



Holy Ghost Orthodox Church

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ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Jovan, Bishop Robert, Father 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, Father Tom Hopko, Father George Livanos, 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, Rachele, 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 Olynik, 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 Strozch [child with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, 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, Gail, Sirena Sharp, Ron Paulovich, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Barbara McDougall, Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, Susan Lucas, Manny Lopez, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philpa, Kateryna Kocelko, Nancy Heinbaugh, Judi Danser, Mira Filipovic, Lynn, Jacqueline, Irma Opacic, Sharon, Zan Cheng, Debby Novak, Jeff Jones, Kristy, Elaine Ellenberger, Margaret Thurston [Evelyn's sister], Donna Cacioppo [Evelyn's niece], Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Stella Rossi, Howell Swarm, Jane Bielewicz Allred, Carol Mensing's Family, Manny "Lazarus" Lopez, Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdre Straughan, 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—our dear 'Little Father' Emilian, who returned to Romania to undergo surgery for back pain. This particular procedure is not offered here in the United States. He asked for our prayers and expressed his thanks for the love and fellowship he has shared with the Holy Ghost Parish Family. He said he looks forward to returning to us pain-free in the springtime...may God watch over him and heal him...Fr. Bob

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!

Please remember ALL American service men and women in your prayers. May God watch over them and all American service men and women—and bring them all home safely!

PLEASE REMEMBER TO BRING YOUR "BOXTOPS FOR EDUCATION" AND CAMPBELL'S SOUP LABELS TO CHURCH. There is a shoebox in the basement for Debbie Paouncic's class. THANK YOU ALL FOR YOUR HELP!

REMEMBER—PRAYERS ARE ALWAYS FREE!

Communion Fasting: nothing to eat or drink after midnight, EXCEPT in cases where your doctor tells you to eat or drink something for medical reasons: medication, diabetes, etc. If you have a question, please ask Father Bob.

AT ANY TIME—if there is an emergency, if you have questions, or if you just need to talk, please CALL FATHER BOB at [412] 279-5640.

SCHEDULE OF SERVICES

**SUNDAY, FEBRUARY 08 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
SUNDAY OF THE PRODIGAL SON; VENERABLE XENOPHON, HIS WIFE SAINT
MARY, & 2 SONS SAINTS ACADIUS & JOHN; MARTYRS ANANIAS-PRESBYTER,
PETER, & 7 SOLDIERS; VENERABLE SYMEON THE ANCIENT; TRANSLATION OF
THE RELICS OF SAINT THEODORE-ABBOT OF THE STUDIO; SAINT JOSEPH-
BISHOP OF THESSALONICA**

*******PARISH MEETING AFTER CHURCH*******

Tone 2

1 Corinthians 6:12-20

Luke 15:11-32

***Litany in Blessed Memory of Milton G. Chicka, Daniel Pysh, Sara Chicka, Nikolai
Pivtoraiko, Mary Lokie, Ann Cherepko Mazok, & Roy Wyke—Fr. Bob***

**SUNDAY, FEBRUARY 15 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
MEATFARE SUNDAY; SUNDAY OF THE LAST JUDGMENT; THE MEETING OF OUR
LORD, GOD, AND SAVIOR JESUS CHRIST**

Tone 3

1 Corinthians 8:8-9:2; Hebrews 7:7-17

Matthew 25:31-46; Luke 2:22-40

**SUNDAY, FEBRUARY 22 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
CHEESEFARE SUNDAY; FORGIVENESS SUNDAY; EXPULSION OF ADAM FROM
EDEN; MARTYR NICEPHORUS OF ANTIOCH; HIEROMARTYRS MARCELLUS-
BISHOP OF SICILY, PHILAGRIUS-BISHOP OF CYPRUS, AND PANCRATIUS-
BISHOP OF TAORMINA-DISCIPLES OF SAINT PETER; VENERABLE
PANCRATIUS—HIEROMONK OF PERCHEVSKY LAVRA**

