



## **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, Father Frank Estocin, 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, 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, Khrystyna Chorniy, Anthony Cormier [3-year-old with cancer], Diane Waryanka, Nathan Forbeck, Andy Torick, Sarah Doyle, Samuel Peters, Jean Stutchell, Bonnie

Blair [Pani Gina's mother], Charles & Esther Holupka, 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.

**HAPPY BIRTHDAY TO OUR MAY BABIES:** Pani Gina on the 9<sup>th</sup>, Nathaniel Scott on the 15<sup>th</sup>, Christine Shirley on the 23<sup>rd</sup>, and Jim Weiser on the 24<sup>th</sup>. May God grant them all Many Happy, Healthy, Prosperous, and Blessed years! Christ is Risen! Indeed He is Risen!

**REMINDERS: NO KNEELING** until the Kneeling Prayers of Pentecost Sunday—May 23<sup>rd</sup>. Instead of “Vechnaya Pam'yat” at the end of a Parastas or during a funeral service *until Ascension Thursday—May 13<sup>th</sup>*, 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, May 02                      Divine Liturgy of Saint John Chrysostom                      10:30 AM  
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

*Tone 4*

Acts 11:19-26, 29-30

John 4:5-42

*Litany in Blessed Memory of Charles Cherepko, Anna Metrick, Bogdan Mural, Khouria Joanne Abdalla, Katherine Tomson, Walter Golofski, Jr., Joseph Baloga, Anna Vangrin, & Anthony Notaro—Fr. Bob Parastas in Blessed Memory of Ed & Helen Pytlak—Pytlak Family*

Sunday, May 09

Divine Liturgy of Saint John Chrysostom 10:30 AM

SUNDAY OF THE BLIND MAN—SIXTH SUNDAY AFTER PASCHA; HIEROMARTYR BASIL-BISHOP OF AMASEA; VIRGIN GLAPHYRA; VENERABLE IOANICCIUS OF DEVIC IN SERBIA; SAINT STEPHEN-BISHOP OF PERM; SAINT JUSTA; SAINT NESTOR THE SILENT; SAINTS ANDREW & ANATOLE-DISCIPLES OF SAINT EUTHYMIUS THE GREAT

*Tone 5*

Acts 16:16-34

John 9:1-38

*Litany in Blessed Memory of all Deceased Mothers, Grandmothers, etc.—Fr. Bob Parastas in Blessed Memory of Hilda Holupka—Mike Holupka*

Thursday, May 13

ASCENSION OF OUR LORD AND SAVIOR JESUS CHRIST

Sunday, May 16

Divine Liturgy of Saint John Chrysostom 10:30 AM

HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL—SEVENTH SUNDAY AFTER PASCHA; MARTYRS TIMOTHY THE READER & WIFE MAURA OF ANTINOE IN EGYPT; VENERABLE PETER THE WONDERWORKER-BISHOP OF ARGOLIS; VENERABLE THEODOSIUS-ABBOT OF PERCHEVSKY LAVRA; FEAST OF THE KYIVO-PECHERSK ICONS OF THE THEOTOKOS—SVINSKA, PERCHERSKA, YASKINSKA, & VLAKHERNSKA

*Tone 6*

Acts 20:16-18, 28-36 & Hebrews 13:7-16

John 17:1-13 & Matthew 11:27-30

## BULLETIN INSERT FOR 02 MAY 2010

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

**Christ is Risen! Indeed He is Risen!**

**Христос воскрес! Воистину воскрес!**

**Χριστός ἀνέστη! Ἀληθῶς ἀνέστη! (Khristós Anésti! Alithós Anésti!)**

***Hristos a înviat! Adevărat a înviat!***

**!ماق حيسم! ماق اقح (al-Masīḥ qām! Ḥaqqan qām!)**

**Kristo Amefufukka! Kweli Amefufukka**

### TROPARION—TONE 4

When the women disciples of the Lord

Learned from the angel the joyous message of Thy Resurrection;  
They cast away the ancestral curse and elatedly told the apostles:  
Death is overthrown! Christ God is risen,  
Granting the world great mercy.

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

### **KONTAKION—TONE 8**

The Samaritan Woman came to the well in faith;  
She saw Thee, the Water of Wisdom, and drank abundantly!  
She inherited the Kingdom on high, and is ever glorified.

