



Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

[724] 468-5581

www.holyghostorthodoxchurch.org

Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Bishop Robert, Father Jakiw Norton, Father Dragan Filipović, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Cuthbert Jack, Father Elias Warnke, Father Nestor Kowal, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Deacon Dennis Lapushanski, Protopresbyter Peter Hotrovich, Protodeacon Joseph Hotrovich, Pani-Dobrodijka Sonia Diakiw, Joshua Agosto and his family, Mike Holupka, Eva Malesnick, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, 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, Ethel Thomas, Donna, Erin, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, 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, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Doris Artman, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, 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, Vince Ferro, Michael Pawlyshyn, Dorothy Lednovich, 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, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Tony Butecoff, Carl & Margaret Reed, Theodore Demopoulos, Jillian Bowman, Lydia Wilson, Robert Pointon, Walter Cecelia,

John Persico, Jeff Miller, Mary Kernick, Glenn Miller, Jean Marie, Donna & Walter McCrackin, Doug Smith [Millie Kerr's son-in-law], Bonnie & Eugene Blair [Pani Gina's parents], Mel & Charlotte Malik, Paula Pasquinelli, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, Juliana Leis, Susan "Billie" Mason, Pauline Witkowsky, Sera White, LuAnne [Mike Horvath's daughter], Donald Griffey, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [child with cerebral palsy], Thomas Stutzman, Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Jamie Gardner, Patrick, Linda Morris, Howard Simpson, Ronald Graham [Evelyn's nephew], Chris, Pastor Ed Bowen, David Hiles, Karen Johnson, Jennifer, Ann Quinn—knee surgery, Cher Mount, Frank & Janet Horrell, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

HAPPY BIRTHDAY to our March Babies: John Paouncic on the 2nd, Sonia Luciw—who turns 90 years young on the 3rd, Walter Anthony Burlack on the 7th, Mary Shirley on the 12th, and Judy Previc on the 25th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita!

PRAYER LIST: Please help update our prayer list. If you or someone you know no longer needs to be on the prayer list or if there is someone who needs to be on the list please let Father Bob know. Remember—Prayers are ALWAYS FREE! Thank you!

Please remember 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 ask 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 03 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
SUNDAY OF THE PRODIGAL SON; SAINT LEO THE GREAT-POPE OF ROME; SAINT
AGAPITUS-BISHOP OF SYNNADA IN PHRYGIA; SAINT FLAVIAN THE
CONFESSOR-PATRIARCH OF CONSTANTINOPLE; SAINT COSMAS-MONK OF
YAKHROMSK

Tone 6

I Corinthians 6:12-20

Luke 15:11-32

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

THURSDAY, MARCH 07 **Slickville Ecumenical Service** **7:00 PM**
First Presbyterian Church—Father Bob speaking

SUNDAY, MARCH 10 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
MEATFARE SUNDAY; SUNDAY OF THE LAST JUDGMENT; SAINT TARASIU-
ARCHBISHOP OF CONSTANTINOPLE

Tone 7

I Corinthians 8:8-9:2

Matthew 25:31-46

THURSDAY, MARCH 14 **Slickville Ecumenical Service** **7:00 PM**
Saint Sylvester Roman Catholic Church—Pastor Tom Holmes speaking

SUNDAY, MARCH 17 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
CHEESEFARE SUNDAY; FORGIVENESS SUNDAY; SAINT GERASIMUS OF THE
JORDAN; SAINT JULIAN-PATRIARCH OF ALEXANDRIA; SAINT JAMES THE
FASTER OF PHOENICIA; MARTYR WENCESLAUS-PRINCE OF THE CZECHS;
BLESSED BASIL [BASILKO]-PRINCE OF ROSTOV

Tone 8

Romans 13:11-14:4

Matthew 6:14-21

BULLETIN INSERT FOR 03 MARCH 2013
SUNDAY OF THE PRODIGAL SON; SAINT LEO THE GREAT-POPE OF ROME; SAINT AGAPITUS-BISHOP OF SYNNADA IN PHRYGIA; SAINT FLAVIAN THE CONFESSOR-PATRIARCH OF CONSTANTINOPLE; SAINT COSMAS-MONK OF YAKHROMSK

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.

Nothing troubles the man who is given over to the will of God, be it
illness, poverty or persecution. He knows that the Lord in His mercy is
solicitous for us. The Holy Spirit, whom the soul knows, is witness
therefore. But the proud and the self-willed do not want to surrender to
God's will because they like their own way, and that is harmful for the soul.