Tone 4

Romans 13:11-14:4

Matthew 6:14-21

Parastas in Blessed Memory of Timothy Stuchell—40 days—Fr. Bob

MONDAY, FEBRUARY 23

GREAT LENT BEGINS

BULLETIN INSERT FOR 08 FEBRUARY 2015

**SUNDAY OF THE PRODIGAL SON; VENERABLE XENOPHON, HIS WIFE
SAINT MARY, & 2 SONS SAINTS ACADIUS & JOHN; MARTYRS
ANANIAS-PRESBYTER, PETER, & 7 SOLDIERS; VENERABLE SYMEON
THE ANCIENT; TRANSLATION OF THE RELICS OF SAINT THEODORE-
ABBOT OF THE STUDIO; SAINT JOSEPH-BISHOP OF
THESSALONICA**

TROPARION—TONE 2

When Thou didst descend to death, O Life Immortal,
Thou didst slay hell with the splendor of Thy Godhead!
And when from the depths Thou didst raise the dead,

All the powers of heaven cried out:
O Giver of Life! Christ our God! Glory to Thee!

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

KONTAKION—SUNDAY OF THE PRODIGAL SON—TONE 3

I have recklessly forgotten Thy glory, O Father;
And among sinners I have scattered the riches which Thou gavest me.
And now I cry to Thee as the Prodigal:
I have sinned before Thee, O merciful Father;
Receive me a penitent and make me as one of Thy hired Servants.

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

KONTAKION—TONE 2

Hell became afraid, O Almighty Savior,
Seeing the miracle of Thy Resurrection from the tomb!
The dead arose! Creation, with Adam,
Beheld this and rejoiced with Thee!
And the world, O my Savior, praises Thee forever!

PROKEIMENON—TONE 2

READER: The Lord is my strength and my song. He has become my salvation.

PEOPLE: The Lord is my strength and my song. He has become my salvation.

READER: The Lord has chastened me sorely, but he has not given me over to death.

PEOPLE: The Lord is my strength and my song. He has become my salvation.

READER: The Lord is my strength and my song.

PEOPLE: He has become my salvation.

ALLELUIA VERSES—TONE 2

The Lord answer you in the day of trouble! The name of the God of Jacob protect you!

Save the king, O Lord, and hear us on the day we call!

St. Paisios of Mt. Athos on Humbleness and Patience



“God opposes the proud, but gives grace to the humble.” (Jc 4:6)
Father Paisios used to say:

- When we patiently endure our problems and turn to God for help, we notice that He gives us the best possible solution. Unfortunately, in our days, people are very impatient. We do not love patience at all. Christ assured us, however, that only the ones who are patient will inherit the Kingdom of God. (“...they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience.” Lk 8:15- “but he who endures to the end will be saved” Mt 24:13- “by your endurance you will gain your lives” Lk 21:19.)

“Sometimes God allows for a relative or a fellow worker to cause us problems in order to exercise our patience and humbleness; however, instead of being grateful for the chance God gives us, we react and refuse to be cured. It is like refusing to pay the doctor who is giving us a shot when we are ill.”

“The good Christian must also endure his corrupt supervisors; for they are amazed by his good behaviour, while they are being unfair to him.”

“God does not want us, His children, to be pestered. He gives us temptations and hardships in order to become perfect. Temptations will cease to exist in our life, when we reach the level of perfection.”

“We, Christians, ought to love afflictions and not try to get rid of them; afflictions are necessary means leading to our perfection.”

“When people treat us unjustly, we must be happy, because God’s justice, which is superior to human justice, will protect us. We should either seek human justice, or patiently wait for the justice of God. We must be careful, however, not to pursue an unjust treatment, because this would be unfair on our part and would indicate lack of love towards other people.”

“It is for our own benefit to hope for divine justice, when treated unfairly, and not react to the injustice done to us. Not only we will profit

from this, but later on our children will be benefited as well. However, the opposite thing happens, when people curse us and the curse is just."

"When God sees that we are proud and arrogant, He allows for the presence of temptations in our life. He will take them away from us, only when He sees that we humble ourselves."

When I first went to the monastery, I wondered: "Should I humble myself and obey only the elder, or the fathers as well as the novice monks?"

One day, while discussing with Father Paisios a relevant subject, he said to me:

- My mind tells me that even the animals are better than me; so, I humble myself and obey them. Very early this morning, being tired from praying all night and exhausted because of my illness, I lay down to rest. After a while, I heard a kitten meowing outside my cell as if she needed something. I really wanted to rest, but I humbled myself and went against my own will. I obeyed the kitten and replied to her calling. I went to open the door. It had started to rain and I let her in so she wouldn't get wet. What do you think then? Should I obey the animals or not? My thoughts tell me I should.

