



## 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 Pauncic, Anthony Yerace, Joan Hyatt, Joanne Brodrick, Khrystyna Chorniy



Wednesday, April 15	Holy Unction	6:00 PM
Thursday, April 16	12 Passion Gospels	6:00 PM
Friday, April 17	Plaschenytsia	7:00 PM
Saturday, April 18	ANTICIPATION DIVINE LITURGY NOCTURNES & MATINS	10:30 AM 6:00 PM
Sunday, April 19	PASCHAL DIVINE LITURGY HOLY PASCHA---THE RESURRECTION OF OUR LORD AND SAVIOR JESUS CHRIST Acts 1:1-8 John 1:1-17	10:30 AM

## BULLETIN INSERT FOR 05 APRIL 2009

### HOLY MOTHER MARY OF EGYPT

VENERABLE-MARTYR NIKON-BISHOP & 200 DISIPLES IN SICILY, MARTYR PHILETAS-SENATOR & WIFE LIDIA, SONS MACEDON & THEOPREPIUS, NOTARY CRONIDES, & CAPTAIN AMPHILOCIUS IN ILLYRIA, VENERABLE NIKON THE ABBOT OF PERCHEVSKY LAVRA, MARTYR DOMETIUS OF PHRYGIA

#### TROPARION—TONE 8

The image of God was truly preserved in you, O Mother,  
For you took up the Cross and followed Christ.  
By so doing, you taught us to disregard the flesh, for it passes away;  
But to care instead for the soul, since it is immortal.  
Therefore your spirit, O holy Mother Mary, rejoices with the angels.

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

#### KONTAKION—TONE 3

Having been a sinful woman, you became through repentance a Bride of Christ.  
Having attained angelic life, you defeated demons with the weapon of the Cross!  
Therefore, O most glorious Mary, you are a Bride of the Kingdom!

#### PROKEIMENON—TONE 4

**READER:** Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

**PEOPLE:** Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

**READER:** Rejoice in the Lord, O you righteous! Praise befits the just!

**PEOPLE:** Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

**READER:** God is wonderful in His saints, the God of Israel!

**PEOPLE:** Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

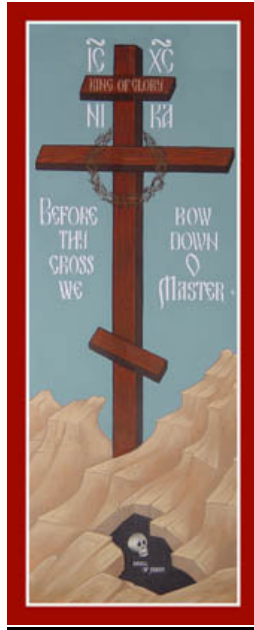
**READER:** Let Thy mercy, O Lord, be upon us.

**PEOPLE:** As we have set our hope on Thee.

### **ALLELUIA VERSES—TONE 1**

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!



### **You may be Orthodox if:**

- On Wednesdays and Fridays you eat Japanese food.
- You are more comfortable standing in church than sitting.
- You can suck/vacuum up the crumbs of bread out of your hand without coughing.
- You can sing ison to any song (and you know what an ison is...LoL).
- Lent to you means peanut butter, tofu, soy, lots and lots of pita bread and hummus, and services at least five times a week.
- You're used to skipping breakfast on Sundays.
- On your first encounter with long words, you pronounce them stressing the 'next to the next to last' syllable.
- You wonder why the Pope crosses himself backwards when you see him on TV.
- You wear comfortable shoes to church, because you know you'll be standing a long, long time.
- To you, a 'topless' gal is one without a headscarf.
- You get great deals on Easter candy.
- You spend time figuring out the best way to remove smoke stains from your ceiling and wax from your walls.
- Before you pray, you say a prayer.