Abba Pimen said: 'Our own will is like a wall of brass between us and
God, preventing us from coming near to Him or contemplating His mercy.'

We must always pray the Lord for peace of soul that we may the more
easily fulfill the Lord's commandments; for the Lord loves those who strive
to do His will, and thus they attain profound peace in God.

He who does the Lord's will is content with all things, though he be poor or sick and suffering, because the grace of God gladdens his heart. But the man who is discontent with his lot and murmurs against his fate, or against those who cause him offense, should realize that his spirit is in a state of pride, which has taken from him his sense of gratitude towards God. *St. Silouan the Athonite*

Observe your thoughts, and beware of what you have in your heart and your spirit, knowing that the demons put ideas into you so as to corrupt your soul by making it think of that which is not right, in order to turn your spirit from consideration of your sins and of God. *Abba Elias*

Anew In Christ

2 Corinthians 5:17-Therefore, if anyone is in Christ, he is anew creation; old things have passed away; behold, all things have become new.

Beginning anew in Christ is possible as long as a person has breath in the body and faculty of mind to make decisions. Holy Baptism is the normal beginning of the life in Christ.

Holy Baptism is preceded by a belief in Christ sufficient to enter into the baptismal font and take up the life in Christ. Parents often make the initial decision for infant children. At some point the child grows to the point to decide for the self.

Individuals baptized as infants generally reach a point when the mind is sufficiently mature and the Christian identity is personalized. Parental upbringing goes a long way in fostering this personalization of the Christian identity.

Individuals entering the baptismal font, enter with the best of intentions.

Taking on the Christian identity is a time of great joy. When the individual exits the baptismal font, personal decisions to follow Christ must continue.

At every moment of time, a person either decides to remain united with Christ or makes decisions that cause a separation in the relationship. Sin takes place. Repentance and confession are necessary to restore unity with Christ.

Forgiveness and Holy Communion bring the desired unity with Christ. Believers always have the opportunity to begin anew. Beginning anew in Christ is required throughout life as individuals continue to sin throughout life.

The battle against sin is constant. Firmness of faith and love for Christ keeps the believer motivated to press forward and begin anew. The mercy and forgiveness of Christ offers hope for believers acknowledging personal sinfulness.

Courage and self-awareness are necessary to acknowledge personal sin. Faith and the desire for restored unity with Christ are essential for repentance to occur. The sinful believer must reach out to Christ for forgiveness and acceptance.

The Psalmist is definitive about the mercy of God. The Psalmist said: "The Lord is merciful and gracious, slow to anger, and abounding in mercy."(Ps.102/103:8) No person willing to repent is beyond the reach of God's forgiveness.

No person with faculty of mind for decision-making should relinquish hope for a better life in Christ. No person need give up on life and live in despair. Christ is ever-present for the person desiring to begin anew.

The Lord Jesus Christ told His disciples; "I am with you always, even unto the end of the age."(Mt.28:20) The person seeking to repent of sins and begin anew in Christ can turn to Christ at any moment of time.

The Psalmist acknowledged the ever-presence of God when he said: "Where can I go from Your Spirit? Where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there."(Ps.138/139:7-8)

Believers loving Christ rejoice in His constant presence. Ephesians 4:13-Till we all come to the unity of faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ;

Believers are expected to grow in Christ. As a person matures in chronological age, the person is expected to mature in Christ. This maturity is to be commensurate with his or her talents and abilities.

The Lord Jesus Christ said: "For everyone to whom much is given, from him much will be required; and to whom much has been committed, of him they will ask the more."(Lk.12:48)

Each person decides what to do with personal time, talents and resources. The time of life and resources given by God are precious gifts not to be wasted in frivolous pursuits.

In a prison in a well-known city, the walls of the staff dining room are very artistically painted with images. The painting was done by a talented prisoner. If the prisoner chose iconography and not crime, his life would be different.

The choices that individuals make have long term consequences. Two prisoners hung beside Christ on the Cross. Their lives were coming to an end.

One prisoner blasphemed Christ. The other prisoner appealed to Christ.

The choices the two prisoners made while Christ hung on the Cross had a lasting impact. Jesus told the prisoner that appealed to Him: "Today you will be with Me in Paradise."(Lk.23: 39-42) The other prisoner did not hear these words.

Believers do not know the moment the heart will stop beating. Believers do not know the moment the body will cease to breathe. Every moment is a moment to begin anew in Christ. Every moment is a moment to cling to Christ.

The Jesus Prayer is associated with the heart and with breathing. The desired goal is to pray without ceasing when the person is asleep as well as awake. The Jesus Prayer is a way to remain united with Christ.

