



## 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, 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], Father Joseph Kopchak, Father Charles Mezzomo, Father Anthony Dimitri, 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, Mildred Manolovich, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Glen Lucas Burlack, Bernie Vangrin, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Stella Cherepko, Sam Wadrose, Cameron [a boy in Matt's class], Faith—a 7-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 3-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Nick Malec [Maxine's brother], Erin, Jim Markovich, Jeff Walewski [thyroid cancer], Carol [Lotinski] Rose, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Gary Zurasky, Michael Horvath, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Michael Miller, 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, Robert McKivitz, Marjorie Pershing, Tom Marriott, Joe Farkas, Liz Obradovich, Liz, Halyna Zelinska [Bishop Daniel's mother], Mary Ann, Charlotte, Peter Natishan, Michael Spak, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Ben Bonifield—a classmate of Alex, Peter Special, Amy Boe, Doris Artman, Maureen Sams, Nancy Barylak, Shirley Tkacik, Carol Kowalcheck, Martin Golofski, Joe Paouncic, Anthony Yerace, Joan Hyatt, Joanne Brodrick, and Daria Masur.

ARNOLD: Stefania Lucci, Steve Sakal, Homer Paul Kline, and Steve Ostaffy. We pray that God will grant them all a speedy recovery.

**REMINDER: Our parish will host the Slickville Ecumenical Service this Thursday, April 2, at 7 PM. Please plan to join us as we pray for God's guidance, grace, love, and forgiveness as we enter the final weeks of Great Lent. See Liz about refreshments or Father Bob with any other questions.**

Please remember David Weaver in Mosul, James John Logue George Senita, & John Kirkowski assigned to Iraq, Matthew Machak, Tonia Dec, Michael Repasky, 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 Sixth Grade and Matt's Fourth Grade collections. THANK YOU ALL FOR YOUR HELP! Love, 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

<b>Sunday, March 29</b>	<b>Divine Liturgy</b>	<b>10:30 AM</b>
	<b>SAINT JOHN CLIMACUS—JOHN OF THE LADDER</b>	
	<b>MARTYR SABINAS OF EGYPT, MARTYR PAPAS OF LYCONIA, MARTYRS TROPHIMUS &amp; THALUS OF LAODICEA, APOSTLE ARISTOBULUS OF THE 70-BISHOP OF BRITAIN, HIEROMARTYR ALEXANDER-POPE OF ROME, MARTYR JULIAN, SAINT SERAPION-ARCHBISHOP OF NOVHOROD, SAINT CHRISTODULUS-MONK &amp; WONDERWORKER OF PATMOS, MARTYR ROMANUS AT PARIUM ON THE HELLESPONT</b>	
	<i>Tone 8</i>	
	Hebrews 6:13-20	
	Mark 9:17-31	
<b>Thursday, April 2</b>	<b>Ecumenical Service—Holy Ghost Orthodox Church</b>	<b>7:00 PM</b>
	<b>Rev. Tom Holmes Speaker</b>	
<b>Sunday, April 5</b>	<b>Divine Liturgy</b>	<b>10:30 AM</b>
	<b>VENERABLE MOTHER MARY OF EGYPT</b>	
	<b>VENERABLE-MARTYR NIKON-BISHOP &amp; 200 DISIPLES IN SICILY, MARTYR PHILETAS-SENATOR &amp; WIFE LIDIA, SONS MACEDON &amp; THEOPREPIUS, NOTARY CRONIDES, &amp; CAPTAIN AMPHILOCIUS IN ILLYRIA, VENERABLE NIKON THE ABBOT OF PERCHEVSKY LAVRA, MARTYR DOMETIUS OF PHRYGIA</b>	
	<i>Tone 1</i>	
	Hebrews 9:11-14	
	Mark 10:32-45	

*Litany in Blessed Memory of John Cherepko, Rose Lopushansky, Michael Brittan, & Frank Pendlyshok—Fr. Bob Parastas in Blessed Memory of Martha Batch—Harry Batch & Family*

Sunday, April 12

Divine Liturgy

10:30 AM

PALM SUNDAY—ENTRY OF THE LORD INTO JERUSALEM

VENERABLE JOHN CLIMACUS OF SINAI, PROPHET JOAD OF BETHEL, HOLY APOSTLES SOUSTHENES, APOLLOS, CEPHAS, CAESAR, & EPAPHRODITUS OF THE 70, SAINT EUBULA-MOTHER OF GREAT-MARTYR PANTELEIMON, VENERABLE JOHN THE SILENT OF SAINT SABBAS MONASTERY, VENERABLE ZOSIMAS-BISHOP OF SYRACUSE, SAINT SOPHRONIUS-BISHOP OF IRKUTSK, SAINT JOHN-PATRIARCH OF JERUSALEM, HIEROMARTYR ZACHARIAS-BISHOP OF CORINTH

*Tone 2*

Philippians 4:4-9

John 12:1-18

## **BULLETIN INSERT FOR 29 MARCH 2009**

**SAINT JOHN CLIMACUS—JOHN OF THE LADDER OF DIVINE ASCENT  
MARTYR SABINAS OF EGYPT, MARTYR PAPAS OF LYCONIA, MARTYRS  
TROPHIMUS & THALUS OF LAODICEA, APOSTLE ARISTOBULUS OF THE  
70-BISHOP OF BRITAIN, HIEROMARTYR ALEXANDER-POPE OF ROME,  
MARTYR JULIAN, SAINT SERAPION-ARCHBISHOP OF NOVHOROD, SAINT  
CHRISTODULUS-MONK & WONDERWORKER OF PATMOS, MARTYR  
ROMANUS AT PARIUM ON THE HELLESPONT**