- You don't flinch when someone throws water at you.
- When you first tell people who ask what religion you are, at first they think you're Jewish. Oy!
- You're experienced at removing wax from clothing.
- The service routinely starts at least 15 minutes late and lasts 2 ½ hours—and nobody around you complains.
- You consider any service two hours or under short/regular.
- You know you're in an Orthodox Church when the priest says, "Let us complete our prayer to the Lord, and there's still half an hour to go.
- At the end of Holy Week, you have rug burns on your forehead.
- Your Easter isn't Easter without an all-night party (featuring 10 dishes of sausage with cheese).
- Your priest is married.
- You have seen all members of clergy in purple robes.
- You can differentiate between the eight different chanting tones.
- You typically celebrate a feast day by observing strict fasting.
- You celebrate feast days the night before.
- You address the City as Constantinople instead of Istanbul.
- You can say "Lord have mercy" 40 times without making a mistake.
- You can say "Christ Is Risen"/"Indeed He Is Risen" in a million languages.
- You have tournaments of red-egg-cracking on Pascha...And you usually know who's being a wise-guy with the wooden one.
- You have multiple priests' numbers in your cell phone.
- You actually read the Bible in your spare time.
- You've slept overnight in your church for a retreat.
- You've grown accustomed to the taste of wine because you've had it since you were a baby.
- Even if you don't speak the language fluently (i.e. Albanian, Greek, Russian, etc.) you could still carry on a decent conversation about food in it.
- You've been or plan on going to Alaska.
- You could write a book on the symbolism in an Orthodox wedding...during the wedding...because they are just that long.

#### a word from the desert

A certain woman had a son of twelve years, Damianus by name, dumb from birth; him she brought to the holy man's enclosure and signing to him not to go away, she left him and departed. Then when the brethren saw the boy staying there and saying nothing to anybody, they brought him to the holy man. He, beholding him, ordered that he should remain in the monastery, saying, 'The boy shall be God's minister'. The brethren said, 'He is dumb, master !' He said to them, 'Moisten his tongue with the oil of the saints'.

But the brethren suspected that from stress of poverty the mother had suggested to him to feign dumbness; so very often when the boy was asleep they woke him suddenly by making a noise; and at other times they would prick him in the body with needles or pens to try whether he would speak. But he said nothing, as he was held by the power of dumbness. One Sunday, after some considerable time had passed, when the holy Gospel was going to be read aloud, and the deacon had announced the lesson from the holy Gospel of St. Matthew, the boy shouted out ahead of the others, 'Glory be to thee, oh Lord!' And after uttering this first cry he in future surpassed all the brethren in his singing of the psalms. A certain chamberlain, Calopodius by name, had built an oratory to the holy Archangel Michael and came to the holy man asking him to give him some brethren for this oratory in Parthenopolis. And together with the brethren the holy man gave him this boy to sing the psalms and he became God's minister, as the servant of God had foretold about him. So great are the achievements of grace, so great the gifts of our Master to His sincere servants; he came not speaking and became a good speaker, he came voiceless and gained a beautiful voice, he was deserted by his mother as dumb and he proved to be the wonderful herald of the church.

from the Life of Daniel the Stylite, 87, 89, commemorated 11/24 December

icon at: [http://www.saintbarbara.org/images/about/icons/Saint\\_Daniel\\_the\\_Stylite\\_large.jpg](http://www.saintbarbara.org/images/about/icons/Saint_Daniel_the_Stylite_large.jpg)

"St. Isaac the Syrian said: ***'The man who is sent unceasing sorrow is known to be especially under God's care.'*** Pray to God, that He may avert all calamity and every trial from you; but when sorrows come of themselves, do not be afraid of them—do not think that they have come by chance, or by force of circumstance. No, they are allowed by the inscrutable Providence of God. Filled with faith, and the fortitude and magnanimity born of it, swim fearlessly amidst the darkness and howling storm into the peaceful harbor of eternity: the unseen hand of Jesus Himself will guide [you]."