- Elder, should we practice obedience with discretion, or obey with complete trust without questioning?

He replied:

-After we voluntarily submit ourselves to a good spiritual father who is humble and giving, then we should obey him without questioning. I will give you an example, so that you may understand the way God functions in our lives. Suppose the abbot tells you to go to Iviron Monastery and take the boat to run an errand at Lavra Monastery. And you answer him according to your own logic: "Father, don't you think it would be of greater spiritual benefit for me to walk through the mountain since I would be alone? The boat is very crowded and I might be involved in useless conversation that would spiritually harm me." The abbot might tell you to do as you like, because he does not wish to upset you. You, however, must realize that you are acting according to your own will and you are not under his obedience. Thus, God may allow for a mishap while you will be walking through the mountain, i.e. to be bitten by a snake, to fall and hurt your leg or get lost, in order to teach you to be humble and not look selfishly after

your own good, but instead let Him do so. On the other hand, if you did not express your own will and obeyed your abbot by taking the boat to Lavra Monastery, then God would have protected you, and He would see that your encounter with the other people wouldn't have spiritually harmed you.

We should unhesitatingly trust and obey our spiritual fathers. If we think over and examine with our own logic whatever they say to us, then we should know that we are not obedient to our spiritual father, but rather to our judgment and opinion. We must bear in mind that the grace of God is attracted by the simple-hearted people, who humbly trust their spiritual fathers and do not have confidence in their own thoughts.

The aim of complete and trusting obedience of a monk to his Elder is the perfect purification of his mind and the total submission of his own will to divine grace. When a monk is granted this gift then the goal of obedience has been fulfilled and "...against such there is no law" (Gal 5:23).

Father Paisios said that the spiritual work of a Christian should focus on the acquirement of humbleness.

- God loves man very much; He knows very well the problems of each one of us, and wishes to help us before we ask Him to do so. Since God is omnipotent, there are no difficulties which He cannot overcome, except one. The difficulty God faces, and I repeat, it is the only one, is that He "cannot" help us when our soul is not humble. God "feels sad" because, while He sees His creature suffer, He "cannot" offer any help. Whatever help He offers, it will harm the person because he lacks a humble mindset.

Whatever happens to man, depends absolutely on his humbleness. For instance, we see a man striving and finally being subdued by one of his passions. God allows this to happen for only one reason: because his soul is filled with conceited thoughts and pride. Perhaps this man hates this specific passion and fights really hard to get rid of it. He will not achieve anything, however, because God does not help him; and He will not help him unless he humbles himself. Although he hates this specific passion, he is subdued by pride, which is the passion that introduces man to all other passions. "Pride is the cause of every passion," St. John of the Ladder.

Man wants to progress spiritually and asks God to give him love, prayer, obedience and all virtues. We should be aware that God will not give us what we are asking for, no matter how hard we try, unless we

humble ourselves. If our only aim is humility, then God will give us everything for free.

God wants and desires only one thing from us: our humbleness. He does not need anything else; just to humble ourselves, so He can actually make us partakers of His divine grace, which was granted to us through the mystery of Holy Baptism. Although we did not love Him yet, neither had we struggled to acquire His grace, He gave it to us as a gift out of His extreme kindness. He is only asking from us to humble ourselves and respond out of gratefulness and appreciation to His love. Thus, divine grace, which abides in us, will be activated and function accordingly. It will make us love God and get to know Him; it will do everything for us, if we only humble ourselves and allow for it to act. The only obstacle to the energy of God's grace is our pride, our lack of humility.

St. Peter in chapter 5 of his 1st Epistle helps us clearly understand our fault and tells us what we should do: "Clothe yourselves, all of you, with humility toward one another, for God opposes the proud, but gives grace to the humble. Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for he cares about you." (1Pt 5: 5-7)

Elder Paisios, who has been such a light of Christ-like love, joy and sanctity in the darkness of our modern world, was recently canonized on January 13th, 2015.

O Holy Father Paisios, pray to God for us!



8 February, 2015 - Orthodox Scout Sunday



**UKRAINIAN ORTHODOX CHURCH OF THE USA
CONSISTORY OFFICE OF PUBLIC RELATIONS**

PRESS RELEASE

8 February, 2015 – Orthodox Scout Sunday!

The Assembly of Canonical Orthodox Bishops of the USA has designated February 8, 2015 as Orthodox Scout Sunday. The Eastern Orthodox Committee on Scouting is an official agency of the Assembly of Bishops.

