



Holy Ghost Orthodox Church

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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 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, Archimandrite Lev, Father Taras Naumenko, Father Nestor Kowal, Father Gabriel Rochell, Father Bill & Pani-Matka Sonia Diakiw, Pani-Matka Linda Oryhon, Father Paul Bigelow, Protodeacon Mykola Dilendorf, Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike Holupka, Eva Malesnick, 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, Ethel Thomas, Donna, Erin, Jeff Walewski [thyroid cancer], Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Gary Zurasky, Michael Horvath, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Michael Miller, Liz Stumpf, Theodore Nixon, 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, Doris Artman, Maureen Sams, Nancy Barylak, Henry & Shirley Tkacik, Martin Golofski, Anthony Yerace, Khrystyna Chorniy, Anthony Cormier [3-year-old with cancer], Nathan Forbeck, 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, Vince Ferro, Michael Pawlyshyn, Dorothy Lednovich, Kristin Batch Vaughn, Bob C.,

Allie—young girl with leukemia, Heather Kramer, Pete Dimperio, Jane Wartinbee, Steven Sheakley [Pani Gina's cousin], Carmen Talmonti, Matthew—20-year-old with cancer, Nicholas Orlando, Mary Ann Kuzniak, Michael Woloschak, Michael Pryhodzenko, Joseph Mollica, Sonia Luciw, Nellie Patsko, Theresa Ditto, Mary Ann Musial, Mary Pelino, Donna Tickerhoof, David Buchholz, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Jasmine Walker, Julia Duda, Lisa Pandle, 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.

Please remember James John Logue George Senita, John Kirkowski, Matthew Machak, Michael Repasky, and ALL American service men and women in your prayers. May God watch over them and all American service men 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 Eighth Grade and Matt’s Sixth 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, February 20 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
SUNDAY OF THE PRODIGAL SON
AFTERFEAST OF THE MEETING OF OUR LORD
PARTHENIUS-BISHOP OF LAMSACUS ON THE HELLESPONT; SAINT LUKE OF MOUNT
STEIRION; 1003 MARTYRS OF NICOMEDIA

Tone 6

1 Corinthians 6:12-20

Luke 15:11-32

Parastas in Blessed Memory of

Sunday, February 27 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
MEATFARE SUNDAY—SUNDAY OF THE LAST JUDGMENT

SAINT AUSENTIUS-MONK OF BITHYNIA; SAINT MARON-HERMIT OF SYRIA; SAINT ABRAHAM-BISHOP OF CHARRES IN MESOPOTAMIA; SAINT CYRIL-EQUAL TO THE APOSTLES AND TEACHER OF THE SLAVS; SAINT ISAAC-RECLUSE OF THE PERCHEVSKY LAVRA AND 12 GREEK MASTER-BUILDERS OF THE DORMITION CATHEDRAL IN THE LAVRA; TRANSLATION OF THE RELICS OF PRINCE-MARTYR MICHAEL & HIS COUNSELOR-SAINT THEODORE OF CHERNIHIV

Tone 7

1 Corinthians 8:8-9:2

Matthew 25:31-46

Sunday, March 6 Divine Liturgy of Saint John Chrysostom 10:30 AM

CHEESEFARE SUNDAY—FORGIVENESS SUNDAY

SAINT TIMOTHY OF SYMBOLA IN BITHYNIA; SAINT EUSTATHIUS-ARCHBISHOP OF ANTIOCH; SAINT GEORGE-BISHOP OF AMASTRIS ON THE BLACK SEA

Tone 8

Romans 13:11-14:4

Matthew 6:14-21

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 Maxine Kitch—Evelyn Burlack

FORGIVENESS SUNDAY VESPERS 4:00 PM

Saint Vladimir Parish, South Side, Pittsburgh

Monday, March 7

GREAT LENT BEGINS

BULLETIN INSERT FOR 20 FEBRUARY 2011

SUNDAY OF THE PRODIGAL SON

AFTERFEAST OF THE MEETING OF OUR LORD

**PARTHENIUS-BISHOP OF LAMSACUS ON THE HELLESPONT;
SAINT LUKE OF MOUNT STEIRION; 1003 MARTYRS OF
NICOMEDIA**

TROPARION—TONE 6

The angelic powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord who didst rise from the dead: glory to Thee!

