



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, Archbishop Antony, Bishop Robert, Father Jakiw Norton, Father Dragan Filipović, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Michael Mihalick [MS], Father Joseph Kopchak, Father Cuthbert Jack, Father Elias Warnke, Archimandrite Lev, Father Nestor Kowal, Father Paul Bigelow, Father Emilian Balan, Father Silouan Rolando, Hieromonk Vasyl (Janick), Deacon Dennis Lapushanski, Joshua Agosto and his family, Mike Holupka, Eva Malesnick, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Maria Balo, Linda Mechtly, Mary Mochnick, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, 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, 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, Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, George & Mika Rocknage, Robert McKivitz, Liz Obradovich, Liz, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Peter Natishan, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Doris Artman, Nancy Barylak, Khrystyna Chorniy, Anthony Cormier [4-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, Matthew—21-year-old with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Woloschak, Michael Pryhodzenko, Sonia Luciw, Nellie Patsko, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Lloyd Sheakley [Pani Gina's uncle], Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly Irma McDivitt, Robin Young, Mckayla, Rachel, Carl & Margaret Reed, Theodore

Demopoulos, Jillian Bowman [10-year old with cancer], Lydia Wilson, Robert Pointon, Walter Cecelia, John Persico, Jeff Miller, Mary Kernick, Glenn Miller, Jean Marie, Evan Elliott, Donna & Walter McCrackin, Shirley Tkacik, Sabrina Sudol, Doug Smith [Millie Kerr's son-in-law], Bonnie Blair [Pani Gina's mother], Mel & Charlotte Malik, Paula Pasquinelli, David Hoenshell, Barbara Macino, Shelley Hill, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

Walk before God in simplicity, and not in subtleties of the mind. Simplicity brings faith; but subtle and intricate speculations bring conceit; and conceit brings withdrawal from God. *St. Isaac the Syrian*

From the saying St. John Chrysostom: "The Cross, is wood which lifts us up and makes us great...The Cross uprooted us from the depths of evil and elevated us to the summit of virtue."

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 Debbie Paouncic's class. THANK YOU ALL FOR YOUR HELP!

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 19 Divine Liturgy of Saint John Chrysostom 10:30 AM
MEATFARE SUNDAY—SUNDAY OF THE LAST JUDGMENT; AFTERFEAST OF THE MEETING OF THE LORD; SAINT BUCOLUS-BISHOP OF SMYRNA; VIRGIN-MARTYR DOROTHEA & MARTYRS CHRISTINA, CALLISTA, & THEOPHILUS AT CAESAREA IN CAPPODOCIA; VIRGIN-MARTYR FAUSTA & MARTYRS EVILASIVUS & MAXIMUS AT CYZICUS; MARTYR JULIAN OF EMESA; VIRGIN-MARTYRS MARTHA & MARY & THEIR

BROTHER MARTYR LYCARION IN EGYPT; SAINTS BARSANUPIUS THE GREAT & JOHN THE PROPHET-MONKS OF PALESTINE; SAINT PHOTIUS-PATRIARCH OF CONSTANTINOPLE

Tone 3

1 Corinthians 8:8-9:2

Matthew 25:31-46

*Litany in Blessed Memory of Jacob & Katrina Burlack—Evelyn [Anniversary 2-12]
Parastas in Blessed Memory of Tillie Kuzman—Debbie & John Paouncic*

Sunday, February 26 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
CHEESEFARE SUNDAY—FORGIVENESS SUNDAY
SAINT MARTINIAN-MONK OF CAESAREA IN PALESTINE; THE HOLY WOMAN ZOE OF BETHLEHEM & VIRGIN PHOTINA; SAINT EULOGIUS-ARCHBISHOP OF ALEXANDRIA

Tone 4

Romans 13:11-14:4

Matthew 6:21

Parastas in Blessed Memory of Helen & Frank Riznow—the Riznow Family
FORGIVENESS SUNDAY VESPERS—POKROVA IN ARNOLD—4:00 PM

Monday, February 27 **GREAT LENT BEGINS**

Sunday, March 4 **Divine Liturgy of Saint Basil the Great** **10:30 AM**
FIRST SUNDAY OF GREAT LENT—SUNDAY OF ORTHODOXY
SAINT LEO-BISHOP OF CATANIA IN SICILY; HIEROMARTYR SADOC-BISHOP OF PERSIA; SAINT AGATHO-POPE OF ROME; BLESSED YAROSLAV THE WISE OF KIEV; SAINT AGATHO-WONDERWORKER OF PERCHEVSKY LAVRA

