



Holy Ghost Orthodox Church

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CHRIST IS RISEN! INDEED HE IS RISEN!

*******No Kneeling until Pentecost!*******

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, 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], Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly Irma McDivitt, Sandy Gardner, Richard Trinclisti, Robin Young, Josephine Repa, Mckayla, Rachel, Tony Butecoff, Carl Reed, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

NOTICE: WE WILL HOLD OUR ANNUAL PARISH MEETING AFTER THE OBEDNITZA TODAY. PLEASE PLAN TO ATTEND, BRING YOUR IDEAS, AND SUPPORT OUR PARISH FAMILY!

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, May 15 OBEDNITZA 10:30 AM
FOURTH SUNDAY OF PASCHA—SUNDAY OF THE PARALYTIC

RIGHTEOUS TABITHA; TRANSLATION OF THE RELICS OF MARTYR ABRAMIUS OF BULGARIA; SAINT ATHANASIUS THE GREAT-ARCHBISHOP OF ALEXANDRIA; MARTYRS HESPERUS, ZOE, AND THEIR SONS CYRIACUS & THEODULUS AT ATTALIA; SAINT BORIS/MICHAEL-PRINCE OF BULGARIA

*******ANNUAL PARISH MEETING*******

Tone 3

Acts 9:32-42

John 5:1-15

Litany in Blessed Memory of Charles Cherepko, Anna Metrick, Bogdan Mural, Khouria Joanne Abdalla, Katherine Thomson, Walter Golofski, Jr., Joseph Baloga, Anna Vangrin, Anthony Notaro, & Esther Tylavsky—Fr. Bob

Sunday, May 22 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
FIFTH SUNDAY OF PASCHA—SUNDAY OF THE SAMARITAN WOMAN
PROPHET ISAIAH; MARTYR CHRISTOPHER OF LYCIA & WITH HIM MARTYRS CALLINICA & AQUILINA; TRANSLATION OF THE RELICS OF SAINT NICHOLAS THE WONDERWORKER FROM MYRA TO BARI

Tone 4

Acts 11:19-26, 29-30

John 4:5-42

Sunday, May 29 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
SIXTH SUNDAY OF PASCHA—SUNDAY OF THE BLIND MAN
SAINT THEODORE THE SANCTIFIED-DISCIPLE OF SAINT PACHOMIUS THE GREAT; SAINT ALEXANDER-ARCHBISHOP OF JERUSALEM; MARTYRS VITUS, MODESTUS, & CRESCENTIA AT LUCANIA; BLESSED CHILD MUSA OF ROME; MONK-MARTYRS OF THE COMMUNITY OF SAINT SAVA THE SANCTIFIED; SAINT GEORGE-BISHOP OF METYLENE

Tone 5

Acts 16:16-34

John 9:1-38

Litany in Blessed Memory of All Deceased Veterans—Fr. Bob

BULLETIN INSERT FOR 15 MAY 2011
FOURTH SUNDAY OF PASCHA—SUNDAY OF THE PARALYTIC
RIGHTEOUS TABITHA; TRANSLATION OF THE RELICS OF
MARTYR ABRAMIUS OF BULGARIA; SAINT ATHANASIUS
THE GREAT-ARCHBISHOP OF ALEXANDRIA; MARTYRS
HESPERUS, ZOE, AND THEIR SONS CYRIACUS &
THEODULUS AT ATTALIA; SAINT BORIS/MICHAEL-PRINCE
OF BULGARIA

*******ANNUAL PARISH MEETING*******

TROPARION—TONE 3

Let the Heavens rejoice! Let the earth be glad!
For the Lord has shown strength with His arm!
He has trampled down death by death!
He has delivered us from the depths of hell,
And has granted the world great mercy!

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

KONTAKION—TONE 3

By Thy Divine intercession, O Lord,
As Thou didst raise up the paralytic of old,
So raise up my soul, paralyzed by sins and thoughtless acts:
So that being saved I may sing to Thee:
Glory to Thy majesty, O Bountiful Christ!

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

KONTAKION—TONE 3

On this day Thou didst rise from the tomb, O Merciful One!
Leading us from the gates of death.
On this day Adam exults as Eve rejoices;
With the prophets and patriarchs
They unceasingly praise the divine majesty of Thy power!

PROKEIMENON—TONE 1

READER: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Rejoice in the Lord, O you righteous! Praise befits the just.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Let Thy mercy, O Lord, be upon us...

PEOPLE: As we have set our hope on Thee.

ALLELUIA VERSES—TONE 5

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be prepared in the heavens.

