



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, 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, 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, Julie Eiler, Glenn Miller, 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.

GREAT LENT—the “theme” this year 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 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

Litany in Blessed Memory of Bernie O'Masta—Betty O'Masta
Parastas in Blessed Memory of Hilda Holupka—Mike Holupka

Thursday, March 4 Ecumenical Service 7:00 PM
Presbyterian Church—Pastor Carl Jones Sr. speaking

Sunday, March 7 Divine Liturgy of Saint Basil the Great 10:30 AM

THIRD SUNDAY OF GREAT LENT—VENERATION OF THE MOST HOLY CROSS

FINDING OF THE RELICS OF THE HOLY MARTYRS AT THE GATE OF EUGENIUS AT CONSTANTINOPLE; MARTYR MAURICE & SON PHOTINUS, & MARTYRS THEODORE, PHILIP, & 70 SOLDIERS AT APAMEA IN SYRIA; VENERABLE THALASSIUS, LIMNAEUS, & BARADATES-HERMITS OF SYRIA; ATHANASIUS THE CONFESSOR OF CONSTANTINOPLE; SAINT PETER THE STYLITE OF MOUNT ATHOS

Tone 6

Hebrews 4:14-5:6

Mark 8:34-9:1

Litany in Blessed Memory of John Metrick, Mary Smith, Andrew Hanczar, Anna Lawrence, Michael Cicio, Joseph Vangrin, & Frank Riznow—Fr. Bob

Parastas in Blessed Memory of Hilda Holupka—Mike Holupka

Thursday, March 11

Ecumenical Service

7:00 PM

Saint Sylvester RC Church—Rev. Linda Steward speaking

Sunday, March 14

Divine Liturgy of Saint Basil the Great 10:30 AM

FOURTH SUNDAY OF GREAT LENT—SAINT JOHN CLIMACUS—“OF THE LADDER”

VENERABLE MARTYR EUDOCIA OF HELIOPOLIS; MARTYRS NESTOR, TRIMBIMIUS, MARCELLUS, & ANTHONY OF PERGE IN PAMPHYLIA; MARTYR ANTONINA OF NICAEA IN BITHYNIA; VIRGIN DOMININA OF SYRIA; VENERABLE AGAPIUS OF VATOPEDI MONASTERY ON MOUNT ATHOS

Tone 7

Hebrews 6:13-20; Ephesians 5:9-19

Mark 9:17-31; Matthew 4:25-5:12

BULLETIN INSERT FOR 28 FEBRUARY 2010

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

TROPARION—TONE 8

O Light of Orthodoxy! Teacher of the Church! Its confirmation!

O Ideal of Monks and invincible Champion of Theologians!

O wonder-working Gregory, glory of Thessalonica and Preacher of Grace!

Always intercede before the Lord that our souls may be saved!

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

Now is the time for action! Judgment is at the doors!

So let us rise and fast, offering alms with tears of compunction and crying:

Our sins are more in number than the sands of the sea;

But forgive us, O Master of All,

So that we may receive the incorruptible crowns.

PROKEIMENON—TONE 5

READER: Thou, O Lord, shall protect us and preserve us from this generation forever!

PEOPLE: Thou, O Lord, shall protect us and preserve us from this generation forever!

READER: Save me, O Lord, for there is no longer any that is godly.

PEOPLE: Thou, O Lord, shall protect us and preserve us from this generation forever!

READER: Thou, O Lord, shall protect us and preserve us.

PEOPLE: From this generation forever!

ALLELUIA VERSES

Praise the Lord from the heavens! Praise Him in the highest!

The righteous will be remembered forever; he is not afraid of evil things!

*"When you fast..." (MT 6:16) A Reflection before Great Lent
George Parsenios, PhD*

What appears to happen in the Passion of Christ and what actually happens are not at all the same. What appears to happen is not that extraordinary. The Romans crucified a Jewish man in order to keep public order. During their long rule over Judea, the Romans had killed many Jews, making the death of Jesus one among these many. But, only in appearance. The reality was very different. The Paschal homily attributed to St. John Chrysostom emphasizes this difference between appearance and reality. Chrysostom describes Christ's encounter with Hades as follows:

Hades...was embittered when it encountered thee in the lower regions...
It took a body, and met God face to face.
It took earth, and encountered Heaven.
It took that which was seen, and fell upon the unseen.

