



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], 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, Judi Danser, Mira Filipovic, Vicki Rathbun, Lynn, Jacqueline, Irma Opacic, Sharon, 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 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
Parastas in Blessed Memory of Tillie Kuzman—Debbie & John Paouncic

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
Parastas in Blessed Memory of Walter, Victor, Jacob, Katarina, & Baby Jacob
Burlack—Evelyn

SATURDAY, APRIL 12 **LAZARUS SUNDAY—OBEDNITZA** **10:30 AM**

SUNDAY, APRIL 13 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
SIXTH SUNDAY OF GREAT LENT—PALM SUNDAY—ENTRY OF THE LORD INTO
JERUSALEM

**SAINT HYPATIUS THE WONDERWORKER-BISHOP OF GANGRA; VENERABLE
APOLLONIUS-ASCETIC OF THE THEBAID; MARTYRS ABDAS-BISHOP &
BENJAMIN-DEACON OF PERSIA; VENERABLE HYPATIUS THE HEALER OF
PERCHEVSKY LAVRA**

*****Page 170 in the Black Divine Liturgy Books*****

Tone 1

Philippians 4:4-9

John 12:1-18

BULLETIN INSERT FOR 30 MARCH 2014

**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**

TROPARION—TONE 1

O Dweller of the wilderness and angel in the body!
You were a wonder-worker, O our God-bearing Father John!
You received heavenly gifts through fasting, vigil, and prayer:
Healing the sick and souls of those drawn to you by faith.
Glory to Him who gave you strength!
Glory to Him who granted you a crown!
Glory to Him who through you grants healing to all!

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

KONTAKION—TONE 4

The Lord truly set you on the heights of abstinence,
To be a guiding star, showing the way to the universe,
O our Father and Teacher John.

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows before the Lord our God!

**PEOPLE: Let the righteous exult in glory! Let them sing for joy on their
couches!**

READER: In Judah, God is known; His name is great in Israel!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows.

PEOPLE: Before the Lord our God!

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Those planted in the house of the Lord shall flourish in the courts of our God.

"This Was From Me"

St. Seraphim of Vyritsa's Spiritual Testament



Have you ever thought that everything that touches you touches Me as well? For that which touches you touches the apple of My eye.

You are dear in my eyes, precious, and I have loved you; therefore it is a particular pleasure for Me to educate you.

When temptations arise against you, and the enemy comes like a river, I want you to know—This was from Me.

Your weakness needs My strength, and your safety comes from giving Me the opportunity to fight for you. If you find yourself in difficult circumstances, among people who do not understand you, who do not take what you like into consideration, who alienate you—This was from Me.

I am God, Who arranges circumstances. It was no accident that you find yourself in the place where you are; this is the place I have appointed for you. Did you not ask that I teach you humility? Well, then, look: I have placed you in precisely that place, in that school, where this lesson is learned. Your surroundings and those who live with you are only fulfilling My will. If you find yourself in financial difficulty, if you find it hard to make ends meet—This was from Me.

For I have your material means at my disposal. I want you to call unto me, for you to be dependent upon Me. My reserves are inexhaustible. I want you to be confirmed in fidelity to Me and to My promises. May it not be said to you in your need: "You did not believe in the Lord your God."

Are you in a night of suffering? Are you separated from your loved ones and those close to your heart? This was from Me.

I am the Man of suffering, Who has tasted affliction. I have allowed this so that you would turn to Me, so that in Me you would find eternal comfort. If you have been let down by your friend, to someone to whom you opened your heart—This was from Me.

I allowed this disappointment to touch you so that you would know that your best friend is the Lord. I want you to bring everything to Me and to speak to Me.

Has someone slandered you? Give this to me, and bring your soul closer to Me, your Refuge, to hide from the “contradiction of the nations.” I shall bring forth your righteousness as the light, and your judgment as the noonday. If your plans have been destroyed, if you are downtrodden in soul and tired—This was from Me.