Unity with Christ requires concentration and effort. Unity with Christ requires interest in being united with Christ. Unity with Christ includes repelling the ways of sin and casting off sinful practices.

Growth in Christ entails patience and perseverance. Growth in Christ involves vigilance. Growth in Christ is preceded and accompanied by discipline.

The soul must be nurtured, fed and constantly protected.

The Cross is inseparable from the life in Christ. Each person must deal with personal crosses in ways pleasing to Christ. Jesus spoke of denying the self and of taking up the cross to follow Him.(Mt.16:24)

Believers must be willing to deny the self of sin in order to follow Christ. A person must forgo sinful practices to be united with Christ. Just as gardens need to be weeded for plants to grow, Christians must cut away sinful weeds in their lives.

Ephesians 4:24-And that you put on the new man which was created according to God, in true righteousness and holiness.

Individuals choose the goals they will pursue. They choose their daily demeanor. They choose the way they will relate with God and with the people in their daily lives.

Individuals choose daily the degree they will engage in prayer and seek the Kingdom of God. Individuals make decisions at every moment of every day as to whether they actually believe in God and desire to serve God.

The Holy Apostle Paul wrote to the Ephesians about putting on the "new man". The Holy Apostle Paul spoke about righteousness and holiness. When the daily news is broadcast, righteousness and holiness seem to be constantly absent.

The monks of Mt. Athos and monastics throughout the world send forth beacons of light in a world that has plenty of darkness characterized by violence, greed and plenty of sinful activities.

Parish churches serve as beacons of light in their communities. Parish churches proclaim the Holy Gospel and stand as witnesses for Christ in the midst of communities desperately in need of God.

Individuals do well to constantly assess the values of personal life held dear in the heart, the mind and the soul. The Lord Jesus Christ said: "Where your treasure is, there your heart will be also."(Mt.6:21)

Parents do well to cultivate virtues in their children. Parents do best to set examples of a virtuous life for their children. Honesty and integrity are best learned in the home. Fidelity and love are best learned in the home.

Love of God is best learned in the family home. Love of the Church is best learned in the family home. The family home is the best school. Parents have the responsibility to be the best teachers. Parental responsibility is not for outsourcing.

Holiness and righteousness are measured according to the Holy Gospel. Holiness and righteousness are measured according to the standards set by God. Holiness and righteous are acquired through love of God and living the Godly life.

Individuals reflect in daily life the image and values of the self that are cherished in the heart, the mind and the soul. If Christ is cherished in the heart, the mind and the soul, Christ will shine forth in the person each day.

The battle against sin is a long and difficult battle. It is a battle only won when Christ is the victor. Only Christ and the Cross can trample down the death that comes through sin.

The battle against sin is a brutal battle. The battle is connected with shedding of the Blood of Christ. The battle continues to involve the shedding of blood as individuals are martyred for Christ through the centuries.

Holiness and righteousness prevail only when the person is rooted in Christ.

Colossians 3:10-And have put on the new man who is renewed in knowledge according to the image of Him who created him.

Individuals awaken each day with an attitude regarding learning. Some individuals have closed minds and care very little about learning something new.

Other individuals are life-long learners, seeking always to be renewed.

Christ is the inexhaustible source of learning. Christ provides for immeasurable growth. Learning from the Holy Scriptures can never be complete as each time a person reads them, newness can be experienced.

The hunger of the soul presses individuals into action. Individuals turning to God for nourishment experience the authenticity necessary.

Individuals seeking nourishment for the soul elsewhere fail to experience the same satisfaction.

Daily life provides a range of choices for each person. Each person needs to choose between the alternatives of being fully united with Christ or living a life in varying degrees separated from Christ. Some individuals actively oppose Christ.

Individuals reading Genesis 1:26 find the words: "Let Us make man in Our image, according to Our likeness." These are words for individuals to ponder throughout life when establishing personal values and goals.

The Holy Apostle Paul reminded the Corinthians: "Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?(I Cor.6:19)

Care of the body needs to include care of the soul. As the body needs to be fed in a way that it remains healthy, the soul needs to be nourished in a way that it remains pure. The need for good hygiene applies to the soul and to the body.

Individuals seeking to grow in Christ will seek to know more about Christ and to know Christ more. Prayer will characterize the person choosing to remain united with Christ and seeking to grow in Christ.

Prayer provides unity with Christ. Holy Communion provides unity with Christ. Worship provides unity with Christ. Acts of mercy and charity provide unity with Christ.

