap that; measured his

speed using radar and photographed his car. He later received in the mail a ticket for \$40 and a photo of his car. Instead of payment, he sent the police department a photograph of \$40. Several days later, he received a letter from the police that contained another picture, this time of handcuffs. He immediately mailed in his \$40.

Wise guy..... But you still get a sign

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Genius Number Three of 2007

A man, wanting to rob a downtown Bank of America, walked into the Branch and wrote this, 'Put all your munny in this bag.' While standing in line, waiting to give his note to the teller, he began to worry that someone had seen him write the note and might call the police before he reached the teller's window. So he left the Bank of America and crossed the street to the Wells Fargo Bank. After waiting a few minutes in line, he handed his note to the Wells Fargo teller. She read it and, surmising from his spelling errors that he wasn't the brightest light in the harbor, told him that she could not accept his stickup note because it was written on a Bank of America deposit slip and that he would either have to fill out a Wells Fargo deposit slip or go back to Bank of America. Looking somewhat defeated, the man said, 'OK' and left. He was arrested a few minutes later, as he was waiting in line back at Bank of America.

*Don't bother with this guy's sign. He probably couldn't read it anyway.*

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Genius Number Two of 2007

Early this year, some Boeing employees on the airfield decided to steal a life raft from one of the 747s. They were successful in getting it out of the plane and home. Shortly after they took it for a float on the river, they noticed a Coast Guard helicopter coming towards them. It turned out that the chopper was homing in on the emergency locator beacon that activated when the raft was inflated. They are no longer employed at Boeing.

Here's your sign, guys. Don't get it wet; the paint might run.

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Genius Number One of 2007

I am a medical student currently doing a rotation in toxicology at the poison control center. Today, this woman called in very upset because she caught her little daughter eating ants. I quickly reassured her that the ants are not harmful and there would be no need to bring her daughter into the hospital. She calmed down and at the end of the conversation happened to mention that she gave

her daughter some ant poison to eat in order to kill the ants. I told her that she better bring her daughter into the emergency room right away.

*Here's your sign, lady. Wear it with pride.*

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(Please note that all of the above people are allowed to vote!)

J.M. LEPAK, Jr., Crafton High School '63, Brandon, FL

Christ is Risen! Indeed He is Risen!
Христос воскрес! Воистину воскрес!
Χριστός ἀνέστη! Ἀληθῶς ἀνέστη!
(Khristós Anésti! Alithós Anésti!)
Hristos a înviat! Adevărat a înviat!
ماق اقا ح! ماق ح ي س م ا!
(al-Masīḥ qām! Ḥaqqan qām!)
Kristo Amefufukka! Kweli Amefufukka

IF YOU CANNOT FORGIVE, YOU CANNOT LOVE

By Rev. Fr. Leo Copacia (reprint from the "Solia").



In this article on the gospel lesson of St. Matthew 18:23-35, Jesus tells us a parable about the act of forgiveness. He tells us about a certain person, who, after being forgiven a debt of a huge amount of money, immediately goes to a person who owes him a few dollars, grabs him by the throat, and then demands immediate payment for his debt.

Normally, most people who hear this story, react and say nobody acts like that today. That may be, but that is not the point of this parable; for you see, Jesus told us this story not because of this particular situation, but because he wanted to show us that this is what really happens, even today, when we refuse to truly forgive someone, regardless of the circumstances or the things they have done to us.

What this parable actually depicts is a marvelous example of our wicked human tendency to plead for forgiveness, when that is what we need, but to deny it or be incapable of forgiving someone else when it comes their turn to expect it. Before going on any further with this subject of forgiveness, let me first define and explain to you what forgiveness is not.

** Forgiveness is not forgetting the hurt or abuse that has been spewed upon you.*

** Forgiveness is not justifying the other person's actions for why and what they said or did to you.*

*** Forgiveness is not excusing the person or persons who have hurt or abused you.**

What forgiveness is, is simply saying to the person or persons, whomever they may be: "I lay aside forever, the hurt and anger that you have caused me., over whatever time frame you have experienced this situation, and I forgive you unconditionally, and no longer hold it against you."

