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#### Christ IS Risen! Indeed He IS Risen! Christos Voskres! Voistinu Voskres! Christos Anesti! Alithos Anesti! Christos a inviat! Adeverat a inviat!

**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 John Harvey, 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, 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 Luciow, 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 Strozh [child with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Jamie Gardner, Patrick, Linda Morris, Howard Simpson, Chris, Pastor Ed Bowen, David Hiles, Karen Johnson, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Susan Bertram, Rita McConnell, Gail, 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, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Barbara McDougall, Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pyrch, 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, Nancy Heinbaugh, Harry Bohichik, Judi Danser, Mira Filipovic, Vicki Rathbun, Lynn, Jacqueline, Irma Opacic, Sharon, Kristy, Zan Cheng, 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** <u>ALWAYS</u> <u>FREE!</u>

<u>Communion Fasting</u>: 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 <u>CALL FATHER BOB</u> at [412] 279-5640.

#### SCHEDULE OF SERVICES

SUNDAY, MAY 25 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM10:30 AM 6<sup>TH</sup> SUNDAY OF PASCHA; SUNDAY OF THE BLIND MAN; SAINT EPIPHANIUS-BISHOP OF CYPRUS; SAINT GERMANUS-PATRIARCH OF CONSTANTINOPLE; SAINT SAMINUS-ARCHBISHOP OF CYPRUS; SAINT POLYBIUS OF CYPRUS-BISHOP OF RINOKYR IN EGYPT

> *Tone 5* Acts 16:16-34 John 9:1-38

Litany in Blessed Memory of All Deceased Veterans—Fr. Bob

THURSDAY, MAY 28 ASCENSION OF OUR LORD AND SAVIOR JESUS CHRIST

SUNDAY, JUNE 1 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM 7<sup>TH</sup> SUNDAY OF PASCHA; AFTERFEAST OF THE ASCENSION; HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL; HIEROMARTYR PATRICK-BISHOP OF PRUSA & COMPANIONS PRESBYTERS ACADIUS, MENANDER, & POLYENUS; MARTYR ACOLUTHUS; SAINT JOHN-BISHOP OF THE GOTHS IN CRIMEA

> *Tone 6* Acts 20:16-18, 28-36 John 17:1-13

Litany in Blessed Memory of Ann Roman, Mary Maoli, Joe Karas, Walter Burlack, Dianne Waryanka, Maxine Kitch, & Millie Kerr—Fr. Bob

SUNDAY, JUNE 8 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM10:30 AM 8<sup>TH</sup> SUNDAY OF PASCHA; PENTECOST; TRINITY SUNDAY; APOSTLES CARPUS OF THE 70 AND ALPHAEUS; MARTYRS ABERCIUS & HELEN; VENERABLE JOHN OF PSICHAITA THE CONFESSOR OF CONSTANTINOPLE; TRANSLATION OF THE RELICS OF NEW MARTYR GEORGE OF KRATOVO & SOPHIA

#### *Tone 7* Acts 2:1-11 John 7:37-52-8:12 *Litany in Blessed Memory of Father Deacon Dennis Lapushansky—40 days—Fr. Bob*

## **BULLETIN INSERT FOR 25 MAY 2014**

6TH SUNDAY OF PASCHA; SUNDAY OF THE BLIND MAN; SAINT EPIPHANIUS-BISHOP OF CYPRUS; SAINT GERMANUS-PATRIARCH OF CONSTANTINOPLE; SAINT SAMINUS-ARCHBISHOP OF CYPRUS; SAINT POLYBIUS OF CYPRUS-BISHOP OF RINOKYR IN EGYPT

Christ is Risen! Indeed He is Risen! Христос воскрес! Воістину воскрес! Хріото̀ς ἀνἑστη! Άληθῶς ἀνἑστη! (Khristós Anésti! Alithós Anésti!) Hristos a înviat! Adevărat a înviat! Hristos a înviat! Adevărat a înviat! قام حقّا إقام المسيح! Kristo Amefufukka! Kweli Amefufukka

#### **TROPARION-TONE 5**

Let the faithful praise and worship the Word, Coeternal with the Father and the Spirit; Born for our salvation from the Virgin; For He willed to be lifted up on the Cross in the flesh, To endure death, And to raise the dead by His glorious Resurrection!

Glory to the Father, and to the Son, and to the Holy Spirit.

#### KONTAKION-TONE 4

I come to Thee, O Christ, Blind from birth in my spiritual eyes, And call to Thee in repentance: Thou art the most radiant Light of those in darkness!

Now and ever, and unto ages of ages. Amen.