Foiled by what appeared to be just another corpse, Hades was overthrown by an encounter with the Almighty God, as the Passion and Resurrection of Christ shook the foundations of the universe in the final acts of a cosmic drama.

As we enter the Lenten season, we are reminded that we have a role in this universal, cosmic drama. Let's reflect on the proper nature of our role by using the language of appearance and reality. For, it is easy to confuse our role, or to play the wrong role by focusing on our appearance rather than

our reality. When Jesus chastises his opponents, he often calls them hypocrites for practicing their piety in public, and for drawing attention to themselves as they pray. The word hypocrite, of course, is the Greek word for "actor." They are trying to "act" pious and "act" charitable. Their focus is on their appearance in public. Jesus urges them instead "to go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you" (Matt 6:6). Now, these things are not included in the Gospels so that we can ridicule the Pharisees whom Jesus criticizes. Indeed, they are written, not because we are unlike the Pharisees, but because we have the unfortunate potential to be just like them. The very things that are designed to make us more humble, the very acts of repentance and self-denial that are supposed to make us more open to God and more loving to one another can be used to make us more self-satisfied and more self-centered. But this is to focus on the appearance of holiness, and not its reality.

A wonderful little book called the Way of the Ascetics provides an important image for reflecting on real holiness. For, we may be inclined to think that, if we want to be humble, we must try to appear humble. We might, for instance, wear especially humble clothes or constantly adopt humble postures. But, this, too, can be a way of drawing attention to ourselves. The Way of the Ascetics has a lovely passage about real humility, however, emphasizing that the truly humble person doesn't stand out as being more humble than others, and, indeed, doesn't stand out at all. You may not even notice him because the goal of humility is precisely not to stand out. Real holiness has a way of making a person appear relatively normal, just like everyone else. As with the Passion of Christ, of course, this appearance of being usual and everyday is only on the surface.

A very helpful step in focusing on the inner drama of holiness is to avoid comparing ourselves with others, and the Church reminds us of this fact in various ways. On the 5th Sunday of Lent, for instance, we commemorate St. Mary of Egypt. She lived alone in the desert until she met St. Zosimas, who tells her story. We wouldn't know anything about St. Mary, however, if St. Zosimas had not encountered her in the desert. And St. Zosimas would not have been in the desert if his monastery had not observed the Lenten fast in a particular way. To keep the monks of his monastery from competing with one another, the monks retreated individually into the desert, in order to observe the fast separately. Their drama was internal and their only audience was God. This is a helpful model to imitate. A certain silence should accompany our fasting. While it will be helpful to encourage one another and support one another over the next forty days, it

is also easy for this need for support to become something else. It's easy to find ways to drop hints of our fasting regimen into casual conversations. We might even rationalize a good reason for doing so. But this is to risk making the fast into one more opportunity to put ourselves in the limelight and at center stage, and to undermine the real work of fasting, prayer and repentance that lie within the inner heart of Lent.

The great ascetics of the early Church always navigated between the appearance and the reality of holiness. We are regularly told in the stories of the Desert Fathers that the monks of the Egyptian desert would hide their ascetical practices from visitors. They don't make their guests fast with them, but prefer to show hospitality to whomever comes to see them. They feed them well and make them comfortable. The visitors, of course, are always surprised and suppose that these renowned monks are not really all that strenuous in their spiritual exercises. We are always told in the stories, however, what really happens, and how the ascetic only allows himself to appear unimpressive, because his greater concern is the care and comfort of his guests. Here we see the opposite of the hypocrites whom Christ admonishes. The appearance is allowed to be unspectacular, while the reality of generosity and holiness is profound.

Let us, then, observe the fast in reality and not only in appearance, following these models of piety and especially the model of our Lord, whose strength was shown in weakness and whose apparent defeat in death led in reality to the victory of the Resurrection. "For, if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his" (Rom 6:5).

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LENT AND LOVE TO OUR CHILDREN

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Saint John the beloved apostle repeated the same advice all his life to his followers, "Love your children." How do we love our children? Love is to

guide your children to The Almighty God's Kingdom. Love is also giving, protecting and helping your children all your life.

To understand this love, we will go thru the Lent Period. Fasting, praying, being exposed to the devil's temptation, until we reach the Holy Week when the Lord was crucified and saved us from going to Hell with the rebellion angels; now called, "the devils." Raising our children is similar to the period of Lent, which should end with salvation and victory.

