



## Holy Ghost Orthodox Church

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# \*\*\*\*\*FORGIVENESS SUNDAY\*\*\*\*\*

**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, 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, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, Joe Matts, Nancy Heinbaugh, Harry Bohichik, 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 2<sup>nd</sup>, Sonia Luciw on the 3<sup>rd</sup>, Walter Anthony Burlack on the 7<sup>th</sup>, Mary Shirley on the 9<sup>th</sup>, Judy Previc on the 12<sup>th</sup>, and Mike Holupka on the 25<sup>th</sup>. May God grant them Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita!

**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, 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

***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***

**\*\*\*\*\*FORGIVENESS SUNDAY VESPERS—ST. VLADIMIR, SOUTH SIDE—4 PM\*\*\*\*\***

**MONDAY, MARCH 03          GREAT LENT BEGINS!**

**SUNDAY, MARCH 09          Divine Liturgy of Saint Basil the Great          10:30 AM**

**FIRST SUNDAY OF GREAT LENT—SUNDAY OF ORTHODOXY**

**1<sup>ST</sup> & 2<sup>ND</sup> FINDING OF THE HEAD OF JOHN THE BAPTIST; SAINT ERASMUS OF PERCHEVSKY LAVRA**

*Tone 4*

2 Corinthians 4:6-15

Matthew 11:2-15

**\*\*\*\*\*SUNDAY OF ORTHODOXY DOXOLOGY—HOLY TRINITY G.O. CHURCH—NORTH HILLS\*\*\*\*\***

**SUNDAY, MARCH 16 Divine Liturgy of Saint Basil the Great 10:30 AM**  
**SECOND SUNDAY OF GREAT LENT—SAINT GREGORY PALAMAS**  
**SYNAXIS OF THE VENERABLE FATHERS OF PERCHEVSKY LAVRA; MARTYRS**  
**EUTROPIUS, CLEONICUS, & BASILISCUS; SAINT PIAMA-VIRGIN; SAINTS ZENO**  
**& ZOILUS**

*Tone 5*

Hebrews 7:26-8:2, Galatians 5:22-6:2

John 10:9-16, Luke 6:17-23

## **BULLETIN INSERT FOR 02 MARCH 2014**

**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**

**\*\*\*\*\*FORGIVENESS SUNDAY VESPERS—ST. VLADIMIR, SOUTH SIDE—4 PM\*\*\*\*\***

### **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!

**Please Pray for the Orthodox Faithful of Annunciation Orthodox Church in Pakistan**

On February 6th, with the blessing of His Eminence Metropolitan Konstantinos of Singapore and South Asia, Annunciation Orthodox Church was opened in Pakistan - the first in this predominantly Muslim country. Under the pastoral care of Fr. John Tanveer, this community has grown over the past several years to include approximately 150 people. Please pray for our Orthodox Christian brothers and sisters in Pakistan, that they may be given continued courage and strength to grow in the Faith and serve as living witnesses to the love of Christ.

**Orthodox Missions Sunday School Lesson Plans Available for Free Download at OCMC.org**

This year, Orthodox Mission Sunday falls on March 2<sup>nd</sup>. We invite you and your parish to pray for and learn more about the Church's unceasing efforts to share the light of Orthodoxy with the world. In fact, the Orthodox Christian Mission Center (OCMC) has produced lesson plans for you to use with Sunday School students and adult study groups that explore this important work in places like Guatemala, where thousands of people are coming into the Body of Christ as a direct result of missions. These lesson plans can be downloaded for free at [http://www.ocmc.org/resources/sunday\\_schools.aspx](http://www.ocmc.org/resources/sunday_schools.aspx). Please continue to pray for people around the world who long for Christ in their lives.