Nothing is so useful to the beginner as insults. The beginner who bears insults is like a tree that is watered every day. *Abba Isaiah*

### **Remaining 2009 Orthodox Mission Team Opportunities**

Share in a journey of faith. 2009 OCMC Teams have many opportunities still available for you to share your faith through action around the world this summer and fall: People who can share the Faith as their own faith are needed for Mission Teams to Nigeria and Zimbabwe; leaders for a women's ministry Team to Romania; individuals involved in a 12-step program for a Substance Abuse Team to Romania; an ESL teacher for South Korea; and an MD for a Health Care Team to Uganda, are still needed to minister to our Orthodox brothers and sisters around the world. Could this

be part of the fruit of Great and Holy Lent this year in your life? Apply today at [www.ocmc.org](http://www.ocmc.org).

**NOTE: Father Bob and Alex will be on a Boy Scout Trip to New York City from Wednesday, April 8, through late Saturday, April 11. Please call John Paouncic if you need the services of an Orthodox Priest or Pani Gina if you have any other concerns.**

A child needs to be surrounded by people who pray and pray ardently. A mother should not be satisfied by giving her child a physical caress, but should also coddle it with the caress of prayer. In the depths of its soul the child senses the spiritual caress that its mother conveys to it and is drawn to her. It feels security and certainty when its mother mystically embraces it with constant, intense and fervent prayer and releases it from whatever is oppressing it.

Mothers know how to express anxiety, offer advice and talk incessantly, but they haven't learned to pray. Most advice and criticism does a great deal of harm. You don't need to say a lot to children. Words hammer at the ears, but prayer goes to the heart. Prayer is required, with faith and without anxiety, along with a good example.

One day a mother came here distraught about her son, George. He was very mixed-up. He stayed out late at night and the company he kept was far from good. Every day things were getting worse. The mother was overcome by anxiety and distress. I said to her: 'Don't say a word. Just pray.'

We agreed that between ten and ten fifteen every evening we would both pray. I told her to say not a word and to leave her son to stay out until whatever time he wanted, without asking him, 'What sort of time is this to come home? Where were you?', or any such thing. Instead she would say to him as lovingly as possible, 'Come and eat, George, there's food in the fridge.' Beyond this she was to say nothing. She would behave towards him with love and not stop praying.

The mother began to apply this tactic, and after about twenty days had passed the boy asked her: 'Mother, why don't you speak to me?'

'What do you mean, George, that I don't speak to you?'

'You've got something against me, Mother, and you're not speaking to me.'

'What strange idea is this that you've got into your head, George? Of course I speak to you. Am I not speaking to you now? What do you want me to say to you?'

George made no reply.

The mother then came to the monastery and asked me: 'Elder, what was the meaning of this that the boy said to me?'

'Our tactic has worked!'

'What tactic?'

'The tactic I told you — of not speaking and simply praying secretly and that the boy would come to his senses,'

'Do you think that that is it?'

'That is it,' I told her. 'He wants you to ask him "Where were you? What were you doing?" so that he can shout and react and come home even later the next night.'

'Is that so?' she said. 'What strange mysteries are hidden!'

'Do you understand now? He was tormenting you because he wanted you to react to his behaviour so that he could stage his little act. Now that you're not shouting at him he is upset. Instead of you being upset when he does what he wants, now he is upset because you don't appear distressed and you display indifference.'

One day George announced that he was giving up his job and going to Canada. He had told his boss to find a replacement because he was leaving. In the meantime I said to his parents: 'We'll pray.'

'But he's ready to leave... I'll grab him by the scruff of the neck!' said his father.

'No,' I told him, 'don't do anything.'

'But the boy's leaving, Elder!'

I said: 'Let him leave. You just devote yourselves to prayer and I'll be with you.'

Two or three days later early one Sunday morning George announced to his parents: 'I'm going off today with my friends.'