During a similar period, Israel crossed the desert of Sinai. God gave them food and water and lead them by putting a moving pillar of smoke which they followed. In this period Israel was exposed to the desert heat, but it was a pleasure. They were slaves, and now during Lent, the angels served them with food and water. We call it Lent as it prepares Israel to receive the Promised Land. Due to their lack of discipline and being exposed to paganism, they built an idol, worshiped it, danced nude in front of it, and committed adulteries in front of it.. As a punishment, they were stricken with killer snakes. For the intercession of their leader and great holy prophet Moses, God allowed that if stricken by a snake, they would look at a copper snake hung on a wooden staff by Moses, and they instantly are saved from the snake's poison.

Although these were all adults, but when they sinned, their father Moses didn't leave them. He protected them from the anger of The Lord and has begged, and has asked that he perishes with them, if The Mighty Lord insists on destroying the whole sinning population. This was love of Moses to his adult and sinning children.

The Lord forgave them, punished only those who danced and committed adultery in front of the idol, and did not let any of this generation to see the Promised Land, except Moses who saw it at a distance. They kept on moving in the desert until that whole generation of Israel perished, and then their children entered the Promised Land.

Take care of your children all your life. They are your responsibility, regardless of their age. Your life on earth is a LENT period, getting ready to enter with your whole family and friends to His Kingdom.

Saint Meena the Miraculous was an officer in the Roman Empire, putting incense to idols while being Christian. His mother and sister were very angry and upset. They talked to him.. The result was that Saint Meena left the army, remained in the desert to worship The Eternal God.

In The First Book of Samuel, let's read about Eli the high priest and his two children Hophni and Phinehas, the priests of the Lord. Eli saw his two sons sinning and **was soft**. The result was a severe punishment for the father and his two sons.

1 Samuel 2:12-33

12. Now the sons of Eli were corrupt; they did not know the Lord. **13.** And the priests' custom with the people was that when any man offered a sacrifice, the priest's servant would come with a three-pronged fleshhook in his hand while the meat was boiling.

14. Then he would thrust it into the pan, or kettle, or caldron, or pot; and the priest would take for himself all that the fleshhook brought up. So they did in Shiloh to all the Israelites who came there. **15.** Also, before they burned the fat, the priest's servant would come and say to the man who sacrificed, "Give meat for roasting to the priest, for he will not take boiled meat from you, but raw." **16.** And if the man said to him, "They should really burn the fat first; then you may take as much as your heart desires," he would then answer him, "No, but you must give it to me now; and if not, I will take it by force."

17. Therefore the sin of the young men was very great before the Lord, for men abhorred the offering of the Lord. **18.** But Samuel ministered before the Lord, even as a child, wearing a linen ephod. **19.** Moreover his mother used to make him a little robe, and bring it to him year by year when she came up with her husband to offer the yearly sacrifice. **20.** And Eli would bless Elkanah and his wife, and say, "The Lord give you descendants from this woman for the loan that was lent to the Lord." Then they would go to their own home. **21.** And the Lord visited Hannah, so that she conceived and bore three sons and two daughters. Meanwhile the child Samuel grew before the Lord. **22.** Now Eli was very old; and he heard everything his sons did to all Israel, and how they lay with the women who assembled at the door of the tabernacle of meeting. **23.** So he said to them, "Why do you do such things? For I hear of your evil dealings from all the people. **24.** "No, my sons! For it is not a good report that I hear. You make the Lord's people transgress. **25.** "If one man sins against another, God will judge him. But if a man sins against the Lord, who will intercede for him?" Nevertheless they did not heed the voice of their father, because the Lord desired to kill them. **26.** And the child Samuel grew in stature, and in favor both with the Lord and men. **27.**

Then a man of God came to Eli and said to him, "Thus says the Lord: `Did I not clearly reveal Myself to the house of your father when they were in Egypt in Pharaoh's house?