You made plans, and brought them to Me, so that I would bless them. But I want you to leave Me in charge of the circumstances of your life, and then responsibility for everything will be Mine, for this is too difficult for you; by yourself you can not manage them, for you are only an instrument, and not the actor. If unanticipated problems of life have visited you, and if despondency has seized your heart, then know—This was from Me.

For I want your heart and your soul to be always aflame before My eyes; to conquer faint-heartedness of the soul in My name. If you do not hear from your dear ones and friends for a long time, and in your faint-heartedness fall into despondency and grumbling, know—This was from Me.

By this anguish in your spirit, I test the strength of your faith in the surety of My promise and the strength of your boldness in prayer for these dear ones of yours. Was it not you who entrusted them to the Protection of My All-Pure Mother? Was it not you who once entrusted their care to My providential love? If serious illness, either temporary or incurable, has visited you, and has confined to your bed, then know—This was from Me.

For I want you to know Me even more deeply in your bodily infirmities, so that you would not grumble over this trial sent to you, that you would not try to penetrate My plans through different means for the salvation of people’s souls, but that you would uncomplainingly and submissively bow your neck under My goodness towards you. If you have dreamed of

performing some special deed for Me, and instead haven't fallen onto a bed of sickness and weakness—This was from Me.

Then you would have been immersed in your activities, and I would not have been able to attract your thoughts to Me, for I want to teach you My deepest thoughts and lessons, so that you would be in My service. I want to teach you to recognize that you are nothing. Some of My best co-workers are those who have been cut off from vital activity, that they would learn to wield the weapon of unceasing prayer.

Have you unexpectedly been called to occupy a difficult and responsible position? Go, place it on Me. I entrust these difficulties to you so that the Lord God would bless you for this in all your deeds, on all your paths, in everything that will be done by your hands. On this day I put into your hands a vessel of holy oil. Use it generously, My children! Every difficulty that arises, every word that insults you, every obstacle to your work that could elicit in you a feeling of annoyance, every revelation of your weakness and inability, shall be anointed with this oil.

Remember that every obstacle is a Divine instruction. Every sting will be dulled when you learn to see Me in everything that touches you. Therefore place the word I have declared to you today in your heart: This was from Me. For this is not an empty matter for you—this is your life.

Holy St. Seraphim of Vryitsa, pray to God for us!



ORDER OF SAINT ANDREW THE APOSTLE
ARCHONS OF THE ECUMENICAL PATRIARCHATE IN AMERICA

The Huffington Post reports on 'The Sunday of Orthodoxy at the Great Church of Christ'



The Primates of the Orthodox Churches celebrate the Sunday of Orthodoxy. (Photo: Huffington Post)

By Evagelos Sotiropoulos

The Triumph of Orthodoxy, the celebration of true doctrine over heresy and the definitive restoration of the icons are joyously commemorated by the One, Holy, Catholic and Apostolic Church on the first Sunday of Great Lent.

This year's feast, celebrated on March 9, was made more magnificent as a Synaxis of the Primates of the Orthodox Churches was held at the Great Church of Christ—the Ecumenical Patriarchate of Constantinople.

The Sunday of Orthodoxy as celebrated today first took place in 843 as the Iconoclast heresy was unambiguously ended by Empress Theodora, together with St. Methodius the Confessor, Patriarch of Constantinople—an unyielding defender of the veneration of icons.

It was the saintly Empress who famously said: *If, for love's sake, anyone does not kiss and venerate these images in a relative manner, not worshiping them as gods but as images of their archetypes, let him be anathema!*

Before this, however, many holy men and women suffered to the death for icons, the veneration of which is, and will always be, inextricably linked with Orthodoxy.

The martyric blood shed is nothing new for the Church, which continues to be persecuted in the present day, especially in the Middle East. This is also true for the Ecumenical Patriarchate, the "Ever-Illuminant Lighthouse of the Orthodox World," as it has been described.

