



Holy Ghost Orthodox Church

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CHRIST IS RISEN! INDEED HE IS RISEN!

Христос воскрес! Воистину воскрес! (Chrystos voskres! Voistynu voskres!)

Χριστός ἀνέστη! Ἀληθῶς ἀνέστη! (Khristós Anésti! Alithós Anésti!)

!ماق حيسملا! ماق اق ح (al-Masīḥ qām! Ḥaqqan qām!)

Hristos a înviat! Adevărat a înviat! Kristo Amefufukka! Kweli Amefufukka!

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, Metropolitan John, 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, 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, Khrystyna Chorniy, Anthony Cormier [2-year-old with cancer], Diane Waryanka, Nathan Forbeck, Andy Torick, Sarah Doyle, 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.

HAPPY BIRTHDAY to Martha Persico, who will celebrate next Tuesday, the 19th!

Please remember John Sheliga in your prayers—he will have eye surgery on May 20.

Please remember 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

Sunday, May 17

Divine Liturgy

10:30 AM

SUNDAY OF THE SAMARITAN WOMAN

VIRGIN-MARTYR PELAGIOA OF TARSUS, HIEROMARTYR ERASMUS-BISHOP OF FORMIA, HIEROMARTYR ALBIAN-BISHOP OF ANAEA & HIS DISCIPLES, HIEROMARTYR SILVANUS-BISHOP OF GAZA & 40 MARTYRS WITH HIM, TRANSLATION OF THE RELICS OF THE RIGHTEOUS LAZARUS & SAINT MARY MAGDALENE-EQUAL TO THE APOSTLES, MARTYRS APHRODISIUS, LEONTIUS, ANTHONY, VALERIAN, MACROBIUS, & OTHERS—MONKS OF PALESTINE, VENERABLE NICEPHORUS, CLEMENT & ISAAC OF NOVGOROD-FOUNDERS OF THE SOCOLNITZKI MONASTERY

Tone 4

Acts 11:19-26, 29-30

John 4:5-42
Litany in Blessed Memory of Ollie Pendlyshok—40 Days—Fr. Bob
Parastas in Blessed Memory of Mike Shayka—John & Debbie Pauncic

Sunday, May 24

Obednitsa

10:30 AM

SUNDAY OF THE BLIND MAN

HOLY EQUAL-TO-THE-APOSTLES METHDIUS & CYRIL-FIRST TEACHERS OF THE SLAVS, HIEROMARTYR MOCIUS-PRESBYTER OF AMPHIPOLIS IN MACEDONIA, EQUAL-TO-THE-APOSTLES ROSTISLAV-KING OF GREATER MORAVIA, VENERABLE SOPHRONIUS-RECLUSE OF PERCHEVSKY LAVRA, SAINT NICODEMUS-ARCHBISHOP OF SERBIA, COMMEMORATION OF THE FOUNDING OF CONSTANTINOPLE, SAINT JOSPEH-METROPOLITAN OF ASTRAKHAN

Tone 5

Acts 16:15-34

John 9:1-38

Litany in Blessed Memory of Richard Obradovich—Bertha Prymak

Thursday, May 28

ASCENSION OF OUR LORD AND SAVIOR JESUS CHRIST

Sunday, May 31

Divine Liturgy

10:30 AM

HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL

MARTYR THEODOTUS OF ANCYRA & 7 VIRGIN-MARTYRS: ALEXANDRA, TECUSA, CLAUDIA, PHAINE, EUPHRAISIA, MATRONA, & JULIA, MARTYRS PETER, DIONYSIUS, & THOSE WHO SUFFERED UNDER DECIUS: ANDREW, PAUL, CHRISTINA, HERACLIUS, PAULINUS, & BENEDIMUS, MARTYRS SYMEON, ISAAD, & BACHTISIUS OF PERSIA, MARYTRS DAVID & TARISHAN OF GEORGIA

