



## 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: Archbishop Jovan, 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 George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Father Steve Repa, Deacon Dennis Lapushanski, Protopresbyter William Diakiw, Protodeacon Joseph Hotrovich, Father Adam Yonitch, 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, Sam Wadrose, Isabella Olivia Lindgren, Ethel Thomas, Donna, Erin, Michael Miller, Grace & Owen Ostrasky, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Liz Stumpf, Theodore Nixon, Michelle Corba Kapeluck, Linda Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, George Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, Nathan Forbeck, Sarah Doyle, Samuel Peters, Jean Stutchell, Charles & Esther Holupka, Wanda Mefford, David Vallor, Henry Faraly, Betty O'Masta, Julie Eiler, Vince Ferro, 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, 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, Bonnie & Eugene Blair [Pani Gina's parents], Mel & Charlotte Malik, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, Susan "Billie" Mason, Pauline Witkowsky, Sera White, Donald Griffey, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [child with cerebral palsy], 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, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Susan Bertram, Rita McConnell, Gail, Pete Special, Sirena Sharp, Ron Paulovich, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Kareen Milcic, Ella Campbell, Kurt Smith, Tom Hyatt, Kenneth Miller [double-lung transplant], Joan Szymonifka, Jeaneen McCartney Thomson, Peggy Uhring [Eddie Behun's girlfriend], Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Barbara McDougall, Roy & Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, Ema Jean Piper, Susan Lucas, Manny Lopez, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Darlene Chicka Deskins, Drew, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

**As you all know by now, Mother Alexandra will be leaving us to move to her new home at the monastery in Guatemala next week. Please join us downstairs for a small going-away party to wish her well and God Speed! She will always be a part of our parish family and hopefully will visit when she returns to the States! God Bless! Love, the Holy Ghost Parish Family**

**REMINDER—OUR ANNUAL PARISH MEETING WILL BE HELD NEXT SUNDAY, FEBRUARY 23<sup>RD</sup>, AFTER THE OBEDNITZA! PLEASE PLAN TO ATTEND AND BRING YOUR IDEAS TO HELP OUR CHURCH! God Bless!**

**PLEASE REMEMBER IN YOUR PRAYERS: All Christians and the others in the Middle East who are suffering during this time of great tragedy and unrest. May God watch over and keep them safe! Lord have mercy!**

**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, FEBRUARY 16    Divine Liturgy of Saint John Chrysostom    10:30 AM**

**SUNDAY OF THE PRODIGAL SON**

**HOLY & RIGHTEOUS SIMEON THE GOD-RECEIVER & ANNA THE PROPHETESS;  
PROPHET AZARIAS; MARTYRS PAPIAS, DIODORUS, & CLAUDIANUS; MARTYRS  
ADRIAN & EUBULUS; MARTYR BLAISE**

*Tone 1*

1 Corinthians 6:12-20

Luke 15:11-32

**\*\*\*\*\*FAREWELL LUNCHEON FOR MOTHER ALEXANDRA\*\*\*\*\***

**SUNDAY, FEBRUARY 23    Divine Liturgy of Saint John Chrysostom    10:30 AM**

**SUNDAY OF THE LAST JUDGMENT**

**HIEROMARTYR CHARALAMPUS-BISHOP OF MAGNESIA IN THESSALY &  
MARTYRS PORPHYRIUS & BAPTUS; MARTYRS ENNATHA, VALENTINA, & PAULA  
OF PALESTINE; VENERABLE PROCHORUS OF PERCHEVSKY LAVRA; SAINT ANNA-  
WIFE OF PRINCE YAROSLAV**

*Tone 2*

1 Corinthians 8:8-9:2

Matthew 25:31-46

**\*\*\*\*\*ANNUAL PARISH MEETING AFTER SERVICE\*\*\*\*\***

**SUNDAY, MARCH 02    Divine Liturgy of Saint John Chrysostom    10:30 AM**

**CHEESEFARE SUNDAY—SUNDAY OF FORGIVENESS  
GREAT-MARTYR THEODORE THE TYRO; SAINT MARIAMNE-SISTER OF THE  
APOSTLE PHILIP; UNCOVERING OF THE RELICS OF MARTYR MENAS THE  
MELODIUS OF ALEXANDRIA; SAINT THEODORE THE SILENT OF PERCHEVSKY  
LAVRA**