#### KONTAKION-TONE 5

Thou didst descend into Hell, O my Savior, Shattering its gates as almighty; Resurrecting the dead as Creator, And destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of Man, And we all cry to Thee: O Lord, save us!

#### **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: 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**

Look upon me and have mercy on me.

Lead my steps according to Thy word.

#### THE HYMN TO THE THEOTOKOS (Replaces "It Is Truly Meet")

The angel cried unto Mary, who was full of Grace Hail, oh pure virgin, oh pure virgin once again I hail Thee Thy Son has risen from His three days in the grave, and He has raised the dead with Him, Oh rejoice, all ye people.

Oh shine with clear radiance, shine on new Jerusalem For the glory of the Lord is shining up on you. Rejoice! Rejoice! now and be joyful--oh Zion, and though oh pure one and adorable birthgiver of God, in the rising again of HIM who was born of Thee.

#### **COMMUNION HYMNS**

Receive ye the Body of Christ; taste ye the fountain of immortality.

#### Praise the Lord from the heavens! Praise Him in the highest!

#### The Cross and Resurrection

- The Cross and the Resurrection are primary points of interest.
- The Cross expresses the profound love of Christ for each person.
- The Cross demonstrates Christ's degree of humility.

- The Cross reflects Christ's readiness to yield to suffering and death.
- The Cross demonstrates the extent of man's willingness to hurt.
- The Cross is an inexhaustible source of interest and learning.
- The Cross is viewed differently by believers and unbelievers.(I Cor.1:18)
- The Cross captivates believers' minds on Great and Holy Friday.
- The Cross creates change in human lives.
- The Cross is a focal point for repentance.
- The Cross prepared the way for the Resurrection.
- The Cross inspires individuals to face personal difficulties.
- The Cross revealed Christ's divinity.(Mark 15:39)
- The Cross serves as a personal source of strength and forgiveness.
- The Cross provides direction for human lives.
- The Cross is viewed as being dominant in power.
- The Cross is perceived to inspire victory over enemies.
- The Resurrection establishes hope.
- The Resurrection replaces darkness with light.
- The Resurrection reveals Christ's power over death.
- The Resurrection shows the limits of death.
- The Resurrection demonstrates Christ is the source of life.(Jn.11:25)
- The Resurrection benefits individuals with firmness of faith.
- The Resurrection eradicates despair.
- The Resurrection creates immeasurable joy.
- The Resurrection is the most powerful of proclamations.
- The Resurrection is a continuous source for personal change.
- The Resurrection is an inexhaustible source of learning.
- The Resurrection cannot be overcome by opposing interests.
- The Resurrection endures attacks through the centuries.
- The Resurrection has constantly been examined by scholars and critics.
- The Resurrection is communicated in the content of Church services.
- The Resurrection is celebrated throughout the Church Year.
- The Resurrection is celebrated as the Feast of Feasts.

*Prepared for Adult Class. St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. March 28/April 10, Venerable Father Hilarion the New. Father Rodney Torbic* 

#### **Russian Orthodox Train tale**

Two people meet on a train. After some introductory chat, they discover both are Orthodox and of Russian descent.

Vlad: Old Calendar or New Calendar?

Alex: Old.

Vlad: Very good. Do you have a three-hour Vigil in church every Saturday night and before every holy day, even if the holy day is on a Monday? Alex: Yes. Vlad: Excellent. Pews or no pews? Alex: No. Vlad: Clean-shaven or bearded priest? Alex: Bearded. Vlad: Does he wear his cassock and cross on the street? Alex: Da. Vlad: Is your jurisdiction ecumenist or non-ecumenist? Alex: Non. Vlad: Do you have an old-man Trinity icon? Alex: Uh, yes.

#### Forgiven and Penalized

by Dn Joseph Gleason

When God "forgives your sins", what does that mean? Does God eliminate all of the penalties for your sins, or just the ones that are eternal? King David committed adultery with Bathsheba, and then had her husband murdered. The Lord sent His prophet, Nathan, to confront David with his sin. Nathan said,

"Why have you despised the commandment of the LORD, to do evil in His sight? You have killed Uriah the Hittite with the sword; you have taken his wife to be your wife, and have killed him with the sword of the people of Ammon. Now therefore, the sword shall never depart from your house, because you have despised Me, and have taken the wife of Uriah the Hittite to be your wife.' Thus says the LORD: 'Behold, I will raise up adversity against you from your own house; and I will take your wives before your eyes and give them to your neighbor, and he shall lie with your wives in the sight of this sun. For you did it secretly, but I will do this thing before all Israel, before the sun."

So David said to Nathan, "I have sinned against the LORD."