### **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 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: Pray and make your vows before the Lord our God!**

**PEOPLE:** Pray and make your vows before the Lord our God!

**READER: Pray and make your vows before the Lord our God!**

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

**READER: In Judah, God is known; His name is great in Israel!**

**PEOPLE:** Pray and make your vows before the Lord our God!

**READER: Pray and make your vows.**

**PEOPLE:** Before the Lord our God!

### **ALLELUIA VERSES—TONE 8**

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

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

Bodily fasting alone is not enough to bring about perfect self-restraint and true purity; it must be accompanied by contrition of heart, intense prayer to God, frequent meditation on the Scripture, toil, and manual labor. These are able to check the restless impulses of the soul and to recall it from its shameful fantasies. Humility of soul helps more than everything else, however, and without it no one can overcome unchastity or any other sin. *St. John Cassian*

Orthodox icon to protect British royal family

<http://www.coptreal.com/ShowSubjectEN.aspx?SID=17372>



Queen Elizabeth II ordered a unique Russian Orthodox icon to be delivered to the Buckingham Palace, Russian web-site Life.ru reports. She hopes it will protect her family and help avoid conflicts and other misfortunes.

His Royal Highness Prince Michael of Kent expressed his wish to obtain a holy Orthodox icon as a gift for the British Queen a year ago during his informal visit to the town of Nevjansk in Sverdloskiy Region. His Royal Highness was particularly impressed by the icons he saw at the House of Nevjansk Icons, a local artisan work shop world famous for its peerless icon painting.

"The Nevjansk artisans have preserved the ancient craft's secrets, not only reviving old traditions but also applying new modern technologies," Natalya Savkina, deputy director of the House of Nevjansk claims.

Michael of Kent admired Urals holy things and wondered if he could get one of the wonderwork to bring to the Queen. "I'd love her to see this miracle," the Prince explained. "There's an amazing energy emanating from your icons!"

The Prince particularly liked one of the most highly cherished icons in Russia, Our Lady's icon "Tenderness." St. Seraphim of Sarov, a highly revered 19th-century Russian monk, kept it in his cell and treasured its magical power of healing the sick. He called this "*Umilenie*" (Tenderness) icon representing Mary's feelings of tenderness at the Annunciation the "Joy of All Joys."

"Besides having a miraculous healing power, it also has a pacifying holy effect," icon painters explained to the Prince. People turn to this icon in times of distress and family discord asking for apology. The Prince agreed that it was exactly what the Queen needed—young Prince Harry, who had recently parted with his girl friend, was making her constantly worried.

Painting the "Tenderness" icon took Nevjansk icon painters almost a year. In the process, they used the most modern technology while religiously observing all ancient traditions. "It is an extremely time consuming process. The icon is made of copper, covered with braid gold and painted with special dyes made by a special formula minerals found only in the Urals", they explained.

The Queen's Private Secretary's office sent to Nevjansk a formal reply confirming that the icon had found its place in one of the Buckingham Palace halls. "Her Majesty sincerely thanks you for the miraculous icon," it said.

Queen Elizabeth has already offered her prayers for her family and her subjects before the icon, Life.ru reports. *e-mail via +Fr. Constantine J. Simones*

### **PUNNY HUMOR (some old ones, but some really good/bad ones in there!)**

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated in an algebra class because it was a weapon of math disruption.

5. The butcher backed into the meat grinder and got a little behind in his work.
6. No matter how much you push the envelope, it'll still be stationery.
7. A dog gave birth to puppies near the road and was cited for littering.
8. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
9. Two silk worms had a race. They ended up in a tie.
10. Time flies like an arrow. Fruit flies like a banana.
11. A hole has been found in the nudist camp wall. The police are looking into it.
12. Atheism is a non-prophet organization.
13. Two hats were hanging on a hat rack in the hallway. One hat said to the other, 'You stay here; I'll go on a head.'
14. I wondered why the baseball kept getting bigger. Then it hit me.
15. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
16. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'
17. A chicken crossing the road is poultry in motion.
18. The short fortune-teller who escaped from prison was a small medium at large.
19. The man who survived mustard gas and pepper spray is now a seasoned veteran.
20. A backward poet writes inverse.
21. In democracy it's your vote that counts. In feudalism it's your count that votes.
22. When cannibals ate a missionary, they got a taste of religion.
23. Don't join dangerous cults: Practice safe sects!

### HOW TO CALL THE POLICE WHEN YOU'RE OLD AND DON'T MOVE FAST ANYMORE. (True Story)

George Phillips, an elderly man, from Meacham Or., was going up to bed, when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window. George opened the back door to go turn off the light, but saw that there were people in the shed stealing things.

He phoned the police, who asked "Is someone in your house?" He said "No, but some people are breaking into my garden shed and stealing from me."  
Then the police dispatcher said "All patrols are busy. You should lock your doors and an officer will be along when one is available."

George said, "Okay." He hung up the phone and counted to 30. Then he phoned the police again.

"Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I just shot them." and he hung up.

Within five minutes, six Police Cars, a SWAT Team, a Helicopter, two Fire Trucks, a Paramedic, and an Ambulance showed up at the Phillips' residence, and caught the burglars red-handed. One of the Policemen said to George, "I thought you said that you'd shot them!"

George said, "I thought you said there was nobody available!"

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