



## Holy Ghost Orthodox Church

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# \*\*\*\*\*GREAT LENT\*\*\*\*\*

**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, 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], Jeanen 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, Judi Danser, Mira Filipovic, Vicki Rathbun, Lynn, Jacqueline, Irma Opacic, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

**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 23**                      **Divine Liturgy of Saint Basil the Great**                      **10:30 AM**  
**THIRD SUNDAY OF GREAT LENT—VENERATION OF THE MOST HOLY CROSS**  
**MARTYRS CODRATUS, CYPRIAN, DIONYSIUS, ANECTUS, PAUL, & OTHERS;**  
**MARTYRS CONDRATUS, SATURNINUS, & RUFINUS OF NICOMEDIA; SAINT**  
**ANASTASIA THE PATRICIAN OF ALEXANDRIA**

*Tone 6*

Hebrews 4:14-5:6

Mark 8:34-9:1

***Parastas in Blessed Memory of Frank, Helen, & Alice Riznow—Riznow Family***

**SUNDAY, MARCH 30**                      **Divine Liturgy of Saint Basil the Great**                      **10:30 AM**  
**FOURTH SUNDAY OF GREAT LENT—SAINT JOHN CLIMACUS—OF THE LADDER OF**  
**DIVINE ASCENT; SAINT ALEXIS THE MAN OF GOD IN ROME, MARTYR MARINUS**  
**THE SOLDIER AT CAESAREA IN PALESTINE**

*Tone 7*

Hebrews 6:13-20, Ephesians 5:9-19

Mark 9:17-31, Matthew 4:25-5:12

***Litany in Blessed Memory of Helen Pytlak—Bob & Rene' Pytlak & Family***

**SUNDAY, APRIL 06**                      **Divine Liturgy of Saint Basil the Great**                      **10:30 AM**  
**FIFTH SUNDAY OF GREAT LENT—VENERABLE MARY OF EGYPT**  
**VENERABLE ZACHARIAS THE RECLUSE OF EGYPT; SAINT ARTEMON-BISHOP OF**  
**SELEUCIA; VENERABLE JAMES THE CONFESSOR-BISHOP OF CATANIA;**  
**VENERABLE ZACHARIAH-THE FASTER OF PERCHEVSKY LAVRA**

*Tone 8*

Hebrews 9:11-14

Mark 10:32-45

***Litany in Blessed Memory of John Cherepko, Rose Lopushanski, Michael Brittan,***  
***Frank & Ollie Pendlyshok, & Vladimir Hanczar—Fr. Bob***

## **BULLETIN INSERT FOR 23 MARCH 2014**

**THIRD SUNDAY OF GREAT LENT—VENERATION OF THE MOST HOLY  
CROSS; MARTYRS CODRATUS, CYPRIAN, DIONYSIUS, ANECTUS,  
PAUL, & OTHERS; MARTYRS CONDRATUS, SATURNINUS, & RUFINUS  
OF NICOMEDIA; SAINT ANASTASIA THE PATRICIAN OF  
ALEXANDRIA**

### **TROPARION—TONE 1**

O Lord, save Thy people, and bless Thine inheritance.  
Grant victories to the Orthodox Christians, over their adversaries;  
And, by virtue of Thy cross, preserve Thy habitation.

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

### **KONTAKION—TONE 7**

Now the flaming sword no longer guards the gates of paradise;  
It has been mysteriously quenched by the wood of the Cross!  
The sting of death and the victory of hell have been vanquished;  
For Thou, O my Savior, didst come and cry to those in hell:  
Enter again into Paradise.

### **INSTEAD OF "O HOLY GOD"**

**Before Thy Cross, we bow down in worship, O Master, and Thy holy  
Resurrection, we glorify Thee.**

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**Before Thy Cross, we bow down in worship, O Master, and Thy holy  
Resurrection, we glorify Thee.**

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

**And Thy holy Resurrection, we glorify Thee.**

**Before Thy Cross, we bow down in worship, O Master, and Thy holy  
Resurrection, we glorify Thee.**

### **PROKEIMENON—TONE 7**

**READER:** Extol the Lord our God; worship at His footstool, for it is Holy!

**PEOPLE: Extol the Lord our God; worship at His footstool, for it is Holy!**

**READER:** The Lord reigns; let the peoples tremble!

**PEOPLE: Extol the Lord our God; worship at His footstool, for it is Holy!**

**READER:** Extol the Lord our God.

**PEOPLE: Worship at His footstool, for it is Holy!**

### **ALLELUIA VERSES**

Remember Thy congregation which Thou hast gotten of old.