Tone 5

Hebrews 11:24-26, 32-12:2

John 1:43-51

Litany in Blessed Memory of John Metrick, Mary Smith, Andrew Hanczar, Anna Lawrence, Michael Cicio, Chuck Shumski, Terry Reinhart, Joseph Vangrin, & Frank Riznow—Fr. Bob

TRIUMPH OF ORTHODOX CELEBRATION—4:00 PM
SAINT GEORGE ANTIOCHIAN ORTHODOX CATHEDRAL, OAKLAND

BULLETIN INSERT FOR 19 FEBRUARY 2012

**MEATFARE SUNDAY—SUNDAY OF THE LAST JUDGMENT;
AFTERFEAST OF THE MEETING OF THE LORD; SAINT BUCOLUS-BISHOP OF SMYRNA; VIRGIN-MARTYR DOROTHEA & MARTYRS CHRISTINA, CALLISTA, & THEOPHILUS AT CAESAREA IN CAPPODOCIA; VIRGIN-MARTYR FAUSTA & MARTYRS EVILASIVUS & MAXIMUS AT CYZICUS; MARTYR JULIAN OF EMESA; VIRGIN-MARTYRS MARTHA & MARY & THEIR BROTHER MARTYR LYCARION IN EGYPT; SAINTS BARSANUPIUS THE GREAT & JOHN THE PROPHET-MONKS OF PALESTINE; SAINT PHOTIUS-PATRIARCH OF CONSTANTINOPLE**

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, 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 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

In Thee, O Lord, have I hoped; let me never be put to shame!

Be Thou a God of protection for me, a house of refuge, in order to save me!

THE 5 MINUTE CHOCOLATE CAKE FOR ONE PERSON—HOW NEAT!

5 MINUTE CHOCOLATE MUG CAKE

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa

1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
A small splash of vanilla extract
1 large coffee mug (MicroSafe)

Add dry ingredients to mug, and mix well.

Add the egg and mix thoroughly.

Pour in the milk and oil and mix well.

Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

EAT! (this can serve 2 if you want to feel slightly more virtuous).

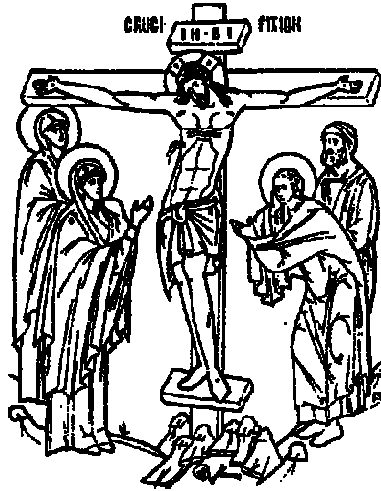
And why is this the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!



**Icon Festival
and the Triumph of Orthodoxy**

At St. George Antiochian Orthodox Cathedral
3400 Dawson St. Pittsburgh, PA 15213



Saturday March 3, 2012

Orthros 9:30am, Liturgy 10:30am

Icon Festival, Vendors, and food – 1pm-6pm

Lectures: Icons and Liturgy, by Fr. Bogdan Bucur – 2pm & 4pm

Icon demonstration, by Randi Sider-Rose – 3:15pm

Great Vespers, 6:30pm

Sunday March 4

Orthros 9:30am, Liturgy 10:30am

Icon Festival, Vendors, and food – 1pm-6pm

Lectures: Icons and Liturgy, by Dr. Edith Humphrey – 2pm

Triumph of Orthodoxy Service, 4pm

Sponsored by The Orthodox Clergy Brotherhood of Greater Pittsburgh

REMINDERS FOR YOUR CALENDAR—PLAN TO JOIN US!

The Pittsburgh Deanery, along with His Beatitude, Metropolitan Constantine, invite you to join them to celebrate Forgiveness Sunday Vespers at Pokrova Parish in Arnold—NEXT Sunday, February 26, 2012, at 4 PM, followed by light Lenten refreshments.

Also, the Orthodox Clergy Brotherhood of Greater Pittsburgh will celebrate the Triumph of Orthodoxy the following Sunday, March 4, 2012, at 4 PM in Saint George Antiochian Orthodox Cathedral in the Oakland section of Pittsburgh. Please plan to join us to begin Great Lent with prayers and forgiveness as your schedule permits.

Any questions—please see Father Bob.