



## **Holy Ghost Orthodox Church**

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# **CHRIST IS RISEN! INDEED HE IS RISEN!**

**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 Robert Holet, 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 8-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 Pauncic, 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, Vince Ferro, Gregory Repa, Michael Pawlyshyn, Dorothy Lednovich, Wally Burlack, Kristin Batch Vaughn, 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.

**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.**

Please remember James John Logue George Senita, John Kirkowski, & Steve Brittian 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, April 18                      Divine Liturgy of Saint John Chrysostom                      10:30 AM  
SUNDAY OF THE HOLY MYRRH-BEARING WOMEN: MARY MAGDALENE, MARY-WIFE OF CLEOPAS, SALOME, JOANNA, MARTHA & MARY, SUSANNA, AND OTHERS; JOSEPH OF ARIMATHEA AND NICODEMUS; MARTYRS AGATHOPODES-DEACON & THODULUS-READER & THOSE WITH THEM AT THESSALONICA; VENERABLE PUBLIUS-MONK OF EGYPT; VENERABLE THEONAS, SYMEON, & PHORBINUS OF EGYPT; VENERABLE THEODORA-NUN OF THESSALONICA; VENERABLE MARK THE ANCHORITE OF ATHENS; VENERABLE PLATO-ABBOT OF THE STUDIO; NEW-MARTYR GEORGE OF NEW EPHEBUS

*Tone 2*

Acts 6:1-7

Mark 15:43-16:8

<b>Sunday, April 25</b>	<b>Divine Liturgy of Saint John Chrysostom</b>	<b>10:30 AM</b>
<b>SUNDAY OF THE PARALYTIC—FOURTH SUNDAY AFTER PASCHA; VENERABLE BASIL THE CONFESSOR-BISHOP OF PARIUM; HIEROMARTYR ZENON OF VERONA; VENERABLE ISAAC THE SYRIAN-ABBOT OF SPOLETO, ITALY; MARTYRS MENAS, DAVID, AND JOHN OF PALESTINE; VIRGIN ANTHUSA OF CONSTANTINOPLE; VENERABLE ATHANASIA-ABBESS</b>		
<i>Tone 3</i>		
Acts 9:32-44		
John 5:1-15		
<i>Parastas in Blessed Memory of Hilda Holupka—Mike Holupka</i>		
<b>Sunday, May 02</b>	<b>Divine Liturgy of Saint John Chrysostom</b>	<b>10:30 AM</b>
<b>SUNDAY OF THE SAMARITAN WOMAN—FIFTH SUNDAY AFTER PASCHA; VENERABLE JOHN OF THE ANCIENT CAVES IN PALESTINE; MARTYRS CHRISTOPHER, THEONAS, AND ANTONINUS AT ROME; HIEROMARTYR PAPHNUTIUS OF JERUSALEM; SAINT GEORGE THE CONFESSOR-BISHOP OF ANTIOCH IN PISIDIA; SAINT TRYPHON-PATRIARCH OF CONSTANTINOPLE; VENERABLE NICEPHORUS-ABBOT OF KATABAD; VENERABLE SIMEON THE BAREFOOT OF PHILOTHEU MONASTERY ON MOUNT ATHOS</b>		
<i>Tone 4</i>		
Acts 11:19-26, 29-30		
John 4:5-42		
<i>Litany in Blessed Memory of Charles Cherepko, Anna Metrick, Bogdan Mural, Khouria Joanne Abdalla, Katherine Tomson, Walter Golofski, Jr., Joseph Baloga, Anna Vangrin, &amp; Anthony Notaro—Fr. Bob</i>		
<i>Parastas in Blessed Memory of Ed &amp; Helen Pytlak—Pytlak Family</i>		

## **BULLETIN INSERT FOR 18 APRIL 2010**

**SUNDAY OF THE HOLY MYRRH-BEARING WOMEN: MARY MAGDALENE, MARY-WIFE OF CLEOPAS, SALOME, JOANNA, MARTHA & MARY, SUSANNA, AND OTHERS; JOSEPH OF ARIMATHEA AND NICODEMUS; MARTYRS AGATHOPODES-DEACON & THODULUS-READER & THOSE WITH THEM AT THESSALONICA; VENERABLE PUBLIUS-MONK OF EGYPT; VENERABLE THEONAS, SYMEON, & PHORBINUS OF EGYPT; VENERABLE THEODORA-NUN OF THESSALONICA; VENERABLE MARK THE ANCHORITE OF ATHENS; VENERABLE PLATO-ABBOT OF THE STUDIO; NEW-MARTYR GEORGE OF NEW EPHEBUS**

### **TROPARION OF THE RESURRECTION—TONE 2**

When Thou didst descend to death, O Life Immortal,  
 Thou didst slay hell with the splendor of Thy Godhead!  
 And when from the depths Thou didst raise the dead,  
 All the powers of heaven cried out:  
 O Giver of Life! Christ our God! Glory to Thee!