Growth in Christ results in changes to a person. Growth in Christ is limited only to the degree the person limits his or her relationship with Christ. A person's daily choices influence the degree to which a person grows in Christ.

Attaining full unity with Christ occurs when Christ permeates the life of the person and sin is firmly and fully eschewed. Turning to the Holy Apostle Paul for instruction relating to unity with Christ always has benefits.

The Holy Apostle Paul said: "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me."(Gal.2:20)

Christ shines through the centuries in the life of the Holy Apostle Paul. Philippians 3:14-I press toward the goal for the prize of upward call of God in Christ Jesus.

The Lord Jesus Christ said: "My sheep hear My voice, and I know them, and they follow Me."(Jn.10:27). Christians have a responsibility to listen carefully for the voice of Christ.

The voice of Christ is heard in the Holy Gospel read at each Divine Liturgy. The voice of Christ is heard when a person prays attentively. The voice of Christ is heard when a person is still and listens carefully.

The voice of Christ is heard when the Holy Scriptures are read with great interest and in search for instruction from Christ. The voice of Christ is heard when a person is observant for Christ at work in daily life.

The Holy Apostle Paul told the Philippians that he was pressing on for the prize of the upward call of God in Christ Jesus.(Phil.3:14). The Holy Apostle was not content with his level of growth in Christ. He wanted to experience more.

Individuals entering the baptismal font are totally dedicated to Christ. Baptism is a most joyful experience. Individuals remaining faithful to Christ continue to experience joy in Christ throughout their lives.

Joy is experienced when a person repents of sins and experiences the love of Christ demonstrated in the forgiveness of sins. Joy is experienced in the celebration of Pascha when Christ's Resurrection is alive in the heart of the believer.

Joy is experienced in the marriage service, at ordinations and at each Divine Liturgy. Joy occurs with the partaking of the Precious Body and Blood of Christ.

Joy occurs when a sinner returns to the Church after a long period of absence.

At the Feast of Transfiguration, believers focus their thoughts and hearts on Christ transfigured on Mt. Tabor. The Feast of Transfiguration lifts serious believers to a new level of consideration with each ensuing year.

The life in Christ offers unequalled fulfillment. The life in Christ offers unequalled joy. The life in Christ lifts the believer to experiential heights beyond imagination.

The life in Christ is ever the same and ever changing. The life in Christ is complex yet abundant in simplicity. The life in Christ is open to each person.

The path is narrow but always greater than the alternatives.(Mt.7:13-14)

Followers of Christ are expected to exert themselves. The mind must be exercised in choosing alternatives pleasing to Christ and enabling unity with Christ.

The body must be disciplined to refrain from activities perilous to the soul.

The body must be disciplined to remain attentive in prayer and focused on the Kingdom of God.

Continuing gratefulness to God with love of God and love of neighbor serve as the firm guidelines for every effort directed toward following Christ.

Prepared for Adult Class. St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. September 5/18, 2012. Eve of Miracle of Archangel Michael. Very Rev. Father Rodney Torbic

"When you see that your mind is happily occupied with material things, and dwells on material thoughts and the love of worldly things, then you should reflect on the fact that your mind loves material things more than God. For the Lord has said: 'For where your treasure is, there will your heart be also' (Matthew 6:21). The love of God persuades a man who feels this love in his heart to ignore fleeting pleasures, labors and sorrow. In this, we should be convinced by the example of all the Saints, who happily set aside such things for Christ." *St. Gregory the Dialogist*

Even if you are not what you should be, you should not despair. It is bad enough that you have sinned; why in addition do you wrong God by regarding Him in your ignorance as powerless? Is He, who for your sake created the great universe that you behold, incapable of saving your soul? And if you say that this fact, as well as His incarnation, only makes your condemnation worse, then repent; and He will receive your repentance, as He accepted that of the prodigal son (cf. Luke 15:20) and the prostitute (cf. Luke 7:37-50). But if repentance is too much for you, and you sin out of habit even when you do not want to, show humility like the publican (cf. Luke 18:13): that is enough to ensure your salvation. For he who sins without repenting, yet does not despair, must out of necessity regard himself as the lowest of creatures, and will not dare to judge or censure anyone. Rather, he will marvel at God's compassion, and will be full of gratitude towards his Benefactor, and so may receive many other blessings as well. *St. Peter of Damaskos, Philokalia -Volume Three*

Merely to hear the word of God saves no one and is instead a condemnation. After hearing, one must do. *Blessed Theophylact, Explanation of the Holy Gospel of St. Luke*