Tone 6

Acts 20:16-18,28-36

John 17:1-13

BULLETIN INSERT FOR 17 MAY 2009

SUNDAY OF THE SAMARITAN WOMAN

VIRGIN-MARTYR PELAGIOA OF TARSUS, HIEROMARTYR ERASMUS-BISHOP OF FORMIA, HIEROMARTYR ALBIAN-BISHOP OF ANAEA & HIS DISCIPLES, HIEROMARTYR SILVANUS-BISHOP OF GAZA & 40 MARTYRS WITH HIM, TRANSLATION OF THE RELICS OF THE RIGHTEOUS LAZARUS & SAINT MARY MAGDALENE-EQUAL TO THE APOSTLES, MARTYRS APHRODISIUS, LEONTIUS, ANTHONY, VALERIAN, MACROBIUS, & OTHERS—MONKS OF PALESTINE, VENERABLE NICEPHORUS, CLEMENT & ISAAC OF NOVGOROD-FOUNDERS OF THE SOCOLNITZKI MONASTERY

TROPARION—TONE 3

Let the Heavens rejoice! Let the earth be glad!
For the Lord has shown strength with His arm!
He has trampled down death by death!
He has delivered us from the depths of hell,
And has granted the world great mercy!

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

KONTAKION—TONE 8

The Samaritan Woman came to the well in faith;
She saw Thee, the Water of Wisdom, and drank abundantly!
She inherited the Kingdom on high, and is ever glorified.

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

KONTAKION—TONE 3

On this day Thou didst rise from the tomb, O Merciful One!
Leading us from the gates of death.
On this day Adam exults as Eve rejoices;
With the prophets and patriarchs
They unceasingly praise the divine majesty of Thy power!

PROKEIMENON—TONE 3

READER: Sing praises to our God, sing praises! Sing praises to our King,
sing praises!

PEOPLE: **Sing praises to our God, sing praises! Sing praises to our King,
sing praises!**

READER: Clap your hands, all peoples! Shout to God with loud songs of joy!

PEOPLE: **Sing praises to our God, sing praises! Sing praises to our King,
sing praises!**

READER: Sing praises to our God, sing praises!

PEOPLE: **Sing praises to our King, sing praises!**

ALLELUIA VERSES—TONE 3

Go forth and prosper and reign, because of truth and meekness and
righteousness.

You love righteousness and hate iniquity.

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!

DIFFERENT WAYS OF LOOKING AT THINGS

(Or the uncertainty of the English language)

Two guys were discussing popular family trends on sex, marriage, and family values. Stu said, 'I didn't sleep with my wife before we got married, did you?' Leroy replied, 'I'm not sure, what was her maiden name?'

'Mr. Clark, I have reviewed this case very carefully,' the divorce Court Judge said, 'and I've decided to give your wife \$775 a week,' 'That's very fair, your honor,' the husband said. '...and every now and then I'll try to send her a few bucks myself.'

A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, 'I don't like the looks of your wife at all.' 'Me neither doc,' said the husband, 'but she's a great cook and really good with the kids.'

Two Reasons Why It's So Hard To Solve A Redneck Murder:

The DNA all matches.

There are no dental records.

A blonde calls Delta Airlines and asks, 'Can you tell me how long it'll take to fly from San Francisco to New York City?' The agent replies, 'Just a minute.' 'Thank you,' the blonde says, and hangs up.

Two Mexican detectives were investigating the murder of Juan Gonzalez. 'How was he killed?' asked one detective. 'With a golf gun,' the other detective replied. 'A golf gun! What is a golf gun?' 'I don't know. But it sure made a hole in Juan.'

A man is recovering from surgery when the Surgical Nurse appears and asks him how he is feeling. 'I'm O. K. but I didn't like the four letter-words the doctor used in surgery,' he answered. 'What did he say,' asked the nurse. 'Oops!'

AND THE BEST ONE OF ALL!!!

The graveside service just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder

rumbling in the distance. The little old man looked at the pastor and calmly said, 'Well, she's there.'

From the sayings of Abba Anthony: "When we rise up in the morning each day let us think that we shall not abide until the evening, and when we come to lie down also let us think that we shall not abide until the morning; for we know not the days of our life, but they are known unto God. If we do this each day we shall not sin, and we shall do nothing wicked before God, and we shall not lust eagerly for anything belonging to this world, and we shall not be angry with anyone, but in everything we shall be regarding our souls, even as men who await death."