Today's Word [February 18, 2014]... (Isaiah: 55:8:9 Romans 12:2) The Lord says, "My thoughts are not like yours. Your ways are not like mine. Just as the heavens are higher than the earth, so my ways are higher than your ways, and my thoughts are higher than your thoughts. " Brothers and Sisters, Do not change yourself to be like the people of this world, but let

God change you inside with a new way of thinking. Then you will be able to understand and accept what God wants for you. You will be able to know what is pleasing to Him and what is perfect. (Quote "When we go our own way, and think we know the right direction, to go, that's when we need to remember God's Love and mercy. Our Father's voice is like a GPS, Just when we think we have it all under control, His voice comes across saying, "RECALCULATING" TURN HERE" Father Stephen Vernak") Have a wonderful day, and use God's GPS, he will show you the way! Lazarus:-)

***Letter from an airline pilot: He writes:***

My lead flight attendant came to me and said, "We have an H.R. On this flight." (H.R. Stands for human remains.) "Are they military?" I asked.

'Yes', she said.

'Is there an escort?' I asked.

'Yes, I've already assigned him a seat'.

'Would you please tell him to come to the flight deck. You can board him early," I said..

A short while later, a young army sergeant entered the flight deck. He was the image of the perfectly dressed soldier. He introduced himself and I asked him about his soldier. The escorts of these fallen soldiers talk about them as if they are still alive and still with us.

'My soldier is on his way back to Virginia ,' he said. He proceeded to answer my questions, but offered no words.

I asked him if there was anything I could do for him and he said no. I told him that he had the toughest job in the military and that I appreciated the work that he does for the families of our fallen soldiers. The first officer and I got up out of our seats to shake his hand. He left the flight deck to find his seat.

We completed our pre-flight checks, pushed back and performed an uneventful departure. About 30 minutes into our flight I received a call from the lead flight attendant in the cabin. 'I just found out the family of the soldier we are carrying, is on board', she said. She then proceeded to tell me that the father, mother, wife and 2-year old daughter were escorting their son, husband, and father home. The family was upset because they were unable to see the container that the soldier was in before we left. We

were on our way to a major hub at which the family was going to wait four hours for the connecting flight home to Virginia .

The father of the soldier told the flight attendant that knowing his son was below him in the cargo compartment and being unable to see him was too much for him and the family to bear. He had asked the flight attendant if there was anything that could be done to allow them to see him upon our arrival. The family wanted to be outside by the cargo door to watch the soldier being taken off the airplane. I could hear the desperation in the flight attendants voice when she asked me if there was anything I could do. 'I'm on it', I said. I told her that I would get back to her.

Airborne communication with my company normally occurs in the form of e-mail like messages. I decided to bypass this system and contact my flight dispatcher directly on a secondary radio. There is a radio operator in the operations control center who connects you to the telephone of the dispatcher. I was in direct contact with the dispatcher. I explained the situation I had on board with the family and what it was the family wanted. He said he understood and that he would get back to me.

Two hours went by and I had not heard from the dispatcher. We were going to get busy soon and I needed to know what to tell the family. I sent a text message asking for an update. I saved the return message from the dispatcher and the following is the text:

*'Captain, sorry it has taken so long to get back to you. There is policy on this now and I had to check on a few things. Upon your arrival a dedicated escort team will meet the aircraft.*

*The team will escort the family to the ramp and plane side. A van will be used to load the remains with a secondary van for the family. The family will be taken to their departure area and escorted into the terminal where the remains can be seen on the ramp. It is a private area for the family only. When the connecting aircraft arrives, the family will be escorted onto the ramp and plane side to watch the remains being loaded for the final leg home. Captain, most of us here in flight control are veterans.. Please pass our condolences on to the family. Thanks.'*

I sent a message back telling flight control thanks for a good job. I printed out the message and gave it to the lead flight attendant to pass on to the father. The lead flight attendant was very thankful and told me, 'You have no idea how much this will mean to them.'

Things started getting busy for the descent, approach and landing. After landing, we cleared the runway and taxied to the ramp area. The ramp is huge with 15 gates on either side of the alleyway. It is always a busy area with aircraft maneuvering every which way to enter and exit. When we entered the ramp and checked in with the ramp controller, we were told that all traffic was being held for us.

