



## 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 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 Stroz [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, 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, 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, Terri Paluh, and Billy Sinclair. 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, MARCH 15 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM  
THIRD SUNDAY OF GREAT LENT; ADORATION OF THE MOST HOLY CROSS;  
HIEROMARTYR THEODOTUS-BISHOP OF CYRENIA; VIRGIN-MARTYR EUTHALIA;  
MARTYR TROADIUS OF NEO-CAESAREA; SAINT AGATHO OF EGYPT-MONK; 440  
MARTYRS SLAIN BY THE LOMBARDS**

*Tone 7*

Hebrews 4:14-5:6

Mark 8:34-9:1

***Litany in Blessed Memory of Mary Smith, John Metrick, Andrew Hanczar, Anna Lawrence, Michael Cicio, Chuck Shumski, Terry Reinhart, Joseph Vangrin, Frank Riznow, Robert Rohal & Gary Atutes—40 days—Fr. Bob***

***Parastas in Blessed Memory of Walter & Victor Burlack—Evelyn Burlack***

**SUNDAY, MARCH 22 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM  
FOURTH SUNDAY OF GREAT LENT; SAINT JOHN CLIMACUS—JOHN OF THE  
LADDER OF DIVINE ASCENT; THE HOLY 40 MARTYRS OF SEBASTE-CYRION,  
CANDIDUS, DOMNUS, HESYCHIUS, & OTHERS; URPASIANUS OF NICOMEDIA;  
RIGHTEOUS CAESARIUS-BROTHER OF SAINT GREGORY THE THEOLOGIAN;  
SAINT TARASIIUS OF LICONIUM**

*Tone 8*

Hebrews 6:13-20; Ephesians 5:8-19

Mark 9:17-31; Mathew 4:25-5:12

*Parastas in Blessed Memory of Tillie Kuzman—Debbie and John Pauncic*

**SUNDAY, MARCH 29 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM  
FIFTH SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; MARTYR  
SABINAS OF HERMOPOLIS; MARTYR PAPAS OF LYCAONIA; APOSTLE  
ARISTOBULUS OF THE 70-BISHOP OF BRITAIN; HIEROMARTYR ALEXANDER-  
POPE OF ROME; MARTYRS TROPHIMUS & THALUS OF LAODICEA; MARTYR  
JULIAN OF ANAZARBUS**

*Tone 1*

Hebrews 9:11-14

Mark 10:32-45

## **BULLETIN INSERT FOR 15 MARCH 2015**

**THIRD SUNDAY OF GREAT LENT; ADORATION OF THE MOST HOLY  
CROSS; HIEROMARTYR THEODOTUS-BISHOP OF CYRENIA; VIRGIN-  
MARTYR EUTHALIA; MARTYR TROADIUS OF NEO-CAESAREA; SAINT  
AGATHO OF EGYPT-MONK; 440 MARTYRS SLAIN BY THE LOMBARDS**

### **TROPARION—TONE 1**

O Lord, save Thy people, and bless Thine inheritance.  
Grant victories to the Orthodox Christians, over their adversaries;  
And, by virtue of Thy cross, preserve Thy habitation.

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

### **KONTAKION—TONE 7**

Now the flaming sword no longer guards the gates of paradise;  
It has been mysteriously quenched by the wood of the Cross!  
The sting of death and the victory of hell have been vanquished;  
For Thou, O my Savior, didst come and cry to those in hell:  
Enter again into Paradise.

### **INSTEAD OF "O HOLY GOD"**

**Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify Thee.**

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**Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify Thee.**

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

**And Thy holy Resurrection, we glorify Thee.**

**Before Thy Cross, we bow down in worship, O Master, and Thy holy Resurrection, we glorify Thee.**

### **PROKEIMENON—TONE 7**

**READER:** Extol the Lord our God; worship at His footstool, for it is Holy!

**PEOPLE:** **Extol the Lord our God; worship at His footstool, for it is Holy!**

**READER:** The Lord reigns; let the peoples tremble!

**PEOPLE:** **Extol the Lord our God; worship at His footstool, for it is Holy!**

**READER:** Extol the Lord our God.

**PEOPLE:** **Worship at His footstool, for it is Holy!**

### **ALLELUIA VERSES**

Remember Thy congregation which Thou hast gotten of old.

God is our King before the ages; He has worked salvation in the middle of the earth.

