



## **Holy Ghost Orthodox Church**

**714 Westmoreland Avenue**

**PO Box 3**

**Slickville, PA 15684-0003**

**[724] 468-5581**

[www.holyghostorthodoxchurch.org](http://www.holyghostorthodoxchurch.org)

Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

# **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.

**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 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

*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 Walter, Victor, Jacob, & Katarina Burlack-Evelyn*

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 &  
ATHANASIU 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 Pauncic*

WEDNESDAY, March 24

Ecumenical Service

7:00 PM

HOLY GHOST WILL HOST—Father Sam Lamendola speaking

Please see Liz Obradovich for refreshment needs

Sunday, March 28

Divine Liturgy of Saint John Chrysostom

10:30 AM

PALM SUNDAY—ENTRY OF OUR LORD INTO JERUSALEM

MARTYRS AGAPIUS, PUBLIUS, TIMOLAUS, ROMULUS, TWO NAMED DIKONISIUS, & TWO NAMED ALEXANDER AT  
CAESARAEA IN PALESTINE; HIEROMARTYR ALEXANDER—PRESBYTER OF SIDE IN PAMPHYLIA; MARTYR NICANDER OF  
EGYPT; VENERABLE NICANDER OF GORODETS/NOVGOROD; NEW MARTYR MANUEL OF CRETE

\*\*\*\*PAGE 170 IN THE BLACK DIVINE LITURGY BOOKS\*\*\*\*

Philippians 4:4-9

John 12:1-18

## BULLETIN INSERT FOR 14 MARCH 2010

### 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

### TROPARION—TONE 1

O Dweller of the wilderness and angel in the body!  
You were a wonder-worker, O our God-bearing Father John!  
You received heavenly gifts through fasting, vigil, and prayer:  
Healing the sick and souls of those drawn to you by faith.  
Glory to Him who gave you strength!  
Glory to Him who granted you a crown!  
Glory to Him who through you grants healing to all!

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

The Lord truly set you on the heights of abstinence,  
To be a guiding star, showing the way to the universe,  
O our Father and Teacher John.

## **PROKEIMENON—TONE 8**

**READER: Pray and make your vows before the Lord our God!**

**PEOPLE:** Pray and make your vows before the Lord our God!

**READER: Pray and make your vows before the Lord our God!**

**PEOPLE:** Let the righteous exult in glory! Let them sing for joy on their couches!

**READER: In Judah, God is known; His name is great in Israel!**

**PEOPLE:** Pray and make your vows before the Lord our God!

**READER: Pray and make your vows.**

**PEOPLE:** Before the Lord our God!

## **ALLELUIA VERSES—TONE 8**

Come let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Those planted in the house of the Lord shall flourish in the courts of our God.

Spiritual Counsels of the Blessed Elder Paisios the Athonite +1994

### *That it is best to limit our words*

I have noticed how frequently many people's thoughts are damaged by a careless word. If we were to be taxed for every word we uttered, do you know how careful we would be? If the rule were, *'If you say so many words, you will pay so much tax,'* we would end up counting our words! ...Much time is now lost in idle talk."

### *That our life in the Spirit must be founded our willingness to sacrifice our will for others*

[Part 3 of 7]

"The miracle happens when someone can be compassionate and feel the other's pain. It is this very pain that moves God and brings about the miracle. For there is nothing else that moves God as much as a noble and sacrificial spirit. But now, in our time, this kind of nobility is rare, because self-love and self-restraint have entered the picture. Seldom does someone say, *'Let me give my turn, my place, to someone else, and it's alright if I am delayed.'*"

[Part 7 of 7]

"Can you imagine what joy is experienced by the one who sacrifices himself? One cannot even express the joy he feels. Sublime joy emanates from sacrifice. Only when we sacrifice ourselves can we be related to Christ, for Christ is sacrifice. Man can live in Paradise from here and now, or he can live in Hell. Whoever does good is overjoyed, for he is rewarded with divine consolation. Whoever does evil, suffers."

A word from the desert: There are certain kinds of trees which never bear any fruit as long as their branches stay up straight, but if stones are hung on the branches to bend them down they begin to bear fruit. So it is with the soul. When it is humbled it begins to bear fruit, and the more fruit it bears the lowlier it becomes. So also the saints; the nearer they get to God, the more they see themselves as sinners.