'There is a team in place to meet the aircraft', we were told. It looked like it was all coming together, then I realized that once we turned the seat belt sign off, everyone would stand up at once and delay the family from getting off the airplane. As we approached our gate, I asked the co-pilot to tell the ramp controller we were going to stop short of the gate to make an announcement to the passengers. He did that and the ramp controller said, 'Take your time.'

I stopped the aircraft and set the parking brake. I pushed the public address button and said, 'Ladies and gentleman, this is your Captain speaking I have stopped short of our gate to make a special announcement. We have a passenger on board who deserves our honor and respect. His Name is Private XXXXXX, a soldier who recently lost his life. Private XXXXXX is under your feet in the cargo hold. Escorting him today is Army Sergeant XXXXXX. Also, on board are his father, mother, wife, and daughter. Your entire flight crew is asking for all passengers to remain in their seats to allow the family to exit the aircraft first. Thank you.'

We continued the turn to the gate, came to a stop and started our shutdown procedures. A couple of minutes later I opened the cockpit door. I found the two forward flight attendants crying, something you just do not see. I was told that after we came to a stop, every passenger on the aircraft stayed in their seats, waiting for the family to exit the aircraft.

When the family got up and gathered their things, a passenger slowly started to clap his hands. Moments later more passengers joined in and soon the entire aircraft was clapping. Words of 'God Bless You', I'm sorry, thank you, be proud, and other kind words were uttered to the family as they made their way down the aisle and out of the airplane.

They were escorted down to the ramp to finally be with their loved one.



Many of the passengers disembarking thanked me for the announcement I had made. They were just words, I told them, I could say them over and over again, but nothing I say will bring back that brave soldier.

I respectfully ask that all of you reflect on this event and the sacrifices that millions of our men and women have made to ensure our freedom and safety in these USA, Canada, Australia New Zealand, England.

**Foot note:**

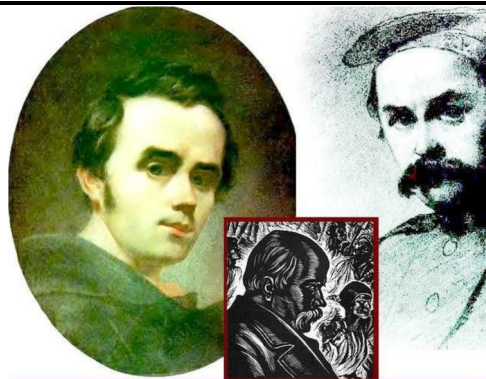
I know everyone who has served their country who reads this will have tears in their eyes, including me.

Please send this on after a short prayer for our service men and women. They die for me and mine and you and yours and deserve our honor and respect.

*'Lord, hold our troops in your loving hands. Protect them as they protect us..bless them and their families for the selfless acts they perform for us in our time of need.. In Jesus Name, Amen.'*

Of all the gifts you could give a Marine, Soldier, Sailor, Airman, & others deployed in harm's way, prayer is the very best one.

GOD BLESS YOU!!! Bring the rest home safe and sound. We need to be there for them now more than ever.



**Taras Shevchenko**

**Тараса Шевченка**

Please attend a CONCERT to celebrate the 200<sup>th</sup> anniversary of the birth of Tara Shevchenko

**Sunday, March 9, 2014**

**3:00 pm**

Frick Fine Arts Building, Auditorium  
University of Pittsburgh, Oakland Campus

**The performance will feature Oksana Krovtytska, Soprano from Lviv Opera House currently performing with the New York City Opera and Borys Ostapienko, Bandurist from Toronto, Canada**

Light refreshments will be provided after the performance

This event is sponsored with cooperation from the Ukrainian Nationality Room Committee and other Ukrainian organizations in the Greater Pittsburgh area.