### **How to Respond to Those Who Grieve?**

March 4, 2015 By fatheralexis



It's not easy to know what to say or what to do for someone who has just lost a loved one. What that loved one really meant to the bereaved, how that loved one's presence completed their world, and what the world looks like now that the loved one is gone, the bereaved and only the bereaved fully know. That is why grief is so exquisitely personal, so

undeniably unique, and often frustratingly inscrutable not only for others, but even for the person experiencing grief. "The heart is deep" (*Psalms* 64:6), and as Saint John Chrysostom puts it, "Nothing is as obscure (ἄδηλον) as the human heart" (*Commentary on the Prophet Jeremiah*, 17, PG 64.916). So how can someone looking in from the outside hope to help someone else suffering from grief?

Kimberly Calderwood, in her 2011 article "Adapting the Transtheoretical Model of Change to the Bereavement Process," notes that "bereaved people undergo a transformation of self rather than returning to their original state." Employing a model used for understanding how people change in recovering from addictions, Calderwood suggests that the bereaved also go through stages in which both the way they look at their loss and their willingness to act work in tandem to change their thoughts, feelings, and behavior thereby transforming their entire selves. According to this well-known model, the five stages are pre-contemplation, contemplation, preparation, action, and maintenance. In colloquial terms, they involve the stage of not being ready to think about a change, followed by a time in which one considers what changes might be necessary, followed by a period of mentally preparing to make the changes, leading to a stage in which one acts on the basis of one's decisions, and then reaching a plateau in which one maintains one's status until a new cycle of change is called for.

What do these stages look like in the case of grief? In terms of thoughts, the person begins thinking "it's all a bad dream" until it sinks in that "life will never be the same." Afterwards, a person thinks about how to move forward until deciding on doing or seeing things differently culminating in accepting the fact that the loss will always be there. In terms of emotion, the griever usually are initially numbed and may be unable to articulate their feelings. Then, the emotions become less intense and more easily identifiable. Afterwards, there is an oscillation between hope and despair until a sense of peace is at last reached. With respect to behavior, in the beginning one just goes through the motions of living and then without really trying one begins to function a bit better. Later on, the griever turns to the task of planning how to continue to maintain a bond with the departed. Finally, the individual puts changes in place reaching a new normal.

Although everyone is unique and truly the heart is deep, the knowledge of this process of change can offer some guidance about offering the appropriate support at the right time. In the preparation stage, the griever often needs help with basic needs such as meals and time to rest. In the contemplation stage, they may need assistance with the ambivalence over trying to recommence with life. In the preparation stage, they often

need extra support, because others often withdraw and might expect the grieving to get "over it." In the action stage, the bereaved may need encouragement in selecting realistic goals for the new life without their loved one. And finally even in the maintenance stage, when moments of grief arise on anniversaries, an encouraging word can do wonders in helping someone to continue to "fight the good fight and keep the faith."

Support is necessary for everyone, especially those who are grieving over a loss. As Saint John Chrysostom put it, "It is God's will that we receive benefit from one another, for why else has He commanded us to pray for peace and stability of the world? Why has He commanded us to pray in behalf of everyone when that includes robbers, tomb-raiders, thieves, and people rife with a thousand vices, but so that they might return" (*Homily 3 on Philippians*, PG 66.205). And for Christians, it is helpful to recall that just as God "gives us our nourishment in due season" (*Psalms* 144:15, LXX), so we should help in good season (ἐν εὐκαιρία) those who are grieving, for as the wise Solomon once said, "How good is a word spoken in due season!" (*Proverbs* 15:23).

Timing is clearly everything, according to both psychologists and the fathers. Timing requires not only compassion, but also sensitivity that comes from really looking at our grieving brother or sister, trying to perceive where they are, and responding to them according to their hour of need. From a Christian perspective, in order to really see them, we need the light of discernment. As Saint Peter of Damascus puts it, "we need this light before we say or do anything. When it is present we are able to view everything else with wonder." Now, "discernment is born of humility" (*Book 1*). So if we still do not know what to do or say in the presence of the grieving, if we can't pinpoint what stage they are in, let us at least strive to be genuinely humble before their suffering, for humility is "that light wherein the love of Christ is found" (Saint Isaac the Syrian, *Homily 57*). The love of Christ is the ultimate answer to the grieving at any stage, for it "surpasses all knowledge" and enables the believer to "be filled with the fullness of God" (*Ephesians* 3:19). When the fullness of God replaces the emptiness of loss, when the light of Christ replaces the darkness of death, then the soul of the grieving finds not only peace, but also the strength to put on Christ and walk in newness of life.