THE HYMN TO THE THEOTOKOS (Replaces "It Is Truly Meet")

**The angel cried unto Mary, who was full of Grace
Hail, oh pure virgin, oh pure virgin
once again I hail Thee
Thy Son has risen from His three days in the grave,
and He has raised the dead with Him,
Oh rejoice, all ye people.**

**Oh shine with clear radiance, shine on new Jerusalem
For the glory of the Lord is shining up on you.
Rejoice! Rejoice! now and be joyful--oh Zion, and though
oh pure one and adorable birthgiver of God,
in the rising again of HIM who was born of Thee.**

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!

Abba Poemen said, "To throw yourself before God, not to measure your progress, to leave behind all self-will; these are the instruments for the work of the soul."

A brother whom another brother had wronged came to see Abba Sisoës and said to him, "My brother has hurt me and I want to avenge myself." The old man pleaded with him saying, "No, my child, leave vengeance to God." He said to him, "I shall not rest until I have avenged myself." The old man said, "Brother, let us pray." Then the old man stood up and said, "God, we no longer need you to care for us, since we do justice for ourselves." Hearing these words, the brothers fell at the old man's feet, saying, "I will no longer seek justice from my brother; forgive me, abba."

A distinguished Egyptian elder at the lavra of Octokaidekaton (18 miles west of Alexandria) said to my lord Sophronius and to me: This is the way the demons work; after causing a soul to fall into sin, then they cast us into despair to destroy us completely. The demons are always saying to the soul, "When will his name

die and be destroyed?" (Ps. 40:6) If the soul is one of sobriety, it will answer them and say, "I shall not die but live, and declare the works of the Lord." (Ps. 117:17) Yet, since the demons are very impudent, they will turn back on you, saying, "Flee as a sparrow unto the hill." (Ps. 10:2) We must answer them, "God Himself is my savior and my helper. I shall not be removed." (Ps. 61:7)

Again he said: You be the door-keeper of your heart. And so that no alien may enter therein, always say, "Are you on our side or the adversary's?"

John Moschus, Leimonarion (The Spiritual Meadow) 110

While he was still living in the imperial palace, Abba Arsenius prayed to God in these words, "Lord lead me in the way of salvation." And a voice came to him saying, "Arsenius: flee from men and you will be saved."

Having withdrawn to the solitary life he made the same prayer again and he heard a voice saying to him, "Arsenius: flee, be silent, pray ceaselessly, for these are the sources of sinlessness."

It happened that when Abba Arsenius was sitting in his cell one day that he was harassed by demons. His servants, on their return, stood outside his cell and heard him praying to God in these words, "O God, do not leave me. I have done nothing good in your sight, but according to your goodness, let me now make a beginning of good."

Abba Arsenius the Great, commemorated 8 August

Also there were Paesius and Isaias, sons of a Spanish merchant. When their father died, they divided the estate they held, namely five thousand coins, clothes, and slaves. They deliberated and planned together.

"Brother, what kind of life shall we lead? If we become merchants, such as our father was, we will still be entrusting our work to others. Then we would risk harm at the hands of pirates on the high seas. Come, let us take up the monastic life so that we may profit by our father's goods and still not lose our souls." The prospect of monastic life pleased them, but they found themselves in disagreement. For when they had divided the property, they each had in mind to please God, but by taking different ways of life.

Now the one shared everything among the monasteries, churches, and prisons; he learned a trade so that he might provide bread for himself and he spent his time at ascetic practices and prayer. The other, however, made no distribution of his share, but built a monastery for himself and took in a few brethren. Then he took in every stranger, every invalid, every old man, and every poor one as well, setting up three or four tables every Saturday and Sunday. In this way he spent his money.

After they both were dead, various pronouncements were made about them as though they had both been perfect. Some preferred one, some the other. Then rivalry developed among the brethren in regard to their eulogies. They went to the blessed Pambo and entrusted the judgment to him, thinking to learn from him which was the better way of life. He told them, "Both were perfect. One showed the work of Abraham; the other, that of Elijah."

Help Make Disciples of all Nations by Supporting a Mission Priest

One of the goals of OCMC is to bring the life saving message of Christ to places where it does not currently exist. The Support a Mission Priest (SAMP) program supports this effort by offering financial assistance to Orthodox priests around the world who nurture growing Orthodox communities while also sharing the Good News with those who may have never heard it. If you would like to learn more about the SAMP program or support mission priest as they welcome others into the Body of Christ, please contact us at samp@ocmc.org or 904-829-5132 ext. 163.

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!

المسيح قام! حقا قام! (al-Masīḥ qām! Ḥaqqan qām!)

Kristo Amefufukka! Kweli Amefufukka

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.