



Holy Ghost Orthodox Church

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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 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, Father Tim Tomson, 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, 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, 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, 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, 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, Carmen Talmonti, Matthew—20-year-old with cancer, Nicholas Orlando, Mary Ann Kuzniak, Michael Woloschak, Michael Pryhodzenko, 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, Fred DeNorscia, Kris & Julie Hanczar, John Kennedy, Lloyd Sheakley [Pani Gina's uncle], and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. 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, March 27 **Divine Liturgy of Saint Basil the Great 10:30 AM**
THIRD SUNDAY OF GREAT LENT—ADORATION OF THE MOST HOLY CROSS
SAINT BENEDICT OF NURSIA-ABBOT; SAINT EUSCHEMON-BISHOP OF LAMPACUS;
SAINT ROSTISLAV/MICHAEL-PRINCE OF KIEV; SAINT THEOGNOSTUS-
METROPOLITAN OF KIEV AND ALL RUS

Tone 3

Hebrews 4:14-5:6

Mark 8:34-9:1

Parastas in Blessed Memory of Frank & Helen Riznow—Riznow Family

Thursday, March 31 **Slickville Ecumenical Service 7:00 PM**
First Presbyterian Church—Father Bob Speaking

Sunday, April 3 **Divine Liturgy of Saint Basil the Great 10:30 AM**

**FOURTH SUNDAY OF GREAT LENT—SAINT JOHN CLIMACUS—OF THE LADDER
SAINT JAMES THE CONFESSOR-BISHOP OF THE STUDIUM; SAINT CYRIL-BISHOP OF
CATANIA; SAINT THOMAS-PATRIARCH OR CONSTANTINOPLE**

Tone 4

Hebrews 6:13-20

Mark 9:17-31

*Litany in Blessed Memory of John Cherepko, Rose Lopushanksy, Michael Brittan,
Frank & Ollie Pendlyshok, & Vladimir Hanczar—Fr. Bob
Parastas in Blessed Memory of Maxine Kitch—Liz Obradovich*

Thursday, April 7

Slickville Ecumenical Service

7:00 PM

Saint Sylvester Roman Catholic Church—Pastor Tom Holmes Speaking

Sunday, April 10

Divine Liturgy of Saint Basil the Great 10:30 AM

FIFTH SUNDAY OF GREAT LENT—SAINT MARY OF EGYPT

**SAINT HILARION THE NEW-ABBOT OF PELECETE; SAINT STEPHEN THE
WONDERWORKER-ABBOT OF TRYGLIA; MARTYRS JONAH, BARACHISIUS, ZANITHAS,
LAZARUS, MARUTHAS, NARSES, ELIAS, MARINUS, ABIBUS, SEMBEETH, & SABBAS IN
PERSIA; MARTYR EUSTRATIUS OF PERCHEVSKY LAVRA**

Tone 5

Hebrews 9:11-14

Mark 10:32-45

Parastas in Blessed Memory of Martha Batch—Harry Batch

BULLETIN INSERT FOR 27 MARCH 2011

THIRD SUNDAY OF GREAT LENT

ADORATION OF THE MOST HOLY CROSS

**SAINT BENEDICT OF NURSIA-ABBOT; SAINT EUSCHEMON-
BISHOP OF LAMPSACUS; SAINT ROSTISLAV/MICHAEL-
PRINCE OF KIEV; SAINT THEOGNOSTUS-METROPOLITAN OF
KIEV AND ALL RUS**

TROPARION—TONE 1

O Lord, save Thy people, and bless Thine inheritance.

Grant victories to the Orthodox Christians, over their adversaries;

And, by virtue of Thy cross, preserve Thy habitation.

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

KONTAKION—TONE 7

Now the flaming sword no longer guards the gates of paradise;

It has been mysteriously quenched by the wood of the Cross!

The sting of death and the victory of hell have been vanquished;

For Thou, O my Savior, didst come and cry to those in hell:

Enter again into Paradise.

INSTEAD OF "O HOLY GOD"

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify,

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify,

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify,

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

And Thy holy Resurrection, we glorify,

Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify.

PROKEIMENON—TONE 7

READER: Extol the Lord our God; worship at His footstool, for it is Holy!

PEOPLE: **Extol the Lord our God; worship at His footstool, for it is Holy!**

READER: The Lord reigns; let the peoples tremble!

PEOPLE: **Extol the Lord our God; worship at His footstool, for it is Holy!**

READER: Extol the Lord our God.

PEOPLE: **Worship at His footstool, for it is Holy!**

ALLELUIA VERSES

Remember Thy congregation which Thou hast gotten of old.

God is our King before the ages; He has worked salvation in the middle of the earth.

Saturday of Souls

From Wikipedia, the free encyclopedia

Saturday of Souls (or Soul Saturday) is a day set aside for commemoration of the dead within the liturgical year of the Eastern Orthodox and Greek-Catholic Churches. Saturday is a traditional day for prayer for the dead, because Christ lay dead in the Tomb on Saturday.