*Tone 3*

Romans 13:11-14:4

Matthew 6:14-20

**MONDAY, MARCH 03**

**GREAT LENT BEGINS!**

## **BULLETIN INSERT FOR 16 FEBRUARY 2014**

**SUNDAY OF THE PRODIGAL SON; HOLY & RIGHTEOUS SIMEON THE GOD-RECEIVER & ANNA THE PROPHETESS; PROPHET AZARIAS; MARTYRS PAPIAS, DIODORUS, & CLAUDIANUS; MRATYRS ADRIAN & EUBULUS; MARTYR BLAISE**

### **TROPARION—TONE 1**

When the stone had been sealed by the Jews;  
While the soldiers were guarding Thy most pure Body;  
Thou didst rise on the third day, O Savior,  
Granting life to the world.  
The powers of heaven therefore cried to Thee, O Giver of life:  
Glory to Thy Resurrection, O Christ!  
Glory to Thy Kingdom!  
Glory to Thy Dispensation, O Thou who lovest mankind.

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

### **KONTAKION—TONE 1**

As God, Thou didst rise from the tomb in glory, raising the world with  
Thyself.  
Human nature praises Thee as God, for death has vanished!  
Adam exults, O Master!  
Eve rejoices, for she is freed from bondage and cries to Thee:  
Thou are the Giver of Resurrection to all, O Christ!

### **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**

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

From Mim Bizic

### **An old one worth repeating! The Woman and the Fork**

There was a young woman who had been diagnosed with a terminal illness and had been given three months to live. So as she was getting her things 'in order,' she contacted her Pastor and had him come to her house to discuss certain aspects of her final wishes.

She told him which songs she wanted sung at the service, what scriptures she would like read, and what outfit she wanted to be buried in.

Everything was in order and the Pastor was preparing to leave when the young woman suddenly remembered something very important to her.

'There's one more thing,' she said excitedly...

'What's that?' came the Pastor's reply?

'This is very important,' the young woman continued. 'I want to be buried with a fork in my right hand.'

The Pastor stood looking at the young woman, not knowing quite what to say.

That surprises you, doesn't it?' the young woman asked.

'Well, to be honest, I'm puzzled by the request,' said the Pastor.

The young woman explained. 'My grandmother once told me this story, and from that time on I have always tried to pass along its message to those I love and those who are in need of encouragement. In all my years of attending socials and dinners, I always remember that when the dishes of the main course were being cleared, someone would inevitably lean over and say, 'Keep your fork.' It was my favorite part because I knew that something better was coming...like velvety chocolate cake or deep-dish apple pie. Something wonderful, and with substance!'

So, I just want people to see me there in that casket with a fork in my hand and I want them to wonder 'What's with the fork?' Then I want you to tell them: 'Keep your fork...the best is yet to come.'

The Pastor's eyes welled up with tears of joy as he hugged the young woman good-bye. He knew this would be one of the last times he would see her before her death. But he also knew that the young woman had a better grasp of heaven than he did. She had a better grasp of what heaven would be like than many people twice her age, with twice as much experience and knowledge. She KNEW that something better was coming.

At the funeral people were walking by the young woman's casket and they saw the cloak she was wearing and the fork placed in her right hand. Over and over, the Pastor heard the question, 'What's with the fork?' And over and over he smiled.

During his message, the Pastor told the people of the conversation he had with the young woman shortly before she died. He also told them about the fork and about what it symbolized to her. He told the people how he could not stop thinking about the fork and told them that they probably would not be able to stop thinking about it either.

He was right. So the next time you reach down for your fork let it remind you, ever so gently, that the best is yet to come. Friends are a very rare jewel, indeed. They make you smile and encourage you to succeed. Cherish the time you have, and the memories you share. Being friends with someone is not an opportunity, but a sweet responsibility.

### **Holy Cross Monastery**

***Lord and Master of my life, give me not a spirit of sloth, vain curiosity, lust for power and idle talk.***

***But give to me, your servant, a spirit of soberness, humility, patience and love.***

***O Lord and King, grant me to see my own faults and not to condemn my brother: for blessed are you to the ages of ages.***

***Amen.***

### **St Ephraim of Syria**

Saint Ephraim the Syrian, a teacher of repentance, was born at the beginning of the fourth century in the city of Nisibis (Mesopotamia) into the family of impoverished toilers of the soil. His parents raised their son in piety, but from his childhood he was known for his quick temper and impetuous character. He often had fights, acted thoughtlessly, and even

doubted God's Providence. He finally recovered his senses by the grace of God, and embarked on the path of repentance and salvation.

Once, he was unjustly accused of stealing a sheep and was thrown into prison. He heard a voice in a dream calling him to repent and correct his life. After this, he was acquitted of the charges and set free.