28. `Did I not choose him out of all the tribes of Israel to be My priest, to offer upon My altar, to burn incense, and to wear an ephod before Me? And did I not give to the house of your father all the offerings of the children of Israel made by fire? **29.** `Why do you kick at My sacrifice and My offering which I have commanded in My habitation, and honor your sons more than Me, to make yourselves fat with the best of all the offerings of Israel My people?' **30.** "Therefore the Lord God of Israel says: `I said indeed that your house and the house of your father would walk before Me forever'; but now the Lord says: `Far be it from Me; for those who honor Me I will honor, and those who despise Me shall be lightly esteemed. **31.** `Behold, the days are coming that I will cut off your arm and the arm of your father's house, so that there **will not be an old man in your house**. **32.** `And you will see an enemy in My habitation, despite all the good which God does for Israel. And there shall not be an old man in your house

forever. **33.** ` But any of your men whom I do not cut off from My altar shall consume your eyes and grieve your heart. And all the descendants of your house shall die in the flower of their age

If you cannot be merciful, at least speak as though you are a sinner. If you are not a peacemaker, at least do not be a troublemaker. If you cannot be assiduous, at least in your thought be unlike a sluggard. If you are not victorious, do not exalt yourself over the vanquished. If you cannot close the mouth of a man who disparages his companion, at least refrain from joining him in this. *St. Isaac of Syria*

a word from the desert: Abba Moses asked Abba Silvanus, "Can a man lay a new foundation every day?" The old man said, "If he works hard, he can lay a new foundation at every moment."

Are you ready to learn a new skill and make something pretty? Register for **Ukrainian Egg Decorating One Day Workshop** presented by the Ukrainian Community of Western Pennsylvania.

How cool is this? You use beeswax to draw on an egg, and then dye the egg. When the wax is removed, you've got a beautifully decorated, unique egg.

This ancient technique is fun for all ages, and allows for artistic expression as well as an enjoyable process. Roksolyana Zabolotna and Hanna Dziamko will show you how to do it—step-by-step. No experience necessary and all participants will take home their own creation!

This event will take place on Saturday, March 20, 2010 from 1:00 pm to 6:00pm at St. Mary Ukrainian Orthodox Church Social Hall on 116 Ella St/Ukrainian Way in McKees Rocks, PA.

Cost is \$12 per person and registration is required by March 7, 2010.

Space is limited; therefore, please make your reservations TODAY and mail it with your payment to:

UCOWPA
P. O. Box 13465
Pittsburgh, PA 15243-3465

With your payment please include your name, e-mail, and telephone number as well as # of adults and/or children attending.

For more information, please e-mail programs@ucowpa.org or call (412) 364-0968 or visit www.ucowpa.org.

Patience—only a mother can appreciate this!

A man observed a woman in the grocery store with a three year old girl in her basket. As they passed the cookie section, the child asked for cookies and her mother told her "no." The little girl immediately began to whine and fuss, and the mother said quietly, "Now Ellen, we just have half of the aisles left to go through; don't be upset. It won't be long."

He passed the mother again in the candy aisle. Of course, the little girl began to shout for candy. When she was told she couldn't have any, she began to cry. The mother said, "There, there, Ellen, don't cry. Only two more aisles to go, and then we'll be checking out."

The man again happened to be behind the pair at the check-out, where the little girl immediately began to clamor for gum and burst into a terrible tantrum upon discovering there would be no gum purchased today.

The mother patiently said, "Ellen, we'll be through this check out stand in five minutes, and then you can go home and have a nice nap."

The man followed them out to the parking lot and stopped the woman to compliment her. "I couldn't help noticing how patient you were with little Ellen..."

The mother broke in, "My little girl's name is Tammy...I'm Ellen."

"Loyalty is a feature in a boy's character that inspires boundless hope."
Lord Baden-Powell

From the sayings of Abba John the Short: "If a king wanted to take possession of his enemy's city, he would begin by cutting off the water and the food and so his enemies, dying of hunger, would submit to him. It is the same with the passions of the flesh; if a man goes about fasting and hungry the enemies of his soul grow weak."

From the sayings St. John Chrysostom: "Did you commit sin? Enter the Church, repent for your sin, for here is the physician, not the judge. Here, one is not investigated; one receives remission of sins."

REMINDER: We will start our Slickville Ecumenical Lenten Services on Thursday, March 4th, at 7 PM—Rev. Carl Jones will speak at the Presbyterian Church. Upcoming dates:

Thursday, March 11th—Rev. Linda Steward at St. Sylvester RC Church

Thursday, March 18th—Fr. Bob at Greater Parkview in Greensburg

WEDNESDAY, March 25—Father Sam Lamendola at Holy Ghost!

This last change was made because of a schedule conflict.

Please plan to attend as many of these as your schedule allows so we can pray FOR and WITH our neighbors!