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

### **KONTAKION—TONE 4**

My Savior and Redeemer,  
As God rose from the tomb  
And delivered the earthborn from their chains.  
He has shattered the gates of Hell,  
And as Master, He has risen on the third day!

### **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**

Go forth and prosper and reign, because of truth and meekness and  
righteousness.

You love righteousness and hate iniquity.

### **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!**

Ortho Thought for the Day (properly observing Sundays & feast days of the Church): For man, the earthly life, life in the body, serves only as a preparation for eternal life, which will begin after the death of the body. Therefore we must avail ourselves without delay of the present life as a preparation for the other life; and as we chiefly work during week-days for the earthly life, we must work on Sundays and other holidays wholly for the Lord God, devoting them to attendance at Divine service, to reading the Word of God, to pious meditation, to edifying conversations, good works, and especially to works of mercy. Those sin grievously who neglect the matter of their spiritual education for eternal life in the world above. How can we forget our final destination? How is it possible to be so ungrateful to the Creator, Who created us after His own image and likeness, incorruptible, and for union with Himself; Who redeemed us by His Cross, and opened to us the gates of the Kingdom of Heaven? How can many of us become like the beasts that perish? Let us lift up our hearts! *St. John of Kronstadt*

a word from the desert: The woman who had fallen into many sins, perceiving Thy divinity, O Lord, fulfilled the part of a myrrh-bearer; and with lamentations she brought sweet-smelling oil of myrrh to Thee before Thy burial. "Woe is me," she said, "for night surrounds me, dark and moonless, and stings my lustful passion with the love of sin. Accept the fountain of my tears, O Thou who drawest down from the clouds the waters of the sea. Incline to the groanings of my heart, O Thou who in Thine ineffable self-emptying hast bowed down the heavens. I shall kiss Thy most pure feet and wipe them with the hairs of my head, those feet whose sound Eve heard at dusk in Paradise, and hid herself for fear. Who can search out the multitude of my sins and the depth of Thy judgments, O Savior of my soul? Despise me not, Thine handmaiden, for Thou hast mercy without measure." *The Penitential Hymn of the Fallen Woman from Matins of Holy and Great Wednesday attributed to Kassiani the Hymnographer, abbess and poet of Constantinople, c. 810-865*

a word from the desert: If someone, who sees Christ's sacrifice and love, does not believe that He is our God, and in order to believe asks for miracles, he will neither be able to truly love, nor to truly believe in Him. Christ was incarnated, mocked, whipped, crucified, out of His extreme love for humankind; He shed His blood for us. All these facts explicitly indicate to everyone that He is true love. Impelled by the fact that "God is love," we should love Him in return and believe that He is our God, for "we know no good apart from Him." *Elder Paisios of Mt. Athos, +1994*

### **Spiritual Counsels of the Blessed Elder Paisios the Athonite +1994**

#### *That trusting in God is our best insurance*

"Insure yourself, my child, in God. Do you only know about car insurance? Aren't you familiar with God's insurance? Make the sign of the Cross before you do anything and say, 'My Christ help me, My Panaghia help me.' Is there any greater insurance than God? When man entrusts himself to God, he receives a constant supply of 'super gasoline;' and his spiritual vehicle never stops ..."

From the sayings of the Paradise of the Holy Fathers: "A certain old man said, "Reduce thy knowledge of the things of man, and thy belly also, and thou shalt find all [manner of] delights."

### **Ortho Thought for the Day (prayer is a weapon)**

When the devil fights us, we ought to fight him back. Our greatest weapon is prayer. Do not be negligent; kneel immediately and pray to God, and quickly you will feel strong. Prayer is conversation with God. When we experience the joy of prayer, then we will feel great exultation. It is a foretaste of the life of Paradise. But you have to struggle, in order to experience that joy. And—if you struggle mightily—God will give it to you.

*+Elder Ieronymos of Aegina*

a word from the desert

Abba John the Short said, "A house is not built by beginning at the top and working down. You must begin with the foundations in order to reach the top." They said to him, "What does this saying mean?" He said, "The foundation is our neighbor, whom we must win, and that is the place to begin. For all the commandments of Christ depend on this alone."

**MARK YOUR CALENDARS: OUR ANNUAL MEETING AND POT-LUCK DINNER WILL BE ON SUNDAY, MAY 23, AFTER THE OBEDNITZA! See John Paouncic or Father Bob if you have any questions—or John if you want to run for an office! *Please note the date change!!!***

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