



Holy Ghost Orthodox Church

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ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Constantine, 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 Anthony Dimitri, Father Cuthbert Jack, Father Elias Warnke, Father Deacon Dennis Lapushansky, Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike 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—an 7-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 4-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Nick Malec [Maxine's brother], Erin, 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, George & Mika Rocknage, Robert McKivitz, Tom Marriott, Joe Farkas, Liz Obradovich, Liz, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Peter Natishan, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Peter & Karen Special, Amy Boe, Doris Artman, Maureen Sams, Nancy Barylak, Henry & Shirley Tkacik, Carol Kowalcheck, Martin Golofski, Joe Paouncic, Anthony Yerace, Joanne Brodrick, Khrystyna Chorniy, Anthony Cormier [3-year-old with cancer], Diane Waryanka, Nathan Forbeck, Joseph Baloga, Andy Torick, Sarah Doyle, Carmella Berardesca, Samuel Peters, Jean Stutchell, Bonnie Blair [Pani Gina's mother], Charles & Esther Holupka, Jill Paha, Wanda

Mefford, Lynn (Bush) Gill, David Vallor, Henry Faraly, Betty O'Masta, 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.

FORGIVENESS SUNDAY VESPERS will be celebrated by His Beatitude, Metropolitan Constantine, and Pittsburgh Deanery Clergy **THIS AFTERNOON** at 4 PM at Saint Vladimir's parish on the South Side of Pittsburgh. A Lenten supper will follow the service.

GREAT LENT begins today after vespers—this year's "theme" is **APPRECIATION**. Please plan to fast according to your ability and as your health and schedule allows. **REMEMBER:** what comes out of your mouth is at least as important as what goes into it! If you have any questions, please see Father Bob.

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 Seventh Grade and Matt's Fifth 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, February 14	Obednitza	10:30 AM
CHEESEFARE SUNDAY—FORGIVENESS SUNDAY		
COMMEMORATION OF THE EXPULSION OF ADAM & EVE FROM PARADISE		
FEASTDAY [TRANSFERRED] OF THE MEETING OF OUR LORD AND SAVIOR JESUS CHRIST		
MARTYR TRYPHON OF CAMPSADA IN SYRIA; MARTYRS PERPETUA-A WOMAN FROM CARTHAGE AND CATECHUMENS SATURUS, REVOCATUS, SATURNINUS, SECUNDULUS, & FELICITAS; VENERABLE PETER GALATA-HERMIT NEAR ANTIOCH;		

VENERABLE VENDEMAINUS-HERMIT OF BITHYNIA; SAINT BASIL-ARCHBISHOP OF THEEALONICA; NEW-MARTYR ANASTASIUS AT NAUPLION

Tone 3

Romans 13:11-14:4 & Hebrews 7:7-17

Matthew 6:14-21 & Luke 2:22-40

FORGIVENESS SUNDAY VESPERS—SOUTHSIDE—4 PM
THE GREAT FAST—GREAT LENT—BEGINS AFTER VESPERS TODAY!

Sunday, February 21

Divine Liturgy

10:30 AM

FIRST SUNDAY OF GREAT LENT—SUNDAY OF ORTHODOXY
GREAT-MARTYR THEODORE STATELATES; PROPHET ZECHARIAH; SAINT SAVA II-ARCHBISHOP OF SERBIA

Tone 4

Hebrews 11:24-26, 32-12:2

John 1:43-51

Litany in Blessed Memory of Martha Trecki—40 days—Harry Batch & Family

Sunday, February 28

Divine Liturgy of Saint Basil the Great

10:30 AM

SECOND SUNDAY OF GREAT LENT—SAINT GREGORY PALAMAS-ARCHBISHOP OF THESSALONICA
APOSTLE ONESIMUS OF THE 70; SYNAXIS OF SAINT JOHN THE THEOLOGIAN AT DIACONISSA; VENERABLE EUSEBIUS-HERMIT OF SYRIA; VENERABLE PAPHNUTIUS-MONK-AND HIS DAUGHTER SAINT EUPHROSYNE-NUN-OF ALEXANDRIA;
MARTYR MAJOR OF GAZA; VENERABLE PAPHNUTIUS-RECLUSE OF PERCHEVSKY LAVRA

Tone 5

Hebrews 1:10-2:3, Hebrews 7:26-8:2

Mark 2:1-12, John 10:9-16

Parastas in Blessed Memory of Hilda Holupka—Mike Holupka

BULLETIN INSERT FOR 14 FEBRUARY 2010

CHEESEFARE SUNDAY—FORGIVENESS SUNDAY

COMMEMORATION OF THE EXPULSION OF ADAM & EVE FROM PARADISE; FEASTDAY [TRANSFERRED] OF THE MEETING OF OUR LORD AND SAVIOR JESUS CHRIST; MARTYR TRYPHON OF CAMPSADA IN SYRIA; MARTYRS PERPETUA-A WOMAN FROM CARTHAGE AND CATECHUMENS SATURUS, REVOCATUS, SATURNINUS, SECUNDULUS, & FELICITAS; VENERABLE PETER GALATA-HERMIT NEAR ANTIOCH; VENERABLE VENDEMAINUS-HERMIT OF BITHYNIA; SAINT BASIL-ARCHBISHOP OF THEEALONICA; NEW-MARTYR ANASTASIUS AT NAUPLION

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, 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

In Thee, O Lord, have I hoped; let me never be put to shame!