### **Looking More at Holy Confession**

Readiness for Confession begins when the believer decides to reject sin. Recognizing the ugliness of sin in personal life is motivation to repent. Desiring the purity that comes from the life in Christ spurs repentance. Holy Baptism serves as a standard of measurement for the Christian. Unabated and rampant sinfulness deprive believers of God's Kingdom.

Believers consciously and freely participate in Holy Confession. External coercion is not an element in Holy Confession in God's Church. Believers benefit from the prayers of loved ones in coming to Confession. Prayers of beloved family members and friends can help a person repent. Self-examination leads a person to conclude if life is pleasing to God. The Holy Scriptures are sources for assessing the quality of personal life. Saints of the Church reveal the value and the possibility of repentance. Effort is needed for the believer to participate in Holy Confession. A willingness to trust God and the confessor is part of Holy Confession. The believer prepares for Holy Confession by looking deeply into the self. Honesty is the basis for examining sins when participating in Confession. Desiring the mercy of God draws the believer to Holy Confession. God's forgiveness is needed for the believer's sins to be wiped away. Holy Confession is to be highly valued for the personal healing possible. A believer can grow in understanding the value of Holy Confession. The believer's approach to Holy Confession can change with passing time. Grave sins or the approach of death can hasten interest in Holy Confession. Holy Communion follows Holy Confession bringing unity with Christ. Believers may participate in Holy Confession throughout the year. Holy Confession serves as basis for spiritual guidance and direction. Serious believers will prepare extensively for Holy Confession. The major fast periods of the Church inspire believers to confess sins. A believer experiences a new beginning in Christ after Holy Confession. Thank God for the opportunity to participate in Holy Confession. Be aware of personal sinfulness and seek the mercy of God to do better.

*St. George Serbian Orthodox Church, Carmichaels, Pennsylvania.*

*Thursday of Second Week of Great Lent. St. Leo of Catania.*

*February 20/March 5, 2015. Father Rodney Torbic*

**Exhortation of the Bishop for the Sunday of Orthodoxy:**

As the Prophets beheld,  
As the Apostles taught,  
As the Church received,  
As the Teachers dogmatized,  
As the Universe agreed,  
As Grace illumined,  
As the Truth revealed,  
As falsehood passed away,  
As Wisdom presented,  
As Christ awarded,

Thus we declare,



Thus we assert,  
Thus we proclaim Christ our true God  
and honor His saints,

In words,  
In writings,  
In thoughts,  
In sacrifices,  
In churches,  
In holy icons.

On the one hand, worshipping and reverencing Christ as God and Lord.  
And on the other hand, honoring and venerating His Saints as true servants  
of the same Lord.

This is the Faith of the Apostles.  
This is the Faith of the Fathers.

This is the Faith of the Orthodox.

This is the Faith which has established the Universe.

The heart itself is only a small vessel, yet dragons are there--and lions.  
There are poisonous beasts and all the treasures of evil. There are rough  
and uneven roads. There are precipices. But there, also, are God and the  
angels. Life is there, and the Kingdom. There, too, is light, and there the  
apostles—and heavenly cities, and treasures of grace. All things lie within  
that little space. *St. Makarios the Great*

The soul of a humble man is like the sea: throw a stone into the sea—for a  
moment it will ruffle the surface a little, and then sink to the bottom. Thus  
do afflictions disappear down into the heart of the humble man, because  
the strength of the Lord is with him. *St. Silouan of Mount Athos*

When one receives grace, there is then need for the greatest prudence and  
discernment. God gives these to the person that asks Him for them so that  
He may serve God in the Spirit Whom he receives, and also that he may not  
be conquered by evil and be deceived, led astray through ignorance,  
presumption, and carelessness by acting against all that the Lord wills. *St.  
Macarius the Great*

When the soul's incensive power is aroused against the passions, we should  
know that it is time for silence, as the hour of battle is at hand. But when

this turbulence grows calm, whether through prayer or through acts of mercy, we may then be moved by a desire to proclaim God's mysteries, restraining the wings of our intellect with the cords of humility. For unless a man sets himself at utterly at nought, he cannot speak of the majesty of God. *St. Diadochos of Photiki*

Amma Syncletica said, "It is dangerous for anyone to teach who has not first been trained in the "practical" life. For if someone who owns a ruined house receives guests there, he does them harm because of the dilapidation of his dwelling. It is the same in the case of someone who has not first built an interior dwelling; he causes loss to those who come. By words one may convert them to salvation, but by evil behavior, one injures them.

