



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, Debbie Talapasso—Slickville Postmistress, 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 our March Babies: John Paouncic on the 2nd, Sonia Luciw on the 3rd, Walter Anthony Burlack on the 7th, Mary Shirley on the 9th, Judy Previc on the 12th, and Mike Holupka on the 25th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years!

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, 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 NICAIA 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

Thursday, March 18

Ecumenical Service

7:00 PM

Greater Parkview Church in Greensburg—Father Bob speaking

Sunday, March 21

Divine Liturgy of Saint Basil the Great 10:30 AM

FIFTH SUNDAY OF GREAT LENT—VENERABLE MOTHER MARY OF EGYPT

VENERABLE THEOPHYLACTUS THE CONFESSOR-BISHOP OF NICOMEDIA; APOSTLE HERMAS OF THE 70; HIEROMARTYR THEODORETUS-PRESBYTER OF ANTIOCH; VENERABLE DOMETIUS-MONK; VENERABLE LAZARUS & ATHANASIUS OF MURMANSK

Tone 8

Hebrews 9:11-14, Galatians 3:23-19

Mark 10:32-45, Luke 7:36-50

Litany in Blessed Memory of Frank & Helen Riznow—the Riznow Family

Parastas in Blessed Memory of Tillie Kuzman—Debbie & John Paouncic

BULLETIN INSERT FOR 07 MARCH 2010

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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

TROPARION—TONE 1

O Lord, save Thy people, and bless Thine inheritance.

Grant victories to the Orthodox Christians, over their adversaries;

And, by virtue of Thy cross, preserve Thy habitation.

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

KONTAKION—TONE 7

Now the flaming sword no longer guards the gates of paradise;
It has been mysteriously quenched by the wood of the Cross!
The sting of death and the victory of hell have been vanquished;
For Thou, O my Savior, didst come and cry to those in hell:
Enter again into Paradise.

INSTEAD OF “O HOLY GOD”

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify,
Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify,
Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify,
Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.
And Thy holy Resurrection, we glorify,
Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify.

PROKEIMENON—TONE 7

READER: Extol the Lord our God; worship at His footstool, for it is Holy!
PEOPLE: **Extol the Lord our God; worship at His footstool, for it is Holy!**
READER: The Lord reigns; let the peoples tremble!
PEOPLE: **Extol the Lord our God; worship at His footstool, for it is Holy!**
READER: Extol the Lord our God.
PEOPLE: **Worship at His footstool, for it is Holy!**

ALLELUIA VERSES

Remember Thy congregation which Thou hast gotten of old.

God is our King before the ages; He has worked salvation in the middle of the earth.

Paul Harvey Writes:

We tried so hard to make things better for our kids that we made them worse. For my grandchildren, I'd like better.

I'd really like for them to know about hand me down clothes and homemade ice cream and leftover meat loaf sandwiches. I really would.

I hope you learn humility by being humiliated, and that you learn honesty by being cheated.

I hope you learn to make your own bed and mow the lawn and wash the car.

And I really hope nobody gives you a brand new car when you are sixteen.

It will be good if at least one time you can see puppies born and your old dog put to sleep.

I hope you get a black eye fighting for something you believe in.

I hope you have to share a bedroom with your younger brother / sister. And it's all right if you have to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he's scared, I hope you let him.

When you want to see a movie and your little brother/sister wants to tag along, I hope you'll let him/her..

I hope you have to walk uphill to school with your friends and that you live in a town where you can do it safely.

On rainy days when you have to catch a ride, I hope you don't ask your driver to drop you two blocks away so you won't be seen riding with someone as un-cool as your Mom.

If you want a slingshot, I hope your Dad teaches you how to make one instead of buying one.

I hope you learn to dig in the dirt and read books.

When you learn to use computers, I hope you also learn to add and subtract in your head.

I hope you get teased by your friends when you have your first crush on a boy\girl, and when you talk back to your mother that you learn what ivory soap tastes like.

May you skin your knee climbing a mountain, burn your hand on a stove and stick your tongue on a frozen flagpole.

I don't care if you try a beer once, but I hope you don't like it. And if a friend offers you dope or a joint, I hope you realize he is not your friend.

I sure hope you make time to sit on a porch with your Grandma / Grandpa and go fishing with your Uncle.

May you feel sorrow at a funeral and joy during the holidays.

I hope your mother punishes you when you throw a baseball through your neighbor's window and that she hugs you and kisses you at Christmas time when you give her a plaster mold of your hand.

These things I wish for you - tough times and disappointment, hard work and happiness. To me, it's the only way to appreciate life.

Written with a pen. Sealed with a kiss. I'm here for you.. And if I die before you do, I'll go to heaven and wait for you.

We secure our friends, not by accepting favors, but by doing them.

AMEN

DO YOU FAST?

Do you fast? Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies.

Let the hands fast, by being free of avarice.

Let the feet fast, by ceasing to run after sin.

Let the eyes fast, by disciplining them not to glare at that which is sinful.

Let the ear fast, by not listening to evil talk and gossip.

Let the mouth fast from foul words and unjust criticism.

For what good is it if we abstain from birds and fishes, but bite and devour our brothers and sisters?

May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.

St. John Chrysostom

THE EVIL SPEAKER

"The evil speaker eats the flesh of his brother and bites the body of his neighbor. Because of this Paul utters the fearful saying, "If you bite and devour one another, take heed that you are not consumed by one another

(Gal 5:15). You have not fixed your teeth in his flesh, but you have harmed in a thousand ways yourself and him and many others, for in slandering your neighbor, you have made him who listens to the slander worse...Besides this, you have struck at the common welfare of the Church herself, for all those who hear you will not only accuse the supposed sinner, but the entire Christian community...."

St John Chrysostom

REMINDER: We are continuing our series of Ecumenical Lenten Services. The upcoming dates, locations, and speakers are:

Thursday, March 11th—Rev. Linda Steward at Saint Sylvester RC Church
Thursday, March 18th—Fr. Bob at Greater Parkview Church 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 WITH and FOR our neighbors!