And Nathan said to David, "The LORD also has taken away your sin; you shall not die. However, because by this deed you have given great occasion to the enemies of the LORD to blaspheme, the child also who is born to you shall surely die." (2 Samuel 12:9-14)

In verse 13, David confesses his sin, and God forgives him. God says He has "taken away" David's sin, and that David will "not die". God's law requires the death penalty for both murder and adultery (Lev. 24:17 & Deut. 22:22), yet God did not put David to death. And with his sins forgiven, David was able to go to Heaven when he died, rather than Hell. Certainly these are great blessings! But even so, God's forgiveness did not eliminate all temporal punishment. God forgave David's sins, yet He still judged him worthy of numerous penalties.

First, God put David's son to death. In verse 14, God declared the judgment. And in verse 18, the child died.

In verse 10, God ordained that the sword would never depart from David's house. Violence would plague David's family for many years to come. This penalty comes true throughout the rest of the book of 2 Samuel. David's daughter, Tamar, was raped by David's son, Amnon. Then David's son, Absalom, killed Amnon. Later, Absalom himself rebelled against David, and tried to take over the kingdom. Absalom got killed in the process. In punishment for David's sin with Bathsheba, there were many years of violence and bloodshed among David's household.

In verse 11, God ordained that David's wives would be defiled, and that another man would sexually lie with them right out in the open, in the sight of all Israel. This judgment came true in 2 Samuel 16:22. While Absalom was trying to take over his father's kingdom, he pitched a tent on top of a building, and he laid with his father's wives in the sight of all Israel.

Even though God forgave David's sins, David still had to pay massive penalties for his sins, for the rest of his life. Let us not think we can escape God's judgment in this life, simply by saying, "I repent. Please forgive me!" God will forgive us, and we can go to Heaven. But we still may not escape God's judgment here on earth. This is one reason why holiness is so important.

Therefore, let us always avoid sin. Let us constantly obey God, so we can live our lives under His blessing, rather than under His curse!  $\sim$ 

This article was published in the following newspapers: Norris City Banner – Wednesday, May 6, 2009 Ridgway News – Thursday, May 7, 2009 Gallatin County Democrat – Thursday, May 7, 2009 Anna Melissa Tribune – Friday, May 8, 2009 Dn Joseph Gleason | April 15, 2014 at 5:00 am | Categories: 2 Samuel 12, Newspaper Articles | URL: http://wp.me/p10TFs-17P

#### The Divine Liturgy

The Divine Liturgy welcomes individuals seeking to draw closer to God. The Divine Liturgy unites believers with the Lord Jesus Christ. The Divine Liturgy is a source for constant Christian learning. The Divine Liturgy receives individuals of all ages. The Divine Liturgy nourishes body and soul. The Divine Liturgy brings joy to the heart and peace to the mind. The Divine Liturgy encompasses the living and departed. The Divine Liturgy lifts minds to the heights of God. The Divine Liturgy removes burdens of the heart and mind. The Divine Liturgy gives voice to inner prayers and concerns. The Divine Liturgy reaches across geographical boundaries. The Divine Liturgy unites persons in attendance. The Divine Liturgy bridges moments of time. The Divine Liturgy is celebrated in God's Holy Church. The Divine Liturgy inspires the participants. The Divine Liturgy establishes a perspective for life. The Divine Liturgy unites believers through the centuries. The Divine Liturgy creates peace in moments of crisis. The Divine Liturgy heals the broken hearted. The Divine Liturgy creates hope for the despondent. The Divine Liturgy is always new yet always the same. The Divine Liturgy is rooted in Christ and unites with Christ. The Divine Liturgy renews individuals drawing near in faith. The Divine Liturgy satisfies seekers of living water from Christ. The Divine Liturgy is the experience of the Kingdom of God. The Divine Liturgy draws believers from around the world. The Divine Liturgy transcends language and ethnicity. The Divine Liturgy expresses love for God. The Divine Liturgy shapes the communities where celebrated. The Divine Liturgy brings light where darkness exists. Father Rodney Torbic

#### **Balancing Great Lent**

By George M. Tsongranis

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 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 ears 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? **St. John Chrysostom** 

Think for a moment, about the purpose of a tripod. By definition, it is a stand that provides three-legged support to steady an object placed on it. It might serve to secure a video camera for recording a granddaughter's graduation from preschool or perhaps to stabilize a telescope for an astronomer gazing into the wondrous night sky. But what would happen if one of the legs was shorter or if all three of the legs were different lengths? For a tripod to provide the necessary balance, each leg of the tripod must be of equal length.