Be Thou a God of protection for me, a house of refuge, in order to save me!

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: "I am blind, please help." There were only a few coins in the hat. A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words. Soon the hat began to fill up. A lot more people were giving money to the blind boy.

That afternoon the man who had changed the sign came to see how things were. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way. I wrote: 'Today is a beautiful day but I cannot see it.'"

Both signs told people that the boy was blind. But the first sign simply said the boy was blind. The second sign told people that they were so lucky that they were not blind.

Should we be surprised that the second sign was more effective?

Moral of the Story: Be thankful for what you have. Be creative. Be innovative. Think differently and positively.

When life gives you a 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith and drop the fear.

The most beautiful thing is to see a person smiling. And even more beautiful is knowing that you are the reason behind it!!!

Man of the House

The husband had just finished reading a new book entitled, "You Can Be the Man of Your House."

He stormed over to his wife in the kitchen and announced, "From now on, you need to know that I am the man of this house and my word is Law. You will prepare me a gourmet meal tonight, and when I'm finished eating my meal, you will serve me a sumptuous dessert. After dinner, you are going to go upstairs with me and...well... you get the point.

"Later, you are going to draw me a bath so I can relax. You will wash my back and towel me dry and bring me my robe... Then, you will massage my feet and hands. Then tomorrow, guess who's going to dress me and comb my hair?"

Without even looking up from her morning paper the wife replied, "The funeral director would be my first guess."

What Jeff Foxworthy has to say about Pittsburgh, Pennsylvania

If your Dairy Queen is closed from September through May, you live in Pittsburgh.

If someone in a Home Depot store offers you assistance and they don't work there, you live in Pittsburgh.

If you've worn shorts and a parka at the same time, you live in Pittsburgh

If you've had a lengthy telephone conversation with someone who dialed a wrong number, you live in Pittsburgh

If an old chair left in a cleared parking spot on a snowy street looks to you like a declaration of the sovereignty over that spot, you live in Pittsburgh.

If 'Jumbo' doesn't refer to a fictional elephant but means a kind of luncheon meat, you live in Pittsburgh.

If you can both 'go up street' or 'dawntawn', you live in Pittsburgh.

If Versailles is pronounced as if it is spelled 'versales', you live in Pittsburgh.

If 'Vacation' means going anywhere south of the Mason Dixonline for the weekend, you live in Pittsburgh.

If you measure distance in hours, you live in Pittsburgh.

If you have switched from 'heat' to 'A/C' in the same day and back again you live in Pittsburgh.

If someone offers you an 'ahrn' and you know to drink it, you live in Pittsburgh.

If you can drive 75 mph through 2 feet of snow during a raging blizzard without flinching, you live in Pittsburgh.

If you carry jumper cables in your car and your wife knows how to use them, you live in Pittsburgh.

If you design your kid's Halloween costume to fit over a snowsuit, you live in Pittsburgh.

If the speed limit on the highway is 55 mph—you're going 80 and everybody is passing you, you live in Pittsburgh.

If driving is better in the winter because the potholes are filled with snow, you live in Pittsburgh.

If you know all 4 seasons: almost winter, winter, still winter and road construction, you live in Pittsburgh.

If you have more miles on your snow blower than your car, you live in Pittsburgh.

If you find 10 degrees 'a little chilly', you live in Pittsburgh.

If you actually understand these jokes, and forward them to all your Pittsburgh friends & others, you live or have lived in Pittsburgh!

From the sayings of Abba Isaiah: 'When God wishes to take pity on a soul and it rebels, not bearing anything and doing its own will, he then allows it to suffer that which it does not want, in order that it may seek him again.'

Great Lent—the Great Fast leading to Pascha—begins today after Vespers. Please make it your Lenten Mission to look around and see what you can do to help those less fortunate and in need in your neighborhood. We collected a total of \$264 from our parishioners to help the survivors of the recent earthquake in Haiti—a drop in the bucket, but significant given the size of our parish. Please remember that your prayers are always the easiest and most effective means of communication with God, and that they are ALWAYS FREE! May God grant you, your friends, and your families a most peaceful, prayerful, and Blessed Fast—and a wonderful and miraculous Pascha!

Fr. Bob, Pani Gina, Alex, Matt, Stancy, and the Holy Ghost Parish Family