The young man ran off to the mountains to join the hermits. This form of Christian asceticism had been introduced by a disciple of St Anthony the Great, the Egyptian desert dweller Eugenius.

St James of Nisibis (January 13) was a noted ascetic, a preacher of Christianity and denouncer of the Arians. St Ephraim became one of his disciples. Under the direction of the holy hierarch, St Ephraim attained Christian meekness, humility, submission to God's will, and the strength to undergo various temptations without complaint.

St James transformed the wayward youth into a humble and contrite monk. Realizing the great worth of his disciple, he made use of his talents. He trusted him to preach sermons, to instruct children in school, and he took Ephraim with him to the First Ecumenical Council at Nicea (in the year 325). St Ephraim was in obedience to St James for fourteen years, until the bishop's death in 338.

After the capture of Nisibis by the Persians in 363, St Ephraim went to a monastery near the city of Edessa. Here he saw many great ascetics, passing their lives in prayer and psalmody. Their caves were solitary shelters, and they fed themselves with a certain plant.

He became especially close to the ascetic Julian (October 18), who was of one mind with him. St Ephraim combined asceticism with a ceaseless study of the Word of God, taking from it both solace and wisdom for his soul. The Lord gave him a gift of teaching, and people began to come to him, wanting to hear his counsel, which produced compunction in the soul, since he began with self-accusation. Both verbally and in writing, St Ephraim instructed everyone in repentance, faith and piety, and he denounced the Arian heresy, which at that time was causing great turmoil. Pagans who heard the preaching of the saint were converted to Christianity.

He also wrote the first Syriac commentary on the Pentateuch (i.e. "Five Books") of Moses. He wrote many prayers and hymns, thereby enriching the Church's liturgical services. Famous prayers of St Ephraim are to the Most Holy Trinity, to the Son of God, and to the Most Holy Theotokos. He composed hymns for the Twelve Great Feasts of the Lord (the Nativity of Christ, the Baptism, the Resurrection), and funeral hymns. St Ephraim's Prayer of Repentance, "O Lord and Master of my life..." is recited during Great Lent, and it summons Christians to spiritual renewal.

From ancient times the Church has valued the works of St Ephraim. His works were read publicly in certain churches after the Holy Scripture, as

St Jerome tells us. At present, the Church Typikon prescribes certain of his instructions to be read on the days of Lent. Among the prophets, St David is the preeminent psalmodist; among the Fathers of the Church, St Ephraim the Syrian is the preeminent man of prayer. His spiritual experience made him a guide for monastics and a help to the pastors of Edessa. St Ephraim wrote in Syriac, but his works were very early translated into Greek and Armenian. Translations into Latin and Slavonic were made from the Greek text.

In many of St Ephraim's works we catch glimpses of the life of the Syrian ascetics, which was centered on prayer and working in various obediences for the common good of the brethren. The outlook of all the Syrian ascetics was the same. The monks believed that the goal of their efforts was communion with God and the acquisition of divine grace. For them, the present life was a time of tears, fasting and toil.

"If the Son of God is within you, then His Kingdom is also within you. Thus, the Kingdom of God is within you, a sinner. Enter into yourself, search diligently and without toil you shall find it. Outside of you is death, and the door to it is sin. Enter into yourself, dwell within your heart, for God is there."

Constant spiritual sobriety, the developing of good within man's soul gives him the possibility to take upon himself a task like blessedness, and a self-constraint like sanctity. The requital is presupposed in the earthly life of man, it is an undertaking of spiritual perfection by degrees. Whoever grows himself wings upon the earth, says St Ephraim, is one who soars up into the heights; whoever purifies his mind here below, there glimpses the Glory of God. In whatever measure each one loves God, he is, by God's love, satiated to fullness according to that measure. Man, cleansing himself and attaining the grace of the Holy Spirit while still here on earth, has a foretaste of the Kingdom of Heaven. To attain to life eternal, in the teachings of St Ephraim, does not mean to pass over from one realm of being into another, but rather to discover "the heavenly," spiritual condition of being. Eternal life is not bestown on man through God's one-sided efforts, but rather, it constantly grows like a seed within him by his efforts, toils and struggles.

The pledge within us of "theosis" (or "deification") is the Baptism of Christ, and the main force that drives the Christian life is repentance. St Ephraim was a great teacher of repentance. The forgiveness of sins in the Mystery of Repentance, according to his teaching, is not an external exoneration, not a forgetting of the sins, but rather their complete undoing, their annihilation. The tears of repentance wash away and burn away the sin. Moreover, they (i.e. the tears) enliven, they transfigure sinful nature, they give the strength "to walk in the way of the the Lord's



commandments," encouraging hope in God. In the fiery font of repentance, the saint wrote, "you sail yourself across, O sinner, you resurrect yourself from the dead."