Like the tripod, our approach to Great Lent should include three equal supports that will to give us the balance we need in our spiritual climb—fasting, prayer, and almsgiving. From the earliest days of the church, the Great Fast was not solely about abstaining from food. The physical fast was always accompanied by increased prayer and almsgiving. As families, we should look at all three of these elements in order to put into practice a broader and more fulfilling approach to Great Lent. Regardless of varying ages and levels of spiritual maturity, your family can share the joys and struggles of the journey towards the Resurrection. Taking the time to create a Lenten family plan will help you properly prepare for Pascha. As you begin, make sure to check with your parish priest or spiritual father for guidance.

#### **The Physical Fast**

Fasting from food is an important facet of our Lenten discipline. Jesus Christ, Himself, prepared for the rigors of His ministry by fasting from food for forty days and resisting Satan's temptations. And after casting out a demon which inhabited a child, His disciples wondered why they were not able to perform the exorcism. After rebuking the disciples for their lack of faith, He said, "However, this kind does not go out except by prayer and fasting," (Matthew 17:21) thereby extolling the virtues of proper fasting. Abstinence from rich and heavy foods—as well as monitoring our portions—is cathartic for the body and refocuses our hunger and desire for God. As nutritional requirements vary from one family member to another, the decision for a meal plan covering Great Lent should be discussed by parents and other heads of households with guidance from your parish priest or spiritual father. Medical or physical conditions may override strict adherence to a fasting diet.

#### **Increased Liturgical Participation and Prayer**

Just as Jesus prayed during periods of great temptation and troubles, so are we to turn to God in prayer to guide us through the 40-day period. This Lenten period affords numerous services which help to strengthen the faithful in preparation for the Resurrection. Services such as the Canon of St. Andrew of Crete, Saturday of Souls, Great Compline, Pre-Sanctified Liturgy, Salutations to the Theotokos, as well as the five special designations for each Sunday in Lent serve to strengthen our resolve. And while liturgical participation and prayer are year-round necessities of our lives as Orthodox Christians, these tools and weapons are to be especially honed during Great Lent—a time when the great deceiver, Satan, will tempt us endlessly with diversions to take our focus away from God. Private prayer, in addition to corporate prayer, should be increased. Families should gather together at the home iconostasis with more frequency. Focus on quality and concentration of your prayer and not necessarily duration. Speak with your parish priest or spiritual father for further guidance in developing a Lenten rule of prayer for your family.

#### Almsgiving

Almsgiving is often completely ignored during the Lenten season. Many times, it seems that Christian philanthropy is limited to a food drive at Thanksgiving or charitable gift-giving at Christmas. As wonderful as these generous acts are, how can we neglect our duty to assist others as we prepare to celebrate the Feast of Feasts and crux of our faith—the Resurrection of our Lord and Savior Jesus Christ? We know as Christians, there is no particular season for human need and suffering. How much more should we address the needs of humanity at this blessed time! Jesus Christ, Himself said, "I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you too Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me...Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me." (Matthew 25:35-40 - Gospel for Meatfare/Judgment Sunday)

Here, as a family, you may become very creative in devising ways to be charitable during Great Lent. Gather up unused clothing that hangs in the closet to distribute to the needy. Grab a few canned goods from your pantry to give to a food bank. Go visit a sick member of the parish family in the hospital. Lend a sympathetic ear to a friend who has hit hard times. Include a Bright Week visit to a nursing home to sing "Christos Anesti/Christ is Risen" to share the joy of Jesus Christ's Resurrection with our Orthodox Christian brethren. Almsgiving goes far beyond the giving of tangible gifts. It is also the giving of our hearts and minds to the ailing, disheartened, and lonely.

Above all, we should abide in love. As a family, choose your words wisely when addressing others. Be patient and considerate. Forgive past grudges and seek understanding. If you are not regularly going to the Sacrament of Confession, this is a most-blessed time to seek the Church's forgiveness and sanctification before receiving Holy Communion and Holy Unction. We should be aware these sacraments are administered in love and bestow upon us God's everabundant grace.

Fasting, prayer, and almsgiving—like the tripod, we need all three supports to keep us in balance during Lent. When in balance, we are able to fully experience the resplendence of the Resurrection and proclaim: Christ is Risen! Truly He is Risen!

George Tsongranis (M.Div.) is Special Projects Coordinator for the Center for Family Care.

REMINDERS: <u>NO KNEELING</u> until the Kneeling Prayers of Pentecost Sunday, June 08. Instead of "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service *until Ascension Thursday [May 29]*, we sing "Christ is Risen!" Also, we do not say the prayer to the Holy

# Spirit "O Heavenly King" until Pentecost Sunday.