Beloved Brothers and Sisters in Christ:

On Sunday, February 8, 2015, Scouts all over the United States will celebrate National Scout Sunday. Scout Sunday is an annual event among all faiths which recognize the good work that is done by Scouts in our religious communities. The observance of Scout Sunday tradition was started years ago to make people in the church aware of Scouting, and to allow Scouts to live out of what is pledged each week. The Scout Law says that a "Scout is Reverent" and the Scouts of all ages promise to do their "Duty to God". These values strengthen youth character in their family, community and faith. That is why this Sunday is set aside to honor God and to remind us that we are all His Creatures and made in His Image or more precisely - to image (reflect) Him to the world.

The Assembly of Canonical Orthodox Bishop of the United States of America has designated this also as Orthodox Scout Sunday. Through the Eastern Orthodox Committee on Scouting [EOCS], the Assembly and its predecessor, SCOBA, have been actively supporting both the Boy Scouts and Girl Scouts of the USA since the 1960's.

As Orthodox Christians, we have a responsibility to honor our Boy or Girl Scouts and what they represent. The Scouting organization consists of young people aged 5 to 18 and adults who lead them. Scouting is an effective way to help Orthodox youths to do their duty to God and to their country. Scouting builds character and teaches devotion to God in an environment that provides fun under the guidance of strong adult role models. The scouting programs provide a wonderful channel to involve youth in the life of our Orthodox parishes throughout the country.

The EOCS Executive Board encourages all Orthodox Churches to recognize and celebrate this Boy Scout Sunday even if their church does not sponsor a Scout unit. To learn more about Scouting and the Orthodox Church, go to the EOCS website at www.eocs.org



Some Scout Sunday Ideas: If your parish sponsors a Scout unit have them arrive in full uniform. If the church does not have a Scout program, have the Scouts come in uniform. Many priests are aware of Scout Sunday and will discuss Scouting at some point of the service. Have the uniformed Scouts serve at the candle table in the narthex, serve as ushers, pass the collection tray, help serve during the coffee hour, and any suggestions from the parish priest. Present Eastern Orthodox Religious Scout Awards and/or any other Scout Awards earned. Have a Scout display and recruitment. Think of sponsoring or establishing a Scout unit in your parish. Approach a local Scout unit and give them ideas for service projects which can benefit your parish and community. Look at the many Orthodox Scout awards and encourage your Scouts to earn them. Scouting has proven to develop stronger church membership and it is a natural fit. Good Scouts make better Church members and good Church members make better Scouts. Volunteer to assist the local Scout troop/pack/crew. Take a collection and contribute funds to the EOCS so they can continue their good work. Think about establishing a local EOCS committee so all Orthodox Scouts in the region can gather and support one another.

In conclusion, many volunteers give their time so Scouting's members will be involved in a quality program. Merit badge counselors help Scouts learn more about vocations and hobbies. Volunteers serve behind the scenes on committees so that parish community organizations using the Scouting program can find the best leadership possible for the youth related to their parish family.

Many men and women offer their services to Scouting, but more volunteers are always needed to serve as leaders or share their special

skills with young people and other adults. All these people experience a special sense of achievement through their work in Scouting.

We congratulate all the volunteers, especially clergy of various parishes of many Orthodox jurisdictions throughout the country who are active in Scouting and offer a prayer and word of gratitude for their work and dedication.

+ Bishop DANIEL

Ukrainian Orthodox Church of the USA

Episcopal Liaison from the Assembly of Canonical Orthodox Bishops of the United States of America to EOCS

Mr. George N. Boulukos

National Chairman of the Eastern Orthodox Committee on Scouting (EOCS)

CALENDAR REMINDERS: The 2015 Church Wall Calendars are downstairs—please take one for home, as the fasting periods and holy days are listed on it. Also, Debbie Pauncic, our First Lady, has All Saints Calendars for sale—\$25 each...several of our parishioners won on last year's calendars! Thank you for your support of the camp.

IMPORTANT NOTE—We will have a special meeting of the parish membership after Liturgy TODAY, to talk about the finances and the future of our parish. Please plan to attend and bring along any ideas you might have to help us! Thank you and God Bless you all!