A brother visited Abba Victor the solitary at the lavra of Elousa (in the Desert of Beersheba) and said to him, "What shall I do, father, for I am in the grips of the spiritual disease of faint-heartedness?" The elder replied, "This is a disease of the soul. Just as those who suffer from ophthalmia have the impression of seeing more light when their disease is acute than do those whose eyes are healthy, so too do the faint-hearted quickly take offense at some small neglect and think that neglect to be something of great importance. It is just the opposite with those who are healthy in soul, for they rejoice in their trials."

John Moschus, Leimonarion (The Spiritual Meadow) 164

On Faith: by St John Chrysostomos [The work of Faith]

"This is the work of faith: If you believe, suffer all things; if you do not suffer, you do not believe. For are not the things promised [so great], that he who believes would choose to suffer even ten thousand deaths? The kingdom of heaven is set before him—and immortality, and eternal life. Therefore, whoever believes will suffer all things. Then faith is shown through his works. In truth, one might have said: Not merely did you believe, but through your works you manifested it—through your steadfastness, through your zeal."

For a seed to grow and bear fruit, it must have sunlight, water, and be placed in good soil. In like manner, for the garden of our hearts to bear the fruit of eternal life with God, we must have been blessed with the gifts of faith, hope, and love. Let us also include this additional analogy between the earthly harvest of perishable fruit and the divine harvest of the imperishable one: If the farmer is to receive the benefit of the earth, water and light which God provides for him, he must work-diligently and persistently-to protect his crop from weed growth, insects and various diseases; as well as provide fertilizer, as needed. Similarly, in order for us to prepare our souls to be accessible to

receiving these divine gifts from God, we must be striving—daily—to trust in God and obey the teachings of His Church.

"The Spirit of Love is after all, the Spirit of God working within you." Lord Robert Baden-Powell, founder of Scouting

To escape death is impossible. Knowing this, those who are truly intelligent and practiced in virtue and in spiritual thought accept death uncomplainingly, without fear or grief, recognizing that it is inevitable and delivers them from the evils of this life.
St. Anthony the Great

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.

Shedding light on the Catacombs of Rome

By Duncan Kennedy
BBC News, Rome

Rome's underground Christian, Jewish and pagan burial sites, the Catacombs, date back to the 2nd Century AD.

There are more than 40 of them stretching over 170km (105 miles).

But, until now, they have never been fully documented, their vast scale only recorded with handmade maps.

That is now changing, following a three-year project to create the first fully comprehensive three-dimensional image using laser scanners.

“It is not a virtual image, it is not animation - what you are seeing is real data.” Dr Norbert Zimmerman

A team of 10 Austrian and Italian archaeologists, architects, and computer scientists have started with the largest catacomb, Saint Domitilla, just outside the Italian capital.

The tunnels, caves, galleries, and burial chambers of Saint Domitilla stretch for about 15Km (9 miles) over a number of levels.

At a time when Christians, in particular, were persecuted, the Catacombs became a relatively safe place to bury the dead.

The soft, volcanic tufa rock was an especially workable, yet durable, material that was burrowed out over the course of nearly three centuries.

Yet, because of concerns about safety, only about 500m (1,640 ft) are accessible to the public today.

Scanner

The new, moving, images of this entire underground system will change all that and open up this beautiful subterranean world in a way that it has never been seen before.

The leader of the project, Dr Norbert Zimmerman of the Vienna Academy of Sciences, was behind the idea to use laser scanners to record every part of the Catacombs.

His scanner, which looks like a cylinder on a tripod, stands a metre or so high and is a piece of kit you usually find in the construction industry.

Gone are the days when archaeologists just used shovels, brushes, and sieves to unearth the past.

The scanner has been placed in hundreds of different locations in the Catacombs.

It turns slowly, sending out millions of light pulses that bounce off every surface they come into contact with. The light pulses rebound back into the scanner and are recorded on a computer as a series of white dots, known as a "point cloud".

Gradually, every wall, ceiling, and floor is bombarded with the dots, enabling the computer to build up a picture of each room.

Eventually, the computer completes a 360-degree, three-dimensional, moving image of that room, with every surface looking like it is made up of small white dots.

At the same time a camera on the scanner takes a picture of each surface. That information is also fed into the computer enabling colour to be added to "fill in" the dots.

