



## 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 Pynch, 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 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  
\*\*\*\*\*Rite of Forgiveness at the end of services\*\*\*\*\***

*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***

**SUNDAY, MARCH 08 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM  
SECOND SUNDAY OF GREAT LENT; SAINT GREGORY PALAMAS; SYNAXIS OF THE  
VENERABLE FATHERS OF PERCHEVSKY LAVRA; HIEROMARTYR POLYCARP-**

**BISHOP OF SMYRNA; SAINTS JOHN, ANTONIUS, MOSES, ZEBINAS,  
POLYCHRONIUS, MOSES, & DAMIAN-ASCETICS OF THE SYRIAN DESERT; SAINT  
ALEXANDER-FOUNDER OF THE ORDER OF THE UNSLEEPING ONES**

*Tone 6*

Hebrews 7:26-8:2; Galatians 5:22-6:2

John 10:9-16; Luke 6:17-23

***Litany in Blessed Memory of Robert Rohal & Gary Atutes—40 days—Fr. Bob***

## **BULLETIN INSERT FOR 22 FEBRUARY 2015**

**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**

### **TROPARION—TONE 4**

When the women disciples of the Lord  
Learned from the angel the joyous message of Thy Resurrection;  
They cast away the ancestral curse and elatedly told the apostles:  
Death is overthrown! Christ God is risen,  
Granting the world great mercy.

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

### **KONTAKION—CHEESEFARE SUNDAY—TONE 6**

O Master, Teacher of Wisdom, Bestower of virtue,  
Who teaches the thoughtless and protects the poor:  
Strengthen and enlighten my heart, O Word of the Father,  
Let me not restrain my mouth from crying to Thee:  
Have mercy on me, a transgressor, O Merciful Lord.

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

### **KONTAKION—TONE 4**

My Savior and Redeemer,  
As God rose from the tomb  
And delivered the earthborn from their chains.  
He has shattered the gates of Hell,  
And as Master, He has risen on the third day!

### **PROKEIMENON—TONE 4**

**READER:** O Lord, how manifold are thy works! In wisdom hast Thou made them all.

**PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.**

**READER:** Bless the Lord, O my soul! O Lord my God, Thou art very great!

**PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.**

**READER:** O Lord, how manifold are thy works!

**PEOPLE: In wisdom hast Thou made them all.**

### **ALLELUIA VERSES—TONE 4**

Go forth and prosper and reign, because of truth and meekness and righteousness.

You love righteousness and hate iniquity.

### **The Tragedy of Our Uniate Brothers**

by Hieromonk [now Bishop] Auxentios

(The contrived schism) among Orthodox came about (about four centuries ago) through the so-called Unia, in which Eastern Orthodox Christians were joined with Rome, a good deal of the time—in fact, more times than we wish to admit, in this ecumenically blinded and historically uncaring age—by force and political compromise, not by "treaty" and with free will. These poor brothers find themselves today neither wholly Orthodox nor fully Roman, having no real recognition by the Orthodox and being separated from Rome by their Liturgical customs, which, to varying degrees, despite the erosion of such under the effects of Latinization (and in some practices, these poor people have succumbed to total abandonment of Orthodox customs), they preserve from their Orthodox past. These Uniates are organized under various exarchates (as they would be properly termed in Orthodoxy), with their surviving Byzantine organizational structures variously tolerated according to the whim of their largely Latin Bishops. Some of these Uniates have been nothing short of "Jesuitical" betrayers of the East, deceptively taking simple Orthodox Faithful away from their past. But great numbers of them are suffering, sincere people who are the victims of a terrible history and who would wish to find some place in which their hearts and consciences might be restored. To this number of the Uniates (or Greek [Byzantine] Catholics, as they sometimes

call themselves), something must be said about the effects of the contemporary irresponsibility among Orthodox Prelates who are playing with souls by embracing un-Orthodox standards.