In comparison to the architectural splendour of St. Peter's Basilica or to the Canterbury Cathedral, one could be excused if they did not immediately locate the humble Patriarchal headquarters in the Phanar neighbourhood of Istanbul.

What is more, unlike the freedom and favorable church-state relationship enjoyed by both the Pope of Rome and the Archbishop of Canterbury, the restrictions placed on His All-Holiness Ecumenical Patriarch Bartholomew by Recep Tayyip Erdogan's Turkey are institutionalized and many.

Despite its physical constraints and political restrictions, the Patriarchate perseveres, just as it has done throughout its almost two-thousand-year history. From its high prominence in the glorious Byzantine Empire, to its low—the capture of Constantinople during the Fourth Crusade

(1204) and then the four-century long enslavement under Ottoman rule (1453)—the Patriarchate has persisted in carrying out its sacred mission.

One of its strongest and most resilient assets has been the Apostolic Succession following its founding by St. Andrew the Apostle. The 270 successors since the time of Christ have been some of the most erudite and holy pillars of all Christendom. Examples include St. Gregory the Theologian, St. John Chrysostom and St. Photios the Great; in total, 61 have been officially recognized by the Church as saints and/or martyrs. Since the 15th century alone, six Ecumenical Patriarchs have suffered violent deaths by hanging, including Gregory V, who was hung by Islamist Turkish authorities on the Sunday of Pascha in 1821 at the gateway of the Patriarchate, which to this day remains closed in his memory.

For the Patriarchate, its primacy of honour—and associated privileges—was granted by the entire Church and is protected by the Ecumenical Synods. Its administrative responsibilities and spiritual leadership has, and continues, to benefit the Church. Christianity has benefitted greatly by the multitudinous offerings of the Ecumenical Patriarchate, from its rich theological literature and its great missionary activity (e.g., Sts. Cyril and Methodios, Illuminators of the Slavs), to its contributions to the arts and iconography, music and hymnography and architecture (e.g., Hagia Sophia).

Even today, its pre-eminence in the Church continues, as witnessed by the four-day-long Synaxis of Primates under the presidency of His All-Holiness Ecumenical Patriarch Bartholomew.

The Primates discussed a number of issues, ranging from the challenges posed by technology and the advancements made in science, to the ramifications of the economic crisis and the tragic situations in the Middle East, particularly Syria, as well as in Ukraine. They also discussed the communion and unity of the Orthodox Churches since, unlike the rigid hierarchy practiced by Roman Catholicism, the Orthodox follow the ancient practice and hold to "the paramount importance of synodality in the Church," as expressed clearly by Patriarch Bartholomew in his opening address.

Perhaps the greatest achievement—and show of unity—was the decision to hold the "Holy and Great Synod of the Orthodox Church" in 2016; it is to be held in Constantinople and will be both convened by, and

presided over, by Patriarch Bartholomew. Not only will this be an illustrious opportunity to deal with contemporary challenges, it has the potential to be the first official "Ecumenical Synod" since the last one was held in 787 in Nicaea to end the Iconoclast heresy.

As the Primates concluded their Synaxis by con-celebrating the Divine Liturgy for the Sunday of Orthodoxy in the Patriarchal Church of St. George, they preceded -- sacred icons in hand -- to a long balcony to proclaim by their participation the importance of unity, to proclaim the message of Orthodoxy and to proclaim the good news of God and His Gospel. In the background: the beleaguered yet venerable and revered Ecumenical Patriarchate of Constantinople.



The Order of St. Andrew the Apostle is comprised of Archons of the Ecumenical Patriarchate who have been honored for their outstanding service to The Orthodox Church by having a Patriarchal title, or "offikion," bestowed upon them by His All Holiness, Ecumenical Patriarch Bartholomew. Those upon whom this title of the Mother Church has been conferred are known as "Archons of the Great Church of Christ," and the titles are personally conferred by the Exarch of the Ecumenical Patriarchate in America, His Eminence Archbishop Demetrios.