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

KONTAKION—TONE 6

When Christ God, the Giver of Life,
Raised all of the dead from the valleys of misery with His might hand,
He bestowed resurrection on the human race.
He is the Savior of all,
The Resurrection, the Life, and the God of all!

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 6

He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.

He will say to the Lord: My Protector and my Refuge; my God, in whom I trust.

The Holy Lent: Various articles on Fasting



Gluttony makes a man gloomy and fearful, but fasting makes him joyful and courageous. And, as gluttony calls forth greater and greater gluttony, so fasting stimulates greater and greater endurance. When a man realizes the grace that comes through fasting, he desires to fast more and more. And the graces that come through fasting are countless...~Saint Nikolai of Zicha~

Fasting is an essential aspect of practicing the Orthodox life. You cannot be Orthodox and not fast. Unfortunately, many in the Church today do not participate in this grace-bestowing and life-giving ascetic practice. They do this to the loss of their own spiritual and bodily health.

But since you are not one of those people, you will need an Orthodox calendar to help you know which days we are to fast, and which type of fasting is prescribed. There are many good ones

available: I prefer the one in English published by St. John of Kronstadt Press. But St. Herman of Alaska Press and St. Nectarios Press each produce good calendars in English. They all combine both the Church ("Old") Calendar and the Civil ("Papal", or "New") Calendar.

RESOURCES FOR INFORMATION ON ORTHODOX FASTING:

The Meaning of the Great Fast. From the introductory material in the Lenten Triodion. By Mother Mary and Archimandrite [now Bishop] Kallistos (Ware).

Concerning Fasting on Wednesday and Friday, by St. Nikodemos the Hagiorite. An excerpt from the Exomologetarion: A Manual of Confession.

Three Helpful Principles of Fasting: Simplicity, Satiety, and a Litmus Question. An Anonymous Letter to a New Convert.

Rules of Piety: basic and helpful information on fasting. Provides the seasons and guidelines for fasting.

An Answer to a Question About Sexual Abstinence During Fasting Periods, by Archbishop Chrysostomos.

On the Spirit of Gluttony. Book V from the Institutes of St. John Cassian.

The Catechetical Homilies and Testament of St. Theodore the Studite, Homilies 47 (Concerning Fasting, Dispassion, and Purity) and 48 (Concerning Now We Should Adorn Our Eternal Habitation with Virtue).

Various Replies to Questions on Fasting, from Orthodox Tradition.

When Are We to Fast?: Midnight-to-Midnight, or Vespers-to-Vespers. From The Shepherd, Vol. XV.

Fasting and the Church Year, helpful information from the Greek Orthodox Church of the Transfiguration in Lowell, MA.

Introduction to the Philokalic Book of St. Gregory of Sinai. Covers a range of topics including prayer and fasting. From Elder Basil of Poiana Marului: Spiritual Father of St. Paisy Velichkovsky.

How Should We Conduct Ourselves During Meals?: Chapter 1 from How to Live a Holy Life, by Metropolitan Gregory of St. Petersburg (1784-1860).

On Fasting: Ch. VIII from Field Flowers, by St. Paisy of Neamt.

Antiochian Innovation: Comments on the May 26-May 27, 1997, decision of The Holy Synod of the Patriarchate of Antioch: 1) to abolish fasting during the post-Paschal period from Bright Week to Ascension; and 2) to allow women to commune at any time and to remove from the Church's "liturgical texts" any reference to women as "unclean" or "tainted."

Reasons to Fast by Fr. Alexander Lebedeff

Fasting From Iniquities and Foods - By the Rev. George Mastrantonis, Greek Orthodox Archdiocese of America.

Prayer, Feasts, and Fasts, by the Ever-Memorable Metropolitan Philaret of New York.

