



## **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, Demetra Pofi, 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.

**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!!!***

**REMINDERS: NO KNEELING until the Kneeling Prayers of Pentecost Sunday—May 23rd. Instead of “Vechnaya Pam'yat” at the end of a Parastas or during a funeral service *until Ascension Thursday—May 13th*, 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 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*

**Sunday, May 23**

**Obednitza**

**10:30 AM**

**PENTECOST—TRINITY SUNDAY—OUR PARISH NAME'S DAY  
APOSTLE SIMON THE ZEALOT; MARTYRS PHILADELPHUS, CYPRIAN, ALPHIUS, ONESIMUS, ERASMUS, & 14 OTHERS IN SICILY; MARTYR HESYCHIUS OF ANTIOCH; VENERABLE ISIDORE THE FOOL OF TABENNA IN EGYPT; BLESSED THIAS OF EGYPT; VENERABLE SIMON-BISHOP OF VLADIMIR & SUZDAL OF PERCHEVSKY LAVRA; VENERABLE LAWRENCE-MONK OF EGYPT; BLESSED SIMON OF YURIEVITS-FOOL-FOR-CHRIST; TRANSLATION OF THE RELICS OF BLESSED MARTYR BASIL OF MANGAZEA IN SIBERIA; FEAST OF THE KIEVAN FRATERNAL ICON OF THE THEOTOKOS**

**ANNUAL PARISH MEETING AND POT-LUCK DINNER**

*Tone 7*

Acts 2:1-11

John 7:37-52, 8:12

## **BULLETIN INSERT FOR 09 MAY 2010**

**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**

**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 حيسملا! ماق اق ح (al-Masīḥ qām! Ḥaqqan qām!)**  
**Kristo Amefufukka! Kweli Amefufukka**

**TROPARION—TONE 5**

Let the faithful praise and worship the Word,  
Coeternal with the Father and the Spirit;  
Born for our salvation from the Virgin;  
For He willed to be lifted up on the Cross in the flesh,  
To endure death,  
And to raise the dead by His glorious Resurrection!

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

**KONTAKION—TONE 4**

I come to Thee, O Christ,  
Blind from birth in my spiritual eyes,  
And call to Thee in repentance:  
Thou art the most radiant Light of those in darkness!

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

**KONTAKION—TONE 5**

Thou didst descend into Hell, O my Savior,  
Shattering its gates as almighty;  
Resurrecting the dead as Creator,  
And destroying the sting of death.  
Thou hast delivered Adam from the curse,  
O Lover of Man,  
And we all cry to Thee: O Lord, save us!

**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:** 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**

Look upon me and have mercy on me.

Lead my steps according to Thy word.

**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!**

a word from the desert

One day St. Epiphanius sent someone to Abba Hilarion with this request, "Come, and let us see one another before we depart from the body." When he came, they rejoiced in each other's company. During their meal, they were brought a fowl. Epiphanius took it and gave it to Hilarion. Then Abba Hilarion said to him, "Forgive me, but since I received the habit I have not eaten meat that has been killed." Then the bishop answered, "Since I took the habit, I have not allowed anyone to go to sleep with a complaint against me, and I have not gone to rest with a complaint against anyone." The old man replied, "Forgive me, your way of life is better than mine."

a word from the desert: An elderly Athonite monk said: We should not miss any chance to us to say the Jesus Prayer. We must not let our mind wander in vain things. In saying the Jesus Prayer one's mind finds rest and joy. It is like small children who for the whole day run around, shouting and playing and hitting each other. But the one thing that gives them rest and great joy is when at night they find themselves in their mother's arms. This way also one's mind instead of being scattered about, out to be devoted to mental prayer. from An Athonite Gerontikon

From the writings of the Blessed Elder, IERONYMOS of Aegina +1966

***Why man should never be proud of his accomplishments***

"I often marvel at the works of man --- the radio, for example. You turn it on, and you hear a voice from America --- from the other side of the world. And I think that so it is in the spiritual realm also: we pray ... to God [here] ... and He hears us in Heaven. This is a great thing, so long as we do not become proud in what we do. We see a beautiful garment. Who gets the praise, the needle or the seamstress? The seamstress, of course. We too are a needle in the hands of God. All things are made by God through us. For this reason, we should not be proud."

Kneel before your icon corner, and say to Him, 'Having been far from Thee for so many years, I have grieved Thee—living in darkness. But grant me now a little of Thy light, and do not forsake me, O my Christ. Thee alone do I have. People love today and abandon tomorrow. I am a sheep of Thy rational flock. Seek me out, who am gone astray, O God; and have mercy on me. Thy fatherly arms, do Thou open to me quickly.' Amen.

~*The Blessed Elder Ieronymos of Aegina*

a word from the desert: Abba Cronius said that Abba Joseph of Pelusium told him the following story: When I was living in Sinai, there was a brother who was good, ascetic, and handsome. He came to church for the Liturgy dressed in a little old mafort patched and darned all over. Once when I saw him coming to the Liturgy I said to him, "Brother, do you not see the brothers, looking like angels for the Liturgy in church? How can you always come here in that garb?" He said to me, "Forgive me, abba, but I have nothing else." So I took him in to my cell and gave him a tunic and whatever else he needed. After that he wore them like the other brethren and was like an angel to look at.

Now once it was necessary for the fathers to send ten brethren to the emperor about something or other, and he was chosen as one of the group to go. When he heard this, the brother made a prostration before his abba saying, "In the Lord's name, excuse me, for I am the slave of a great man there, and if he recognizes me, he will deprive me of my habit and force me to serve him again." The brothers were convinced and left him behind. But later, they learned from someone who had had known him well when he was in the world that he had been the head of imperial administration and that he had spoken as he did as a ruse, so that no one would know this or bother him about it. So great, amongst the fathers, was their concern to flee from glory and the peace of this world!

a word from the desert

Amma Syncletica said, "In the beginning there are a great many battles and a good deal of suffering for those who are advancing towards God and afterwards, ineffable joy. It is like those who wish to light a fire; at first they are choked by the smoke and cry, and by this means obtain what they seek -- as it is said, 'Our God is a consuming fire' -- so we also must kindle the divine fire in ourselves through tears and hard work."

She also said: "Just as the most bitter medicine drives out poisonous things, so prayer joined to fasting drives evil thoughts away."

From the sayings of Saint Isaac the Syrian: "From genuine prayer the love of God is born, for love comes of prayer."

"Happiness comes not from what we have but from what we give and what we share." Olave Baden Powell **And** "The most worth-while thing is to try to put happiness into the lives of others" Baden Powell

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