God is our King before the ages; He has worked salvation in the middle of the earth.

Faith is the beginning of our union with God: the true believers are the stone of the church of God, prepared for the edifice of God the Father, which is raised up to the heights by the power of Jesus Christ, that is, by the Cross and help of the grace of the Holy Spirit. "Faith without works is dead," (James 2:26). The works of faith are love, peace, longsuffering, mercy, humility, bearing one's cross and life by the Spirit. True faith cannot remain without works. One who truly believes will also surely perform good works. *St. Seraphim of Sarov*

### **These prayers can be said for all who are in prison or for a specific person:**

Almighty God, the Father of mercies and God of all comfort, come to the aid of those in prison (or Name) and grant them (him or her) Your peace in the midst of this difficult time in their (his or her) life. I believe Lord, that all of the trials of life are under Your care and that all things work for the good of those who love You. Take away from those in prison (Name) all fear, anxiety and distress. Help them (him or her) to face and endure their (his or her) incarceration with faith, courage and wisdom. Grant that this trial may bring them (him or her) closer to You for You are our rock and our refuge, our comfort and our hope, our delight and our joy. I trust in Your love and compassion. Blessed is Your name: Father, Son and Holy Spirit, both now and ever and unto the ages of ages. Amen.

O God, our help in time of need, Who are just and merciful, and Who hears the prayers of His people, look upon those in prison (or Name) and have mercy on them (him or her) in the midst of the troubles that now

beset them (him or her). Deal with them (him or her) not according to their (his or her) iniquities, but according to Your great mercy. We are the works of Your hands and You know our weaknesses. I pray to you to grant them (Name) Your divine helping grace and to endow them (him or her) with patience and strength to endure their (his or her) hardships with complete submission to Your Will. Only You know their (his or her) misery and sufferings. You are their (his or her) only hope and refuge. Help them (him or her) to flee to You for relief and comfort, trusting in Your infinite love and compassion, that in due time, according to Your perfect will, You will turn their (his or her) distress into comfort. We rejoice in Your mercy, and exalt and praise Your Holy Name: Father, Son and Holy Spirit, both now and ever and unto the ages of ages. Amen.

### **Unforgiveable**

*Are there crimes that cannot be forgiven?*

Apollo was a shepherd, and had been hardened by his rough life. One day he saw a pregnant woman alone in the field, and was seized with curiosity to know how the unborn child lay in the womb. So he killed her; there was no one there to help her. He opened her body and looked upon the dying child.

This is a saint story, believe it or not. Apollo was immediately overwhelmed with grief and horror. He went to the desert monks who lived at Skete (in Egypt) and confessed his awful sin. He could hear the monks chanting, "The days of our years are threescore and ten, or by reason of strength four score, yet they are filled with labor and trouble." (Ps 89:10). He said, "I am forty years old and I have not offered one prayer in my life. Now, if I live another year, I will not cease praying to God that he will forgive my sins."

So Apollo joined the monastery and spent the remainder of his life praying, "I, as a man, have sinned; but do you, as God, forgive." In time he came to believe that God had forgiven him for the woman's murder and his other sins, but he doubted whether God could ever forgive the death of the child. One of the old monks told him, "God has forgiven you even the death of the child, but he leaves you in mourning like this because it is good for your soul." St. Apollo is now numbered among the Desert Fathers.

When we consider the weight of any sin, it's repentance that makes the difference, isn't it? Apollo's sin is horrifying, yet his penitence was profound, and he spent the rest of his life begging God's forgiveness. Though it is a disturbing story, we recognize in its outline something familiar to Christian faith. It is a dramatic illustration of the infinite reach of God's forgiveness.

The world doesn't think like the Church, when it comes to sin and forgiveness. The legal code makes innumerable fine distinctions to designate the exact penalty for each shade of transgression of the law. Small crimes have small penalties, great ones have great penalties. So someone who has broken an earthly law is naturally disposed to minimize what he has done; he may blame others, make excuses, or just plain lie about it. If the law calculates a precise penalty for each transgression, the natural human response is self-defense.