On Fasting, by a Monk of the Orthodox Church.

Various Writings of Archbishop Averky of Blessed Memory. Translated and distributed on the Internet by the Brotherhood of St. Niphon.

Recommended Books:

Fasting in the Orthodox Church, by Archimandrite Akakios, Abbot of St. Gregory Palamas Monastery in Etna, CA (The Center for Traditionalist Orthodox Studies). This is the best summary of the Orthodox teaching on fasting. Read Chapter 3, "Fasting and Contemporary Orthodoxy in the Americas".

The Lenten Triodion (see above description in the "Orthopraxis & the Divine Services" section).

Fasting and Science by Constantine Cavarnos, (The Center for Traditionalist Orthodox Studies): this is the best short work I have read on the subject. Dr. Cavarnos knows this subject well. In his famous Anchored in God he writes (pp. 29-30):

Fasting takes into account both the quantity and the quality of food. The idea is to eat a smaller amount of food during a fasting day; to abstain from fats and oils, as these tend to fatten the body and thereby to arouse lust and make one physically and spiritually lazy; to abstain from meat, fish, and products of animal origin, as these tend to excite carnal desire; and also to abstain from mere delicacies, as the consumption of these is a form of self-indulgence. St. John Climacus (c. 525-605) says: "Satiety of food is a begetter of unchastity." He also says, "Let us cut down fatty and greasy foods that inflame carnal desire, and foods that sweeten and tickle the larynx" (The Ladder, Migne PG 88, 864, 865).

The practice of fasting is not regarded as an end in itself, as something having intrinsic value, but only as a means, as a necessary condition for the spiritual life. It belongs to the category of what the Eastern, Byzantine Fathers call "bodily virtues," among which are prostrations, standing, and vigils. Referring to these, St. John Damascene (c. 676-c. 754) says that they "are rather instruments for the virtues; they are necessary, in one practices them with humility and spiritual knowledge. For without them neither do the virtues of the soul come into being, but in themselves they are of no benefit, any more than plants without fruit" (Philokalia, 2, 17). And St. Gregory the Sinaite (1289-1360), speaking specifically of fasting, observes: "Constant fasting withers lust and gives birth to self-restraint" (Philokalia, 2, 272); while Callistos and Ignatios Xanthopoulos remark: "Fasting and self-restraint are the first virtue, the mother, root, source and foundation of all good" (Philokalia, 2, 370).

Other food for thought, from the wise Nicephorus Theotokis:

"When we fast, we search the earth and sea up and down: the earth in order to collect seeds, produce, fruit, spices, and every other kind of growing edible; the sea to find shellfish, mollusks, snails, sea-urchins, and anything edible therein. We prepare dry foods, salted foods, pickled foods, and sweet foods, and from these ingredients we concoct many and motley dishes, seasoned with oil, wine, sweeteners, and spices. Then we fill the table even more than when we are eating meat.

Moreover, since these foods stimulate the appetite, we eat and drink beyond moderation. And after that we imagine that we are fasting...

"And whoever taught those who fast in this way that such a variety and such quantities of food constitute a fast? Where did they read or hear that anyone who simply avoids meats or fish is fasting, even if he eats a great amount and different kinds of food? Fasting is one thing, great variety in food another; fasting is one thing, eating great amounts of food another." [Fasting and Science, 18-19]

[Source: OrthodoxInfo.com](http://OrthodoxInfo.com)—Fr. Constantin Alecse, Biserica.org

MARK YOUR CALENDARS: The Pittsburgh Deanery, along with our Eparchial Bishop, His Beatitude, Metropolitan Constantine, will serve our annual Forgiveness Sunday Vespers at Father John Haluszczak's parish—Saint Vladimir Ukrainian Orthodox Church, 1810 Sidney Street, on Pittsburgh's South Side. Vespers will begin on Sunday, March 6, 2011, promptly at 4 PM and will be followed by light Lenten refreshments and fellowship. If your schedule allows, please plan to join us.