### **TROPARION OF THE RIGHTEOUS JOSEPH—TONE 2**

The noble Joseph, when he had taken down Thy most pure body from the tree  
 Wrapped it in fine linens and anointed it with spices,  
 And placed it in a new tomb.  
 But Thou didst rise on the third day, O Lord,  
 Granting the world great mercy.

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

### **TROPARION OF THE MYRRH-BEARING WOMEN—TONE 2**

The angel came to the myrrh-bearing women at the tomb and said:  
Myrrh is meet for the dead; but Christ has shown Himself a stranger to  
corruption! So proclaim: The Lord is risen, granting the world great mercy.

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

### **KONTAKION—TONE 2**

Thou didst command the Myrrhbearers to rejoice, O Christ!  
By Thy Resurrection, Thou didst stop the lamentation of Eve, O God!  
Thou didst command Thy apostles to preach: The Savior is Risen!

### **PROKEIMENON—TONE 6**

**READER:** O Lord, save Thy people and bless Thine inheritance.  
**PEOPLE:** O Lord, save Thy people and bless Thine inheritance.  
**READER:** To Thee, O Lord, will I call. O my God, be not silent to me.  
**PEOPLE:** O Lord, save Thy people and bless Thine inheritance.  
**READER:** O Lord, save Thy people.  
**PEOPLE:** And bless Thine inheritance.

### **ALLELUIA VERSES—TONE 8**

Lord, Thou wast favorable to Thy land; Thou didst restore the fortune of  
Jacob.  
Mercy and truth have met; righteousness and peace have kissed each other.

### **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!**

**Christ is Risen! Indeed He is Risen!**  
**Χριστος воскрес! Воистину воскрес!**  
**Χριστός ἀνέστη! Ἀληθῶς ἀνέστη! (Khristós Anésti! Alithós Anésti!)**  
**Hristos a înviat! Adevărat a înviat!**  
**!ماق حي سمل! اقا ح (al-Masīḥ qām! Ḥaqqan qām!)**  
**Kristo Amefufukka! Kweli Amefufukka**

*Ortho Thought for the Day (the greatest pleasure in this life)*  
**Which of the things in our present life seem to you pleasant? A sumptuous table and health of the body, and glory and wealth? Nothing is more pleasurable than a sound conscience and a good hope. St. John Chrysostom**

UOL BULLETIN—MARCH 2010—PAGE 7  
ASK FR. HARVEY—'RELIGIOUS QUESTIONS'  
Answered by Fr. John Harvey

*Must the wine used for Communion always be of the syrupy Mogen David type? For our domestic use, society has moved to the general appreciation of dry wines and we have so many lovely types like white zinfandel, merlot, pinot grigio and the blush wines among others. If our tastes have changed, why not use a fruity Riesling or some other dry or semi-dry type for liturgical purposes?*

The wines used for liturgical purposes are not dictated by personal oenological taste, fads or preferences current among the general public, but are chosen by a different criteria. The wine used in our services, and for Liturgy in particular, must be a pure vintage. As it will be transformed into the Blood of Christ, it should at least have the color of normal blood, which is definitely reddish/ purplish in hue. Neither white nor blush color connotes a healthy blood type. I believe the Romanian Patriarchate has allowed white types when red varieties are unavailable. In our current American market, one just has to look at a shelf in the local liquor store to realize that wine from every corner of the world is presently available. What with vintage coming from Greece, South Africa, Australia, Argentina and every other conceivable place, a sweet red wine should always be readily at hand. If this then decides the color which is to be used, why not use a dry or semi-dry wine for the purposes of the altar? If one looks at catalogues of Roman Catholic altar wines, one notes a definite positive nod to the use of such dry wines today. I would suspect that the Roman Catholic view was traditionally the same as ours, but with them, traditional guidelines on so many subjects have just evaporated. Our reasoning for the use of a sweet wine, generally in the accepted notion of a dessert wine, is that Jesus is our sweet, gracious, loving Lord. What would be transformed into His Blood should then

be sweet, for He said that His Body and Blood are food indeed! A sour, dry, or bitter wine as a base would not fulfill the bill when this is considered.