'Real data'

When the process is finished, it looks like an actual film of the particular room in question.

In all, four billion dots were recorded, enabling practically the whole catacomb to be documented in this way. Only a handful of small spaces were left out because it simply was not possible to get the scanner in.

The final result is astonishing.

On a computer screen, you can now see the whole underground complex. Using different buttons on the key pad, you can zoom in on the tunnels.

You can travel "through" walls, down corridors and into chambers, giving the first real sense of its beauty, scale and detail.

Paintings on walls, which have not been seen in nearly 2,000 years, are now visible - their colours vivid and clear.

"It is not a virtual image, it is not animation - what you are seeing is real data," says Mr. Zimmerman.

I ask him why he did not just video the whole thing.

"Well, you could have filmed each room. But that would not have given you the ability to 'travel' through the catacomb in a way that the scanned images allow," he says.

"Its moving, 3D flexibility, gives you the chance to compare areas, to assess the ways the Catacombs were developed over time, to analyse how and why those who built them did what they did," he adds. "That's never been possible before."

'Big job'

Mr Zimmerman and his team have nearly completed their work on the Saint Domitilla catacomb. It is now back to Vienna to study the images in more detail.

Dr Zimmerman says much of the work will be made available to the public.

Examining the images from the Saint Domitilla catacomb alone will keep them busy for the next year or so.

He has no plans to scan all the Catacombs.

"That is a big job, but it may well be needed if we are to really understand this incredible historical phenomenon and if we are to make a proper detailed study whilst these caves are still intact."

"We will publish our findings to reveal, for the first time, just how impressive these tombs were and how the people of that time went to so much effort to bury their dead," he says.

Story from BBC NEWS:

<http://news.bbc.co.uk/go/pr/fr/-/2/hi/europe/8027650.stm>

Published: 2009/05/03 11:03:36 GMT © BBC MMIX

Another thing that harms children is over-protectiveness, that is, excessive care or excessive anxiety and worry on the part of the parents.

A mother used to complain to me that her five-year-old child was disobedient. 'It's your fault,' I told her, but she didn't understand. Once I went for a walk by the seaside with this mother along with the child. The little boy let go of his mother's hand and ran towards the sea. There was a sand dune there and the sea came in directly behind it. The mother immediately reacted with anxiety and was about to run towards the boy who was standing on top of the dune with outstretched arms trying to keep his balance. I calmed her down and told her to turn her back on the boy while I kept an eye on him askance. When the boy despaired of provoking his mother's attention and causing her to panic and scream as usual, he calmly climbed down and walked towards us. That was the end of it. Then the mother understood what I meant.

Another mother used to complain that her little boy wouldn't eat all his food, especially his yoghurt. The little one was about three years old and tormented his mother every day. I said to her: 'What you should do is this. Empty the refrigerator completely and then fill it with some yogurt. When lunchtime comes you'll give Peter his yogurt. He'll refuse to eat it. In the evening you'll give him it again and the same the next day. In the end he'll get hungry and will try some. He'll throw a tantrum, but you'll just put up with it. Thereafter he'll eat it quite happily.'

That's just what happened and yogurt became Peter's favorite food. These things aren't difficult, but many mothers are unable to do them and the result is that they

give their children a very bad upbringing. Mothers who are always standing over their children and pressurizing them, that is, over-protecting them, have failed in their task. You need to leave the child alone to take an interest in its own progress. Then you will succeed. When you are always standing over them, the children react. They become lethargic and weak-willed and generally are unsuccessful in life. This is a kind of over-protectiveness that leaves the children immature.

A few days ago a mother came here in a state of despair because of her son's repeated failures in the university entrance exams. He had been an excellent pupil in elementary school and all the way through high school. But in the end he failed repeatedly and showed indifference and had strange reactions.

'It's your fault,' I said to the mother, 'educated woman though you are! How else did you expect the boy to react? Pressure, pressure, pressure all these years, "Make sure you're top of the class, don't let us down, get yourself an important position in society..." Now he's thrown in the towel; he doesn't want anything. Stop this pressure and over-protection and you'll see that the boy will regain his equilibrium. He'll make progress once you let him be.' +Elder Porphyrios