The Order of St. Andrew's fundamental goal and mission is to promote the religious freedom, wellbeing and advancement of the Ecumenical Patriarchate, which is headquartered in Istanbul, Turkey.

"There was an occasion during the life of the Optina Elder Leonid (Lev in the Great Schema), who died in 1841. The father of one of his disciples, Paul Tambovtsev, had died an unhappy and violent death by suicide. The loving son was deeply grieved by this and poured out his sorrow before the elder thus: "The hapless end of my father is a heavy cross for me. I am now upon a cross whose pain will accompany me to the grave. While imagining the terrible eternity of sinners, where there is no more repentance, I am tortured by the image of the eternal torments that await my father who died without repentance. Tell me, father, how I can console myself in this present grief?" The elder answered, "Entrust both yourself and your father's fate to the will of the Lord, which is all-wise, all powerful. Do not tempt the miracles of the All-high, but strive through humility to strengthen yourself within the bounds of tempered sorrow. Pray to the All-good Creator, thus fulfilling the duty of the love and obligation of a son." Question: "But how is one to pray for such persons?" Answer: "In the spirit of the virtuous and wise, thus: **'Seek out, O Lord, the perishing soul of my father: if it is possible, have mercy! Unfathomable are Thy judgments. Do not account my prayer as sin. But may Thy holy will be done!'** Pray simply, without inquiring, entrusting your heart to the right hand of the All-

high. Of course, so grievous a death for your father was not the will of God, but now it rests completely in the will of Him Who is able to hurl both soul and body into the fiery furnace, of Him Who both humbles and lifts up, puts to death and brings to life, takes down to Hell and leads up therefrom. And He is so compassionate, almighty and filled with love that before His highest goodness the good qualities of all those born on earth are nothing. You say, 'I love my father, therefore I grieve inconsolably.' That is right. But God loved and loves him incomparably more than you. And so, it remains for you to entrust the eternal lot of your father to the goodness and compassion of God, and if it is His good will to show mercy, who can oppose Him?""

I have personally shared the same grief as Paul Tambovtsev. I understand the grief which is described. Some people who know me know of my grief, however, most do not. However, after 13 years, I no longer feel the need to hide this pain.

I have taken the advice as given above and I believe with a great deal of certainty in the compassion of God above all. Whatever eternity will reveal as regards my father will be according to the unfathomable mercy of God.

Take heart, any of you who have lost a loved one to suicide. We are wounded in this life by the barbs of the adversary of our souls. Yet, God is great and we can co-labor with Him for His glory and the well-being of others, even those who've died without repentance. If God wills to show mercy, who can oppose Him as the Elder said. Indeed, who can oppose Him? I make myself available to any reader who is grieving due to suicide. I understand the pain; I also understand the hope that one may yet hold before the Living God. Pres. Candace

...The Church also forbids Holy Communion to those who have not made peace with their friends and family, who harbor hatred for a neighbor and have not forgiven them. The Lord forbids such people to approach the holy chalice because we are all the work of His hands; we all belong to Him. If we want eternal life with Him, then we must forgive everyone from the heart.

And so, my dear ones, approach with a peaceful heart, pure feelings and a clear conscience in order to receive the most pure Body and Blood of our Lord. You see how it was the will of the Lord for us to be like Him not only in spirit, but in the flesh as well. We are His kin in the flesh, in the spirit and in the soul. He gives all of Himself to us. Do you see how He gives Himself to us without reservation? He gives us His most pure Body and His most precious Blood in order that we might have eternal life and be in communion with Him. For this He wants us to have a pure heart and to be like the angels and saints. Therefore, we must forgive everyone from the heart, for everything belongs to God. We must not have a single negative thought when we receive the Lord. If we receive the Lord while at the same time breeding hateful thoughts toward a neighbor, we are receiving Him not unto our salvation but unto judgment. And so, my children, let

every one of you examine your soul and approach the holy chalice. +*Elder Thaddeus of Serbia*, **Our Thoughts Determine our Lives**, pp 149-50.