There are several Soul Saturdays throughout the year:

- a.. The Saturday of Meatfare Week (the second Saturday before Great Lent)-the day before the Sunday of the Last Judgment
- b.. The second Saturday of Great Lent
- c.. The third Saturday of Great Lent
- d.. The fourth Saturday of Great Lent
- e.. Radonitsa (Monday or Tuesday after Thomas Sunday)
- f.. The Saturday before Pentecost
- g.. Demetrius Saturday (the Saturday before the feast of Saint Demetrius of Thessaloniki-26 October)

These days are devoted to prayer for departed relatives and others among the faithful who might not be commemorated specifically as Saints. The Divine Services on these days have special hymns added to them to commemorate the departed. There is normally a Panikhida(memorial service) served either after the Divine Liturgy on Saturday morning, or after Vespers on Friday evening, for which Koliva (a dish made of boiled wheat berries and honey) is prepared and placed in front of the cross or icon before which the Panikhida is served. After the service, the priest blesses the koliva and it is then eaten as a memorial by all present.

All Orthodox and Byzantine Catholics observe Soul Saturdays on Meatfare Saturday (i.e., two Saturdays before the beginning of Great Lent); the second, third, and fourth Saturdays of Great Lent; and the Saturday before Pentecost.

Other Orthodox, such as the Serbian Orthodox, observe commemorations of the dead on the Saturdays before August 8 and before October 24. The Russians observe memorials on the Saturdays closest to September 26 (Saint Demetrius), and September 23 (Conception of St. John the Forerunner).

Another memorial day, Radonitsa, does not fall on a Saturday, but on either Monday or Tuesday of the second week after Pascha (Easter). Radonitsa does not have special hymns for the dead at the Divine Services, but instead, a Panikhida will follow the Divine Liturgy, and then all will bring paschal foods to the cemeteries to greet the departed with the joy of the Resurrection.

Like the sun's rays passing through a crack and lighting up the house, show up even the finest dust, the fear of the Lord on entering the heart of a man show up all his sins.

St. John Climacus, The Ladder of Divine Ascent

The light of dawn comes before the sun, and meekness is the precursor of all humility. So let us listen to the order in which Christ, our Light, places these virtues. He says: "Learn from Me, because I am meek and humble of heart." Therefore before gazing at the sun of humility, we must let the light of meekness flow over us. If we do, we will then be able to look steadily at the sun. The true order of these virtues teaches us that we are totally unable to turn our eyes to the sun before we have first become accustomed to the light.

Meekness is an unchangeable state of mind, which remains the same in honor and dishonor.

Meekness is a rock overlooking the sea of anger, which breaks all the waves that dash against it, yet remains completely unmoved.

Meekness is the fellow-worker with obedience, the guide of the brotherhood, a bridle for the enraged, a check for the irritable, a minister of joy, the imitation of Christ, something proper to angels, shackles for demons, a shield against bitterness.

St. John Climacus, The Ladder of Divine Ascent 24.1-6

Make me whole, O Lord, and I will become whole! O only wise and merciful Physician, I beseech Thy benevolence: heal the wounds of my soul and enlighten the eyes of my mind that I may understand my place in Thine eternal design! And inasmuch as my heart and mind have been disfigured, may Thy grace repair them, for it is as true salt.

What shall I say to Thee, O Knower of the heart who searchest the heart and the inner workings of men? Indeed, Thou knowest that, like a waterless land, my soul thirsts after Thee and my heart longs for Thee. And Thy grace has always sated those that love Thee. Thus, as Thou hast always heard me, so now do not scorn my prayer. For Thou seest that my mind, like a prisoner, seeks Thee, the Only true Savior.

Send Thy grace, that it may satisfy my hunger and quench my thirst. For insatiably do I desire Thee, O my Master! And who can have enough of Thee if he truly loves Thee and thirsts for Thy truth?

O Giver of light! Fulfill my supplications and grant me Thy gifts according to my prayer; impart to my heart just one drop of Thy grace, that the flame of Thy love may begin to burn in my heart; and, like a fire, may it consume evil thoughts like thorns and thistles!

Give me all this in abundance; grant it to me as God unto man, as the King to His subjects, and increase it as a kind Father.

attributed to St. Ephrem the Syrian

A brother went to see an anchorite and as he was leaving said to him, "Forgive me, abba, for having taken you away from your rule." But the other answered him, "My rule is to refresh you and to send you away in peace."

Let our mind be there where Christ is. Then our prayer will be with Him and there will no longer remain much place for passions. We will get used to living in this way, and by such a peace-filled life we will rebuild our whole being. *Archimandrite Sophrony, +1993*

REMINDER: We will again be collecting for IOCC's Pacific Disaster Fund that is aiding those impacted by the earthquake, tsunami, and nuclear power reactor damage in Japan. All money from the "kissing of the cross" collection will be added to that from last week and forwarded to IOCC's offices. Thank you again for all your kind donations, and especially your prayers! God Bless you all!