**St. Theodore and the miracle of the koliva**

*For those remembering their loved ones in Church today with an offering of koliva, may their memories be eternal!*

Immense is the benefit of the Divine Liturgy, of commemorations for the departed, etc., of course, they are only full of benefit for those who repented, who had some signs of virtues, but did not have the time to knead the bread of virtues due to negligence, indolence and procrastination. For those people, the prayers of the Church and personal prayers, alms, philanthropic deeds, etc., fill up their deficiencies, through the abundance of God's mercy. *St. Mark the Ascetic*

**St. Theodor Teron and the Miracle of the Koliva**



*Russian Icon--Published: Exhibition Catalogue: Kunst des Christlichen Ostens, H. Skrobucha, 1986 Hoechst Cat No 179*

**St. Theodore and the Great Miracle of the Kollyva**

In 361, Julian the Apostate was doing his utmost to restore pagan customs. Knowing that the Christians were accustomed to sanctify the first week of Lent by fasting and prayer, the wily tyrant told the Prefect of Constantinople to have all of the food set out for sale in the markets sprinkled with the blood of animals sacrificed to the gods, so that no one in the city would escape the contagion of idolatry. However, the Lord did not abandon His chosen people, but sent His servant Theodore to outwit the tyrant. Appearing in a vision to Patriarch Eudoxius (360-364), the holy Martyr informed him of what was happening and told him to instruct the Christians not to buy food from the markets but instead to eat kolyva made from grains of boiled wheat. Thus, thanks to the intervention of the holy Martyr Theodore, the Christian people were preserved from the stain of idolatry. The Church has commemorated this miracle ever since on the first Saturday of Great Lent, in order to remind the faithful that fasting and temperance have the power to cleanse all the stains of sin.

Saint Theodore the Tryon wrought many other miracles for those who had recourse to him with faith, and who persevered in prayer in his church. One day, shining in glory on his white horse, he appeared to a poor widow and restored her only son who had been captured by Saracens. He often brought the tempest-tossed to safety, thieves to light and runaways back to their masters. In all his miracles, this Roman legionary showed that he had become the heavenly protector of the Christian people.

### **Orthodox Christian Celebration of the Feast of Saint Theodore The Tyron**

The feast and commemoration of Saint Theodore the Tyron is celebrated with the Divine Liturgy of Saint John Chrysostom which is conducted on the morning of the feast and preceded by a Matins (Orthros) service. A Great Vespers may be conducted on the evening before the day of the Feast. The commemoration of the appearance of Saint Theodore and the miracle of the kolyva is celebrated on the first Saturday of Great Lent each year with a Divine Liturgy and a Memorial Service. This day is the last of three Saturday of Souls observed each year at the beginning of the Lenten season. The faithful bring kolyva and lists of names of friends and family members who have reposed in the faith. The names are read by the priest during the Memorial Service. (<http://www.goarch.org/special/theodoretyre/>) (<http://full-of-grace-and-truth.blogspot.com/>)

"The Church, or rather clergymen and some of the conscious churchgoers, are afraid to do something wrong. After all these years when people could not think or speak openly with each other and thereby outgrow, as it were, the nineteenth century, there is much fear, which leads people to be content with mere repetition of what has been adopted by the Church long before and what is known as Church language and Church doctrine. This has to change sooner or later." *Metropolitan Antony (Bloom) of Sourozh, June 2000*

FORGIVENESS SUNDAY: The next Lord's Day is Cheese-Fare Sunday after which, until Pascha (Easter), all fish, meat and dairy products (eggs, milk, butter, cheese, cream, etc.) should be avoided by Orthodox Christians. But is also FORGIVENESS SUNDAY! As we enter into the Great Fast all anger, hatred, animosity, jealousy, envy and ill will should be eliminated, and if we have harmed another in thought word or deed we should sincerely ask forgiveness for any and all offenses. If, in the course of my ministry as your Priest, through penance or redress, I have offended by directing, chastising, or correcting, I PROSTRATE MYSELF BEFORE YOU AND ASK YOUR FORGIVENESS. Father Raphael Moore+