'Fine,' they replied, 'do as you want.'

He left, and along with his friends, two girls and two boys, he hired a car and set off for Chalkida. They drove around aimlessly here and there. Then they went past the



church of Saint John the Russian and from there to Mantoudi, Aghia Anna and beyond to Vasilika, They had a swim in the Aegean Sea, they ate, drank and had a fine time. At the end of it all they set off on the road home. It was already dark. George was driving. As they were passing through Aghia Anna the car hit the corner of a house and was badly damaged. What could they do now? They managed to bring the car back to Athens at a crawling pace.

George arrived back home in the early hours of the morning. His parents said nothing to him and he went off to sleep. When he woke up he came and said to his father: 'Do you know what happened?... Now we'll have to repair the car and it will cost a lot of money.'

His father said: 'Well, George, you'll have to find a solution to this yourself. You know I've got debts to pay and your sisters to look after...'

'What can I do, father?'

'Do whatever you like. You're grown-up and you've got a brain of your own. Go off to Canada and make some money...'

'I can't do that. We have to repair the car now.'

'I've no idea what you should do,' said his father. 'Sort it out yourself.'

So, seeing that further dialogue with his father was pointless, he said no more and left. He went to his boss and said: 'I had an accident with a car. I don't want to leave now, so don't hire anyone else.'

His boss said: 'That's all right by me, lad.'

'Yes, but I would like you to give me some money in advance.'

'That's fine, but you were wanting to leave. If you want money, your father will have to sign for it.'

'I'll sign for it myself. My father doesn't want to get involved. He told me so. I'll work and I'll repay it.'

Now isn't that a miracle?

When the boy's mother came again to see me I said to her:

'The method we employed worked and God heard our prayer. The accident was from God and now the boy will stay at home and will come to his senses.'

That's what happened through our prayer. It was a miracle. The parents fasted, prayed and kept silent and they were successful. Some time later the boy himself came and found me — without any of his family having said anything to him about me. George became a very fine man and now works in the air force and is married with a lovely family. +*Elder Porphyrios*

a word from the desert

The Son of God, who was begotten before time began, and established all things according to the will of the Father, He was conceived in the womb of Mary, according to the appointment of God, of the seed of David, and by the Holy Ghost. For says [the Scripture], "Behold, a virgin shall be with child, and shall bring forth a son, and He shall be called Immanuel." He was born and was baptized by John, that He might ratify the institution committed to that prophet.

Ignatius, Letter to the Ephesians, 18

St. Ignatius of Antioch, the God-bearer, commemorated 20 December

icon at: [http://farm2.static.flickr.com/1117/554696321\\_9af62c6d8a\\_b.jpg](http://farm2.static.flickr.com/1117/554696321_9af62c6d8a_b.jpg)

a word from the desert

Sons of men, do you truly speak of justice? Dwellers on the earth, do you truly judge with fairness? We confess with unshakable faith God, who was made man and who was given birth by a Virgin. Before all time he was begotten of an immeasurable Father; now we adore him who became incarnate in a Virgin's womb.

He is the creator of all, himself remaining invisible and distinct from creation.

So we are able to say: in you, Lord, is mercy; glory be to you.

Holy God! you have deigned to be born, a tiny child, from a Virgin.

Holy Mighty! you have willed to rest in the arms of Mary.

Holy Immortal One! you have come to rescue Adam from hell.

O immaculate Virgin, Mother of God, full of grace, Emmanuel, whom you have carried, is the fruit of your womb. In your maternal bosom you have nourished all men.

You are above all praise and all glory.

Hail, Mother of God, joy of the angels!

The fullness of grace in you goes beyond what the prophets foretold.

The Lord is with you, for you have given birth to the Saviour of the world.

ancient eastern hymn on the Nativity found on an ostrakon now in the National Museum of Brussels *Monumenta Ecclesiae Liturgica*, Vol. I, p. 232