[http://orthodoxinfo.com/ecumenism/uniata\\_tragedy.aspx](http://orthodoxinfo.com/ecumenism/uniata_tragedy.aspx)

### **What about non-Orthodox Christians?**

Saint Silouan the Athonite was once traveling by train with an archimandrite who was a zealot quick to correct others about the True Faith. Coming upon a group of traveling Roman Catholics, Saint Silouan's traveling companion proceeded to tell them that they must become Orthodox because their faith was without grace.

The saint asked him if it were indeed a fact that the Roman Catholics believed that Christ was true God, and that He was present in the Eucharist. The saint asked was it not true that these Catholics believed in the Trinity, and venerated the Holy Virgin and the relics of the saints. The archimandrite answered yes to all the questions. Saint Silouan responded that of all humanity's faiths we must know that we have perhaps more, but not to judge those who are not Orthodox. We must rejoice in the knowledge of what they do have. The saint told him that we should not be filled with such pride as to think we have the right to judge, correct or teach others.

This does not mean that we see the Church as divided, or that the Orthodox Church is anything less than the Church Christ founded. What it does mean is that we do not allow ourselves to think we have the right to correct or teach anyone. We must honor other peoples beliefs and not give in to the prideful stand that we have the right to teach or correct them. The truth that is found within Orthodoxy must be shared by living our faith in love, not in judging or correcting others. Truth, where ever it is found, is Orthodox Truth. If other religions embrace some of these truths that are Orthodox, we must rejoice and give thanks for what they do have.

People who love God and are trying to live holy lives pleasing to Him, according to the knowledge they have been given, are to be respected. They may not have the fullness of Apostolic Truth, but if they are believers in God and are trying to live a life pleasing to God, we must give thanks to Christ for what they do have. They have God as their Father, just as do we. They can have the Church as their Mother only if they see in us difference

that Orthodoxy has made in our lives. Being arrogant in our evangelism does nothing to express the truth of Orthodoxy and makes us nothing more than a pushy salesman at the door.

That arrogant archimandrite would better have shared the beauty of Orthodoxy had he embraced those Roman Catholics as fellow disciples of Christ. Then they would have seen Christ in him and known that Orthodoxy was a faith centered in love.

Love in Christ,  
Abbot Tryphon

### **Pre-Lenten and Lenten Fasting: A Tool for Spiritual Growth**

*Shamelessly stolen from the bulletin of Holy Trinity G.O. Church!*

With the start of Lent, the "Season of Repentance" and a time for prayer, fasting and almsgiving, please take note that according to the holy canons of the Church, today is the last day of consuming meat and meat products. These week is Cheesefare week, the last week of consuming fish and dairy products before Lent. On Pure Monday (February 23 this year), we enter into the strict fast (no meat, dairy, fish, etc.). It is important to remember that fasting is a tool and a discipline for spiritual growth provided by the Church, not the goal of the Lenten season and that those under special dietary or health conditions must take care to observe those special needs. It is also important to remember, however, that fasting is not the ends, but a means, given to us all as part of our spiritual toolkit in preparation for the celebration of the Resurrection here and for eternal life in the Resurrected Christ! *(A special note to our seniors: any kind of fasting must take into consideration medications and doctor's instructions so your fasting does not create medical issues – it is intended to bless, not make us weak or sick. Please see Fr. Bob with any questions.)*

### **Sunday of Orthodoxy Pan-Orthodox Celebration at Holy Cross – March 1**

The Orthodox Clergy Brotherhood will host its annual Sunday of Orthodox celebration at Holy Cross Church in Mount Lebanon on Sunday, March 1 with the "Triumph of Orthodoxy" service at 4:00, celebrating Orthodox unity with all the various jurisdictions (Greek, Serbian, Russian, Carpatho-Russian, Ukranian, etc.). His Grace Bishop Gregory of the Carpatho-Russian Diocese will preside and speak. Everyone is invited to attend.

**REMINDER:** We will have our traditional rite of forgiveness instead of kissing the cross at the end of today's service. **Let us all start Great Lent with Peace, Love, and asking God's Mercy and His Forgiveness! God Bless you all!**