However, there is one other very important thing I want you to remember when you take it upon yourself to forgive someone. You are not responsible for what the other person's response will be to your forgiveness. For you see, God may heal and forgive you, but the other person who hurt you may never forgive you and be healed. Further, such unforgiving people may go to their graves with that terrible poison still in their hearts. They and they alone will be required to give account to God for their actions of not forgiving. You are not responsible for someone else's forgiveness. They are. You are solely responsible for your own act of forgiveness to someone who has hurt or offended you. Some of you may ask, "How do I do this when that particular person will not speak to me or has died?" Here is a suggestion I would like to share with you from the advice of a very learned pastor and therapist, Dr. Charles Stanley, which I know works. He said, "Here is what you do if you cannot, for whatever reason, sit face to face with these people and ask their forgiveness. You set up two chairs in the privacy of your room when no one else is around. You then sit in one chair and pretend the person you want to forgive is in the other chair. You then start to verbally express to that person all the terrible feelings you have about them and the hurt they have caused you over the years or whatever period of time you experienced this. Let all of those pent-up and abusive feelings come out and do not hold anything back. Say it exactly like it is and how you feel it personally down deep inside. Some of those feelings may be so hideous and traumatic that you have suppressed them for ten, twenty or more years."

Then I want you to say this short prayer: "Because our lord and Savior Jesus Christ has forgiven me so many times in the sacrament of confession over the years, and because he died on the cross for me and for my salvation, I now choose to forgive you unconditionally for what you have done to me and for which I have kept bottled up inside of me for all this time.

Then the next thing I want you to do is to accept from this person, his forgiveness to you as if he had given it to you verbally, face to face. When you finish doing this, the healing process from God through the Holy Spirit, which is already in you as an Orthodox Christian but may have been dormant from your baptism and chrismation, will immediately begin to heal your body and soul. From that moment on, God will set you free from that hurt and anger that may have been destroying you for all of these years.

May I caution you about one more thing. Forgiveness is not forgiveness unless it is accepted. So, no matter how unworthy you may think of yourself, forgiveness must be accepted, because it is a gracious gift that places us in God's debt forever. I once again caution you that if you have never been to confession and have been carrying this kind of hurt and anger around in your soul for years, if you do not go through this catharsis process, somewhere along the line, you are going to blow a fuse, either in your mind or body.

When you cannot forgive someone, you cannot, no matter what you say, have the capacity to truly love yourself or anyone else. I say this, because if you cannot love our Lord and Savior Jesus Christ and all of his creation, what is life really worth living for?

Nothing is more precious and God-like than participating in the act of forgiveness. Yet nothing is more difficult for anyone to do than to forgive someone from the heart. Remember that forgiveness cost God his Only-Begotten Son on the cross for our salvation. Let me assure you that nothing is more wonderful than forgiveness freely given and freely received. By God's grace, it will unblock, heal and restore all of the discord you may have experienced over whatever time frame. When those valves are opened freely and those veins cleared, you will receive and experience the love, peace, happiness and joy of God which will remain manifest in you throughout the remainder of your lives.

Just for this morning..."

Just for this morning, I am going to step over the laundry, and pick you up and take you to the park to play.

Just for this morning, I will leave the dishes in the sink, and let you teach me how to put that puzzle of yours together.

Just for this afternoon, I will unplug the telephone and keep the computer off, and sit with you in the backyard and blow bubbles.

Just for this afternoon, I will not yell once, not even a tiny grumble when you scream and whine for the ice cream truck, and I will buy you one if he comes by.

Just for this afternoon, I won't worry about what you are going to be when you grow up, or second guess every decision I have made where you are concerned.

Just for this afternoon, I will let you help me bake cookies, and I won't stand over you trying to fix them. Just for this afternoon, I will take us to McDonald's and buy us both a Happy Meal so you can have both toys.

Just for this evening, I will hold you in my arms and tell you a story about how you were born and how much I love you.

Just for this evening, I will let you splash in the tub and not get angry.

Just for this evening, I will let you stay up late while we sit on the porch and count all the stars.

Just for this evening, I will snuggle beside you for hours, and miss my favorite TV shows.

Just for this evening when I run my finger through your hair, I will simply be grateful that God has given me the greatest gift ever given. I will think about the mothers and fathers who are searching for their missing children, the mothers and fathers who are visiting their children's graves instead of their bedrooms, and mothers and fathers who are in hospital rooms watching their children suffer senselessly, and screaming inside that they can't handle it anymore.

And when I kiss you good night I will hold you a little tighter, a little longer. It is then, that I will thank God for you, and ask him for nothing, except one more day.....

A brother came to see an old man and asked him, "Abba, why is my heart so hard, and why do I not fear God?" The old man said to him, "In my opinion, if a man bears in mind the reproaches he deserves, he will acquire the fear of God." The brother said to him, "What does this reproach consist of?" The old man said to him, "In all he does, a man should restrain his own soul, saying to it, 'Remember that you must come before God,' and he should also say to himself, 'What have I to do with the others?' I think that if someone lives in this way, the fear of God will come to him."

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

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.