But the Christian "calculation" works in an entirely different way. Forgiveness is correlated with repentance, because it is not objective Law that we must uphold, but rather a relationship we must heal. Imagine that you accidentally did something that hurt someone you care about. If you reacted by trying to figure out what that hurt would cost in dollars and cents, and mailing a check, it may well make things worse. Heartfelt apology, even when there is no way to make restitution, is what heals a relationship.

A person in prison has every reason to think the way the world thinks, and go on denying guilt and defending himself. Thinking in terms of repentance and forgiveness doesn't come naturally. It's an insight, a spiritual insight, and it must be taught. Who will reach these prisoners and teach them the path of repentance?

"How are men to call upon him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without a preacher? And how can men preach unless they are sent?" (Rom 10:14-15)

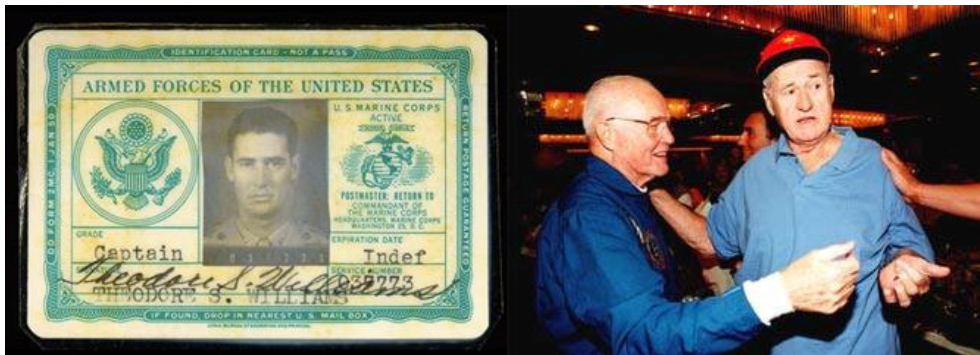
<http://frederica.com/writings/unforgiveable.html>

\*\*\*Frederica Mathewes-Green, [www.frederica.com](http://www.frederica.com)

*Marlene Terzich Kern—via Mim Bizic and Facebook*

A story of St. Nicholas Velimirovich tells us the difference between doing something good and doing it in Jesus' Name. One day the Bishop met an old peasant woman at a tiny railroad station in Matchva. He asked, "Whom are you waiting for, sister?" "Whomever the Lord sends me," she answered. It turns out that this woman came every day to the station in order to see if some poor traveler might need food or shelter. If someone showed up, she would joyfully accept him into her house. When the Bishop tried to praise her gospel-like hospitality, the woman sighed and saying, "Aren't we His daily guests throughout all our life?"

**Jeffrey Harbin—(via Facebook)—For all baseball fans!**



TED WILLIAMS was John Glenn's wingman on F-9Fs in Korea

The Boston Red Sox slugger who wore No. 9 as a major leaguer, would now be assigned to an F-9 Panther jet as a pilot. Ted flew a total of 39 combat missions in Korea. He was selected by his commander John Glenn (later the astronaut, senator, and "septuagenonaut") to fly as Glenn's wingman.

While flying an air strike on a troop encampment near Kyomipo, William's F-9 was hit by hostile ground fire. Ted commented later... "the funny thing was I didn't feel anything... I knew I was hit when the stick started shaking like mad in my hands. Then everything went out, my radio, my landing gear, everything. The red warning lights were on all over the plane." The F-9 Panther had a centrifugal flow engine and normally caught fire when hit. The tail would literally blow off most stricken aircraft. The standard orders were to eject from any Panther with a fire in the rear of the plane. Ted's aircraft was indeed on fire, and was trailing smoke and flames. Glenn and the other pilots on the mission were yelling over their radios for William's to get out. However, with his radio out Williams could not hear their warnings, and he could not see the condition of the rear of his aircraft.



Glenn and another Panther flown by Larry Hawkins came up alongside Williams and lead him to the nearest friendly airfield. Fighting to hold the plane together, Ted brought his Panther in at more than 200-MPH for a crash landing on the Marsden-matted strip. With no landing gear, dive brakes, or functioning flaps the flaming Panther jet skidded down the runway for more than 3000 feet. Williams got out of the aircraft only moments before it was totally engulfed in flames. Ted Williams survived his tour of duty in Korea and returned to major league baseball.