There is yet another factor to consider. Blood itself is not watery, but coagulates easily and though liquid can be a bit thick. Ordinary wine used in the Orthodox Church tends to be of a higher alcohol content, often a bit fortified, which tends to be a bit thicker. For example, Concord varieties made in Pennsylvania and Ohio for the American drinking public, though somewhat sweet, have a fairly low alcohol content and to begin with are weak and watery. As we add hot water (*teplota*) to the chalice just before Communion, the wine itself must have a certain body or thickness to-it or the end result will be utterly watery and miserable. In the past, Manischewitz and Mogen David were the main resources that Orthodox Churches used as well as rich Port varieties. Over the past few decades other varieties have become available, which have needed a level of alcohol content, body and requisite sweetness without being cloyingly sweet or syrupy. There are Mavrodaphnes from Greece, a number of acceptable vintages from Moldova and Georgia, King David Sacramental from Israel, St. John's Commanderia from Cyprus, Brotherhood Winery's Rosario from New York state and the always acceptable Port.

Sorry that we cannot use your favorite Gewürztraminer in church, but I hope that you now understand the criteria we use for ecclesiastical wine. There is a certain variety available, but it will always be red, sweet and with body, usually meaning an alcohol content of at least 14%.

### ***Just Stay***

A nurse took the tired, anxious serviceman to the bedside. "Your son is here," she said to the old man.

She had to repeat the words several times before the patient's eyes opened.

Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing outside the oxygen tent. He reached out his hand. The Marine wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and encouragement.

The nurse brought a chair so that the Marine could sit beside the bed. All through the night the young Marine sat there in the poorly lighted ward, holding the old man's hand and offering him words of love and strength. Occasionally, the nurse suggested that the Marine move away and rest awhile.

He refused. Whenever the nurse came into the ward, the Marine was oblivious of her and of the night noises of the hospital - the clanking of the oxygen tank, the laughter

of the night staff members exchanging greetings, the cries and moans of the other patients.

Now and then she heard him say a few gentle words. The dying man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally, she returned. She started to offer words of sympathy, but the Marine interrupted her. "Who was that man?" he asked.

The nurse was startled, "He was your father," she answered.

"No, he wasn't," the Marine replied. "I never saw him before in my life."

"Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn't here. When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed."

"I came here tonight to find a Mr. William Grey. His son was killed in Iraq today, and I was sent to inform him. What was this gentleman's name?"

The nurse, with tears in her eyes answered, "Mr. William Grey."

***The next time someone needs you, just be there. Stay.***

### **Martha Raye**

Some of you might be too young to know anything about Martha Raye. She went overseas with Bob Hope a lot and was also in the movies. The following is from an Army Aviator friend who takes another trip down memory lane:

It was just before Thanksgiving '67 and we were ferrying dead and wounded from a large GRF west of Pleiku. We had run out of body bags by noon, so the Hook (*CH-47 CHINOOK*) was pretty rough in the back. All of a sudden, we heard a 'take-charge' woman's voice in the rear.

There was the singer and actress, Martha Raye, with a SF (Special Forces) beret and jungle fatigues, with subdued markings, helping the wounded into the Chinook, and carrying the dead aboard. 'Maggie' had been visiting her SF 'heroes' out 'west'.

We took off, short of fuel, and headed to the USAF hospital pad at Pleiku. As we all started unloading our sad pax's, a 'Smart-A\*\*' USAF Captain said to Martha, "Ms Raye, with all these dead and wounded to process, there would not be time for your show!"

To all of our surprise, she pulled on her right collar and said, "Captain, see this eagle? I am a full 'Bird' in the US Army Reserve, and on this is a 'Caduse' which means I am a Nurse, with a surgical speciality....now, take me to your wounded."

He said, "yes mam'... Follow me."

Several times at the Army Field Hospital in Pleiku, she would 'cover' a surgical shift, giving a nurse a well-deserved break.

Martha is the only woman buried in the SF (Special Forces) cemetery at Ft. Bragg.

Hand Salute!

### ***Job Search***

An Indian walks into a cafe with a shotgun in one hand, pulling a male buffalo with the other. He says to the waiter: "Want coffee."

The waiter says, "Sure, Chief. Coming right up." He gets the Indian a tall mug of coffee.

The Indian drinks the coffee down in one gulp, turns and blasts the buffalo with the shotgun, causing parts of the animal to splatter everywhere and then just walks out.

The next morning the Indian returns. He has his shotgun in one hand, pulling another male buffalo with the other. He walks up to the counter and says to the waiter "Want coffee."

The waiter says "Whoa, Tonto! We're still cleaning up your mess from yesterday. What was all that about, anyway?"

The Indian smiles and proudly says ..."Training for position in United States Congress: Come in, drink coffee, shoot the bull, leave mess for others to clean up, disappear for rest of day."