St Ephraim, accounting himself as the least and worst of all, went to Egypt at the end of his life to see the efforts of the great ascetics. He was accepted there as a welcome guest and received great solace from conversing with them. On his return journey he visited at Caesarea in Cappadocia with St Basil the Great (January 1), who wanted to ordain him a priest, but he considered himself unworthy of the priesthood. At the insistence of St Basil, he consented only to be ordained as a deacon, in which rank he remained until his death. Later on, St Basil invited St Ephraim to accept a bishop's throne, but the saint feigned madness in order to avoid this honor, humbly regarding himself as unworthy of it.

After his return to his own Edessa wilderness, St Ephraim hoped to spend the rest of his life in solitude, but divine Providence again summoned him to serve his neighbor. The inhabitants of Edessa were suffering from a devastating famine. By the influence of his word, the saint persuaded the wealthy to render aid to those in need. From the offerings of believers he built a poor-house for the poor and sick. St Ephraim then withdrew to a cave near Edessa, where he remained to the end of his days.



**THE WORLD IS MINE** (Author unknown)

Today, upon a bus, I saw a very beautiful woman and wished I were as beautiful.

When suddenly she rose to leave, I saw her hobble down the aisle. She had one leg and used a crutch. But as she passed, she had a smile. Oh, God, forgive me when I whine. I have two legs; the world is mine.

I stopped to buy some candy. The lad who sold it had such charm. I talked with him, he seemed so glad. If I were late, it'd do no harm. And as I left, he said to me, "I thank you, you've been so kind. It's nice to talk with folks like you. You see," he said, "I'm blind." Oh, God, forgive me when I whine. I have two eyes; the world is mine.

Later while walking down the street, I saw a child I knew. He stood and watched the others play, but he did not know what to do. I stopped a moment and then I said, "Why don't you join them, dear?" He looked ahead without a word. I forgot, he couldn't hear. Oh, God, forgive me when I whine. I have two ears; the world is mine.

With feet to take me where I'd go.  
With eyes to see the sunset's glow.  
With ears to hear what I'd know.  
Oh, God, forgive me when I whine.  
I've been blessed indeed, the world is mine.

***Give the gift of love. It never comes back empty!***



We should constantly and unceasingly repeat the Jesus prayer. Only the name of Christ must remain inside our heart and mind; when we neglect our prayer, that is our communication with God, the devil finds the chance to confuse us with negative thoughts. Thus, we end up not knowing what we want, do, or say."

"The soul must be constantly ready and alert and always in contact with the spiritual headquarters, that is, God. Only then, it will feel secure, full of hope and joy.

When I was in the army, during the war, I was a radio operator. I noticed that we felt secure only when we communicated with the Army Division on an hourly basis. When our communication was limited to every two hours, we felt a little bit insecure; sometimes, when we could only be in touch with them twice a day, we felt uncomfortable, lonely and lost. The same thing applies to our prayer. The more we pray, the more secure we feel, on a spiritual basis, of course. *Elder Paisios of the Holy Mountain (Athos)*

Can peace be achieved through sinful association? How can there be peace, when people are not reconciled with God? Only when man is reconciled with God can inward and outward peace come. But for us to be reconciled with God: we must first attain awareness; we must repent; we must live in accordance with God's commandments, and then the grace and peace of God will enter into us --- enabling us to also help create peace around us. *Elder Paisios of the Holy Mountain (Athos)*

Believe that all that is in the world, both all that is seen and all that is unseen, was made out of nothing by God; and is governed by the Providence of its Creator, and will receive a change to a better state. Believe that evil has no substance or kingdom --- either unoriginate or self-existent or created by God; but that it is our work, and the evil one's, and came upon us through our heedlessness... not from our Creator. *St. Gregory the Theologian*

A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

*Saint Basil*

We pause today to thank Mother Alexandra for praying with us over the past year. Thank you for your singing, your stories, your smile, and especially your prayers. You are now officially a Slickvillian forever and we will always welcome your return to YOUR humble parish to join us in prayer. We ask God to watch over you on your travels and as you start this next chapter in your life in His Service. May He keep you and protect you always—please remember us in your prayers as we will remember you and the sisters in Guatemala! God Bless! The Holy Ghost Parish Family, Matthew, Alexander, Pani Gina, and Father Bob.