Before the war begins, seek after your ally; before you fall ill, seek out your physician; and before grievous things come upon you, pray, and in the time of your tribulations you will find Him, and He will listen to you. *St. Isaac the Syrian*

Of all evil suggestions, the most terrible is that of following one's own heart, that is to say, one's own thought, and not the law of God. A man who does this will be afflicted later on, because he has not recognized the mystery, and he has not found the way of the saints in order to work in it. *Abba Isidore the priest*

It is no small struggle to be freed from self-esteem. Such freedom is to be attained by the inner practice of the virtues and by more frequent prayer; and the sign that you have attained it is that you no longer harbor rancor against anybody who abuses or has abused you. *St. Maximos the Confessor*

Even without any other passion, self-esteem can ruin a man; and in the same way, if we have formed the habit of judging, we can be utterly ruined by this alone; for indeed, the Pharisee was condemned for this very thing. *St. John Climacus*

From the sayings of St Anthony the Great: "There are many who fall and who rise up to an attitude of rectitude, but there are some who fall from good deeds to polluted things; better is he who falleth and riseth up than he who standeth and then falleth."

From the Paradise of the Desert Fathers: "Abba Lot went to see Abba Joseph and said to him, 'Abba as far as I can I say my little office, I fast a little, I pray and meditate, I live in peace and as far as I can, I purify my thoughts. What else can I do?' then the old man stood up and stretched his hands towards heaven. His fingers became like ten lamps of fire and he said to him, 'If you will, you can become all flame.'"

Wisdom from Paradise of the Desert Fathers: "From Palestine, Abba Hilarion went to the mountain to abba Anthony. Abba Anthony said to him, 'You are welcome, torch which awakens the day.' Abba Hilarion said, 'Peace to you, pillar of light, giving light to the world.'"

From the sayings of Dionysius of Alexandria: "When one thinks of the death which the transgression of Adam brought on us, it is a time to mourn; but it is a time to hold festal gatherings when we call to mind the resurrection from the dead which we expect through the new Adam"

From the sayings of St. Basil the Great: "Young people must be made to distinguish between helpful and injurious knowledge, keeping clearly in mind the Christian's purpose in life. So, like the athlete or the musician, they must bend every energy to one task, the winning of the heavenly crown."

From the sayings of Abba John the Dwarf: "You know that the first blow the devil gave to Job was through his possessions; and he saw that he had not grieved him nor separated him from God. With the second blow, he touched his flesh, but the brave athlete did not sin by any word that came out of his mouth in that either. In fact, he had within his heart that which is of God, and he drew on that source unceasingly."

From the sayings of St. Clement of Alexandria: "Philosophy came into existence, not on its own account, but for the advantages reaped by us from knowledge, we receiving a firm persuasion of true perception, through the knowledge of things comprehended by the mind."

From the sayings of St. John Chrysostom: "Wherefore I choke with grief, that when so many blessings are laid before us, we are slothful, and despise them; we use every exertion to have splendid houses here, but how to gain in heaven so much as a little resting-place, we care not, we think not."

**Paschal Services—Mark your calendars!**

Saturday, April 4<sup>th</sup>—Lazarus Saturday—Obednitsa—10:30 AM

Sunday, April 5<sup>th</sup>—Palm Sunday—Divine Liturgy—10:30 AM

Holy Wednesday, April 8<sup>th</sup>—Holy Unction, Church Hall—6:30 PM

Holy Thursday, April 9<sup>th</sup>—12 Passion Gospels—6:30 PM

Great and Holy Friday, April 10<sup>th</sup>—Plachenytsia & Burial Procession—7 PM

Sunday, April 12<sup>th</sup>—Paschal Divine Liturgy—10:30 PM

**It has been suggested that we hold our Holy Wednesday Unction service downstairs in the church hall to allow those who otherwise cannot navigate the steps up to the church itself to attend. We will have this Mystery in the hall beginning at 6:30 PM on Wednesday, April 8, 2015. Please advise your family members who may not be able to climb the steps that this Mystery of Christ is available to all Orthodox Christians! Please see me with any questions...God Bless!  
Fr. Bob**