### **WHO DOES WHAT**

A man and his wife were having an argument about who should brew the coffee each morning.

The wife said, 'You should do it because you get up first, and then we don't have to wait as long to get our coffee.'

The husband said, 'You are in charge of cooking around here and you should do it, because that is your job, and I can just wait for my coffee.'

Wife replies, 'No, you should do it, and besides, it is in the Bible that the man should do the coffee.'

Husband replies, 'I can't believe that, show me!'



So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says...'HEBREWS'

a word from the desert

Before all time He was begotten  
of an immeasurable Father;  
Now we adore Him who became incarnate  
in a Virgin's womb.  
He is the creator of all  
Himself remaining invisible and distinct from creation.  
So we are able to say:  
In You, Lord, is clemency; glory be to You.  
O holy God,  
You have deigned to be born, a tiny child, from a Virgin.  
Holy and Mighty,  
You have willed to rest in the arms of Mary.  
Holy immortal One,  
You have come to rescue Adam from hell.  
O immaculate Virgin, Mother of God, full of grace,  
Emmanuel, whom you have carried,  
is the fruit of your womb.  
In your maternal bosom you have nourished all men.  
You are above all praise and all glory.  
Hail, Mother of God, joy of the angels.  
The fullness of grace that is yours  
goes beyond what the prophets foretold.  
The Lord is with you,  
you have given birth  
to the Savior of the world.

*from an early Egyptian ostrakon, Monumenta Ecclesiae Liturgica, vol. 1, p. 232*

Ortho Thought for the Day (the acquisition of humility): You always ask that the Lord would grant you humility. But you see, it is not given as a gift from the Lord. The Lord is always ready to help people to acquire humility, as well as all good things, but it is necessary that the person work on himself. As the Holy Fathers say, "Give blood, and receive spirit." This means you have to labor to the spilling of blood, and then you will receive spiritual gifts. You seek and request spiritual gifts, but you are stingy about spilling your blood; that is, you do not want anyone to touch you or disturb you. How can you obtain humility in an undisturbed life? For humility

consists in seeing yourself as below all creatures. When people bother you and you see that you cannot endure it, and get angry with them, then you will have to consider yourself lower. If at this you lament and reproach yourself for your exaltation and incorrigibility and sincerely repent about it before God, then you are on the path to humility. *St. Ambrose of Milan*

## Ortho Thought for the Day

What is a Christian? What must he have? Certainly, he must have much patience in everything.

The road that takes wayfarers to the city of Paradise is completely strewn with thorns; those who travel along it will bleed. But the hope of enjoying Paradise overcomes everything and provides the wayfarers with patience—as the forty holy martyrs said when they were thrown into the frozen lake: 'Winter is bitter, but Paradise is sweet; the frost is painful, but the enjoyment will be sweet.' *Elder Ephraim of the Holy Mountain (Athos)*

*Prologue from Ohrid, March 9 entry:* "But the one who perseveres to the end will be saved, " Matthew 24:13.

O Lord most wonderful, You have endured all, all to the end. That is why You became not only blessed but the source of blessings for all men who desire good for themselves throughout the ages of ages.

The apostles endured all to the end and entered into blessed eternity. The saints willingly endured the difficulties and sufferings to the end and were glorified, both in heaven and on earth.

The martyrs willingly endured all pains to the end and became the adopted co-inheritors of the Kingdom of Christ.

Every founder of a new organization recruits followers for himself with the promise of good fruits and many pleasures but deliberately remains silent about the hardships and labors which lead to those fruits and pleasures.

Our Lord Jesus is the only one Who spoke the whole truth to His followers, both the bitter and the sweet side of the truth. He did not promise fruits without service, nor glory without suffering, nor ultimate rest without the thorny path, nor victory without struggle, nor pleasure without bitterness, nor the kingdom without tears and self-denial.

Although our Lord counted the many difficulties which would befall His followers, in the end He does not abandon them without comfort. He gives meaning to their sufferings and does not leave them in darkness. He says, "The one who perseveres to the end will be saved." What is that blessing which awaits those who endure to the end that He Jesus fully revealed and that has been witnessed even until today and is being witnessed by many

saints, who, have either appeared in glory to the faithful from the other world or who, while yet in the flesh, were uplifted in the spirit to a vision of that glory and blessedness which await the faithful, the chosen and persevering?

O Lord, You are our strength. Help us to endure to the end with faith that You are beside us.

**From the sayings of Father Matthew the Poor: "It seems as if we were created for prayer. Prayer is the only bond that links us to God."**

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