*Pssst:* Ted missed out flying combat missions during WW II, because his flying and gunnery skills were so good that he was kept as an instructor for much of the War. During advanced training at Pensacola, Florida Ted would accurately shoot the sleeve targets to shreds while shooting out of wing-overs, zooms, and barrel rolls. He broke the all time record for "hits" at the school. Following Pensacola, Ted was sent to Jacksonville for advanced gunnery training. This is the payoff test for potential combat pilots. Ted set all the records for reflexes, coordination, and visual reaction time. As a result of his stunning success he was made an instructor at Bronson field to put Marine aviation cadets through their final paces. By 1945 Ted got his wish and was finally transferred to a combat wing, but weeks later the War was over. He was discharged from the military in December of 1945. Seven years later, in December of 1952, Ted was recalled to active duty as a Marine Corps fighter pilot.

Take an interest, at last, in your salvation, O sinner. Seclude yourself, collect your thoughts and say to yourself: how much time have you spent feeding the lusts of your flesh and imagination, and what benefit has it brought you; what have you attained by doing this? Alas, my soul, what a state we have reached, what disorder!

Look—everyone around me is adorned with virtues and truly fears God; but I alone walk in darkness. Early in the morning do I repent of my deeds, yet a short while later I commit even worse errors. The Lord has given me strength and health and lo! I take this for granted and incur the wrath of my Creator.

Why art thou so apathetic, O my soul: Why art thou so careless? After all, thou canst not stay here forever. When the end comes, the Lord

will send His angel to get thee and thou wilt have to leave this place whether thou so want or not. What then?

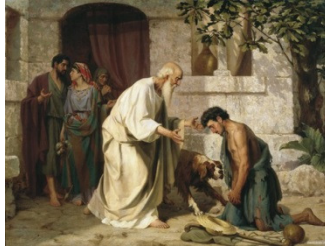
Acknowledge at last your extreme wretchedness, O man, and stop contradicting Him Who created you and opposing His commands. Boldly say to the enemy who seduces you:

You, O devil, made me an object of shame for angels and men when I took your irreverent advice. You inspired me to think: for once I will satisfy my craving and lo! this small act became for me a great abyss and I gave myself up to your shameful desires. The water found a small crack and made of it a big crevice.

You have clouded my mind with impure thoughts and hurled me from sin to sin. You have annihilated my restraint on the pretext of bodily infirmity. You have alienated me from prayer and vigilance. You have implanted in me love for money, excusing this with the approaching long years of old age. You have dried up my tears. You have hardened my heart. You have made me stray from obedience to Christ. You have multiplied my distractions. You have made me insubordinate. I have reached the point where I fail to labor over needful things and occupy myself with vain endeavors instead. You have taught me envy and slander. You have made me haughty, irritable and wrathful. You have taught me gluttony, drunkenness and sensuality. You have trained my thoughts to scatter while I read and sing psalms; thus I pray and do not know for what; I read psalms and meanwhile I surrender my thoughts to unrestrained wanderings.



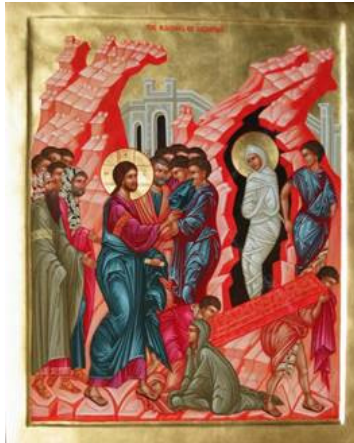
Having thus exposed the wiles of the enemy, tell him with conviction: I have had enough of you, O devil. And leave the evil one and join yourself to the man-befriending God. Are you wounded? Despair not. Have you fallen? Get up and say bravely: now I have begun. Fall down before your merciful Master and confess your sins.



But before you say anything He will already know what you intend to say. Before you open your lips, He will see what is in your heart. You will not be able to say, "I have sinned," before you see Him stretch forth His hands to receive and embrace you.



Approach with faith and He will cleanse you straightway as He cleansed the leper, lift you from your bed as He lifted the paralytic, and raise you from the dead as He raised Lazarus.



Entry #122 from ***A Spiritual Psalter or Reflections on God***, excerpted by Bishop Theophan the Recluse from the works of our St. Ephraim the Syrian, published by St. John of Kronstadt Press

### **ST. JOHN CHRYSOSTOM ON FASTING**

Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by

not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers? May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.