



## Holy Ghost Orthodox Church

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Very Rev. Father Robert Popichak, Pastor

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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, 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 Strozh [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 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, 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, Deirdré Straughan, Terri Paluh, 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 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**

**SUNDAY, MARCH 01 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM  
FIRST SUNDAY OF GREAT LENT; TRIUMPH OF ORTHODOXY; MARTYRS  
PAMPHILIUS-PRESBYTER, VALENS-DEACON, PAUL, SELEUCUS, PORPHYRIUS,  
JULIAN, THEODULUS, ELIAS, JEREMIAH, ISAIAH, SAMUEL, & DANIEL AT  
CAESAREA IN PALESTINE**

*Tone 5*

Hebrews 11:24-26, 32-12:2  
John 1:43-51

*Litany in Blessed Memory of Mary Smith, John Metrick, Andrew Hanczar, Anna Lawrence, Michael Cicio, Chuck Shumski, Terry Reinhart, Joseph Vangrin, & Frank Riznow—Fr. Bob*

## **BULLETIN INSERT FOR 15 FEBRUARY 2015**

**MEATFARE SUNDAY; SUNDAY OF THE LAST JUDGMENT; THE MEETING OF OUR LORD, GOD, AND SAVIOR JESUS CHRIST**

### **TROPARION—TONE 3**

Let the Heavens rejoice! Let the earth be glad!  
For the Lord has shown strength with His arm!  
He has trampled down death by death!  
He has delivered us from the depths of hell,  
And has granted the world great mercy!

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

### **KONTAKION—MEATFARE SUNDAY—TONE 1**

When Thou, O God, shalt come to earth with glory  
All things shall tremble and the river of fire shall flow before Thy Judgment Seat;  
The Books shall be opened and the hidden things disclosed;  
Then deliver me from the unquenchable fire  
And make me worthy to stand at Thy right hand  
O Righteous Judge.

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

### **KONTAKION—TONE 3**

On this day Thou didst rise from the tomb, O Merciful One!  
Leading us from the gates of death.  
On this day Adam exults as Eve rejoices;  
With the prophets and patriarchs  
They unceasingly praise the divine majesty of Thy power!

### **PROKEIMENON—TONE 3**

**READER:** Sing praises to our God, sing praises! Sing praises to our King, sing praises!

**PEOPLE:** Sing praises to our God, sing praises! Sing praises to our King, sing praises!

**READER:** Clap your hands, all peoples! Shout to God with loud songs of joy!

**PEOPLE: Sing praises to our God, sing praises! Sing praises to our King, sing praises!**

**READER:** Sing praises to our God, sing praises!

**PEOPLE: Sing praises to our King, sing praises!**

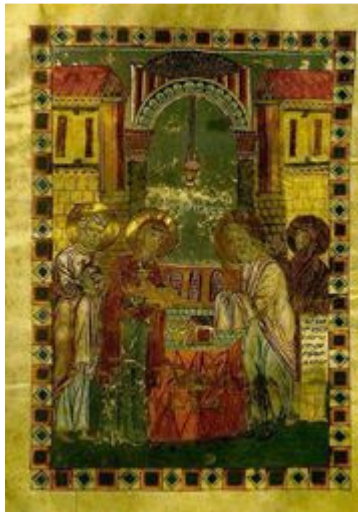
**ALLELUIA VERSES—TONE 3**

In Thee, O Lord, have I hoped; let me never be put to shame!

Be Thou a God of protection for me, a house of refuge, in order to save me!



**Mother Alexandra** added a new photo: ""Let the choir of angels be amazed at this wonder, and let us mortals raise our voices in song as we behold the ineffable condescension of our God. Aged arms now embrace Him before Whom the powers of heaven tremble: The only Lover of mankind!" (Feb 2, Feast of the Meeting in the Temple, Matins Sessional Hymn)"



via [Larisa Nazarov](#) 3:40pm Feb 8

**ON HUMILITY**

—“What is humility, Father Paisius?” some of his disciples once asked him. Humility is the thought and conviction of our heart that we are more sinful than all men and unworthy of the mercy of God. Reviling ourselves doesn’t mean that we have true humility. True humility is when someone shames

and abuses us publicly, and we endure it and say, "God ordered that brother to shame me for my many sins." We should receive everything as a command of God. When someone shames you, say that God commanded him to do it. When someone takes something of yours, God commanded him to take it, in order to make you a monk. When you are removed from a higher place, God changed your place so that you would change from your passions and bad habits. This is true humility. And pride is when we trust in ourselves, in our mind, our strength, when we think we are more capable than someone else, better, more beautiful, more virtuous, more pleasing to God. Then it is certain that we are overcome by the ugly sin of pride, from which may God, who humbled Himself for our salvation, preserve us. Let us humble ourselves, brethren, because a proud man cannot be saved. Let us weep for our sins here, so we can rejoice forever in the next life, for after we leave this world everyone will forget us. Let us not hope in men, but only in God. A man changes. Today he gives to you and tomorrow he asks from you. Today he praises you and tomorrow he condemns you. Let us place our hope in the mercy of God, and we will never go astray.

<http://orthognosia.blogspot.ca/2015/02/spiritual-counsels-from-elder-paisius.html>



**Spiritual Counsels From Elder Paisius Olaru of Sihla Skete - ORTHOGNOSIA**  
**orthognosia.blogspot.ca**

### **Spirit Science**

A well-known speaker started off his seminar holding up a \$20.00 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up. He said, "I am going to give this \$20 to one of you but first, let me do this."

He proceeded to crumple up the \$20 dollar bill. He then asked, "Who still wants it...?" Still the hands were up in the air. "Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now, who still wants it?" Still the hands went into the air.



"My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We may feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value.

Dirty or clean, crumpled or finely creased, you are still priceless to those who DO LOVE you. The worth of our lives comes not in what we do or who we know, but by WHO WE ARE. You are special-Don't EVER forget it."

**Count your blessings, not your problems.**

**A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"**

**Answers called out ranged from 8 oz. to 20 oz.**

**She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."**

**She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed - incapable of doing anything."**

**Remember to put the glass down.**



**Just a reminder that Great Lent will begin after Vespers on Sunday, February 22. We will end Divine Liturgy with our traditional rite of forgiveness. Please remember to pray during this Fast for all of our**

**parishioners, especially those unable to get to church. Thank you and God Bless you all!**