I remember once we were speaking about humiliation and one of the great lights of Gaza, hearing us say, "The nearer a man is to God the more he sees himself to be a sinner," was astonished, and said, "How is this possible?" He did not know, and wanted to know the answer. I said to him, "Tell me, how do you regard yourself in respect to the other citizens here?" And he said, "I regard myself as great, and among the first of the citizens." I said then, "If you went away to Caesaraea, how would you regard yourself then?" "I would value myself somewhat less than the great folk there." So I said, "If you went away to Antioch, what then?" And he replied, "I would regard myself as one of the common people." I said, "And if you went into the presence of the Emperor, what would you think of yourself then?" He replied, "I should think of myself as just one of the poor." Then I said to him, "There you are! In the same way, the saints, the nearer they approach to God, the more they see themselves as sinners." Dorotheus of Gaza, Discourses and Sayings

"Abba Isaac recounted how a demon approached him disguised as a youth. "You are mine" he said. I asked how he could say that. "Because three Sundays running you have received Holy Communion whilst being at daggers-drawn with your neighbor", he said, and I told him he was lying. But he said, 'Are you not harboring a grudge against him because of a plate of lentils? I am the one who is in charge of grudges, and, from now on, you are mine.' When I heard that, I left my cell, went to the brother and prostrated myself before him in order to be reconciled with him. When I returned to my cell I found that my visitor had burned my mat on which I prostrated myself, because he was so consumed with jealousy for our love."—*THE SPIRITUAL MEADOW of John Moschos*

### Ortho Thoughts for the Day (on the conscience)

Do not let your conscience prick you for long, but quickly give it whatever it wants, lest it take you to the judge and the prison (cf. Mt. 5:25). Does your conscience want you to attend to your prayer rule and regain prayer? Give it these things and behold, you are delivered from going to the judge.

Do not weaken the saving voice of your conscience by disregarding it, because later you will regret it to no avail.

Humble yourself, and from now on confess, for confession contains holy humility, without which no one is saved. The devil greatly rejoices when he manages to persuade a person to hide diabolical thoughts. This is because he will achieve his premeditated, soul-destroying goal.

*Elder Ephraim of the Holy Mountain (Athos)*

Ortho Thought for the Day (when suffering affliction)

Without fail, kneel half an hour a day and pray to God. When you have great affliction, pray without ceasing—do not stop until you're aware of some relief in your soul. God beholds our persistence and faith, and sends His help. If you do not receive, do not depart from prayer. He is compassionate, and will give it; but He wants us to seek it from Him.

*+Elder Ieronymos of Aegina*

From the sayings of the Paradise of the Desert Fathers: "He who is not watchful in respect of his tongue is like unto him whose house door is open, and whose riches are plundered by every man, and he is like unto an uncovered vessel, and like that which is unsealed."

From the sayings of Fr Matthew the Poor:

"It was not by chance that Jesus sought out a garden at night where He could be distressed and troubled and where His soul became sorrowful with that amazing sorrow unto death. Was it not in the Garden of Paradise that Adam was stripped naked by sin and went out from the presence of God, so that mankind in Adam entered into a state of separation from God and into death? Even though it is true that humankind experienced a full encounter with God in the birth of Jesus, this was only on the foundation of Jesus' acceptance of a full encounter with us. In Gethsemane, too, we met together with Him; there is no meeting more meaningful than that which takes place in the sharing of suffering, unless it be in the sharing of death itself when we touch immortality."

From the sayings of St Gregory Thaumaturgus: "He destroyed death through the resurrection that had in view the resurrection of us all; and He ascended to heaven, exalting and glorifying men in Himself"

"The boy is **not governed** by **don't**, but is **led** by **do**." Baden-Powell

**We're happy to report that Mike Holupka called Father Bob on the evening of last Monday, March 8, to report that he was home—and he wanted to thank everyone for their concern and their prayers. Hopefully he'll be back in church with us soon...**

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

Thursday, March 18<sup>th</sup>—Fr. Bob at Greater Parkview Church in Greensburg

**\*\*WEDNESDAY, March 24—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!**