



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 George Livanos, Joshua Agosto and his family, 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, 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, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, 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 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

Parastas in Blessed Memory of Charles & Martha Batch—Harry Batch

**SATURDAY, APRIL 4 LAZARUS SATURDAY—RESURRECTION OF THE RIGHTEOUS
LAZARUS**

**SUNDAY, APRIL 5 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
PALM SUNDAY; ENTRANCE OF THE LORD INTO JERUSALEM; MONK-MARTYR
NICON & 199 DISCIPLES IN SICILY; MARTYRS PHILETAS THE SENATOR, HIS
WIFE LYDIA, THEIR SONS MACEDON & THEOPREPIUS, NOTARY CRONIDES, &
AMPHILOCHIUS THE CAPTAIN IN ILYRIA; VENERABLE NICON-ABBOT OF
PERCHEVSKY LAVRA**

Tone 2

Philippians 4:4-9

John 12:1-18

Litany in Blessed Memory of John Cherepko, Michael Brittan, Rose Lopushanski, Frank & Ollie Pendlyshok, Vladimir Hanczar, & Deacon Dennis Lapushansky—Fr. Bob

WEDNESDAY, APRIL 8 HOLY UNCTION SERVICE-CHURCH Hall 6:30 PM

THURSDAY, APRIL 9 12 PASSION GOSPELS 6:30 PM

FRIDAY, APRIL 10 PLASCHENYTSIA & BURIAL SERVICE 7:00 PM

**SUNDAY, APRIL 12 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
PASCHA—THE RESURRECTION OF OUR LORD AND SAVIOR JESUS CHRIST**

Paschal Tones

Acts 1:1-8

John 1:1-17

BULLETIN INSERT FOR 29 MARCH 2015

**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**

TROPARION—TONE 8

The image of God was truly preserved in you, O Mother,
For you took up the Cross and followed Christ.

By so doing, you taught us to disregard the flesh, for it passes away;
But to care instead for the soul, since it is immortal.

Therefore your spirit, O holy Mother Mary, rejoices with the angels.

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

KONTAKION—TONE 3

Having been a sinful woman, you became through repentance a Bride of
Christ.

Having attained angelic life, you defeated demons with the weapon of the
Cross!

Therefore, O most glorious Mary, you are a Bride of the Kingdom!

PROKEIMENON—TONE 4

READER: Let Thy mercy, O Lord, be upon us as we have set our hope on
Thee.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Rejoice in the Lord, O you righteous! Praise befits the just!

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: God is wonderful in His saints, the God of Israel!

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Let Thy mercy, O Lord, be upon us.

PEOPLE: As we have set our hope on Thee.

ALLELUIA VERSES—TONE 1

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

The Third Sunday of Great Lent—Veneration of the Holy Cross

Mark 8:34-38, 9:1

And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me. For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it. For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul? Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels. And he said unto them, Verily I say unto you, That there be some of them that stand here, which shall not taste of death, till they have seen the kingdom of God come with power.(KJV)

Following the Lord Jesus Christ involves constantly dying to sin and living in Christ. Believers benefit by seeking to crush the sin in their lives. With Christ, sin can be repudiated and firmly rejected.

Love of Christ is necessary to a greater degree than attraction to sin. Believers are required to be constantly vigilant. Evil is deceptive and often hidden. Believers must be certain the path being taken leads to the Kingdom of God.

The current Gospel speaks about following Christ and losing one's life for Christ. Denial of all that is not of Christ is necessary for faithfulness to Christ.

The Christian life taken up at Baptism is for every remaining moment of life.

Too easily believers go astray. Contemporary life is full of evils and paths leading to destruction of the soul. Societal norms and activities are far from conforming to the teachings in the Holy Gospel.

Behavior and lifestyles permitted and readily applauded in society may be far from the teachings in God's Holy Church. Parents are challenged daily to raise faithful Christian sons and daughters in the Church.

Workplace ethics may be far removed from the honesty necessary for the Christian life. Rarely a day does not pass without revelations of high level scandals in business, professions, and even institutions of higher learning.

The Church has a place in establishing, teaching and upholding community standards consistent with the Gospel. Individuals within the Church are to live their lives in the ways of the Lord Jesus Christ.

Great Lent is a time for believers to shed personal practices of a sinful nature. Now is the time to grow in Christ and be closer to Christ. When Christ lives within the heart and mind, sin has difficulty advancing.

Great Lent is a time for joyful renewal in Christ. Today is the day for drawing near to Christ and away from sin. Christ growing in the heart and mind increases personal joy.

Being a serious Christian requires personal effort. Sin challenges the mind repeatedly during the day. Vigilance is necessary in utilizing the blessings and time of life.

Wasting time frivolously is a form of ungratefulness to God. Failing to follow Christ consistently is an abandonment of the Baptismal commitment. The time of life comes only once and is not replenished once expended.

Repentance is always a possibility when faculty of mind exists and the body continues to have life. Conscious rejection of sin and embracement of Christ enables a person to begin anew.

Holy Confession offers hope for a new beginning life. Holy Confession and Holy Communion restore unity with Christ. The Church has a long history dating to the time of the Apostles.

Holy Confession and Holy Communion are well established in the life of the Church. A believer seeking to grow in Christ will turn to Christ in earnest for nourishment and forgiveness.

Alert believers become increasingly aware of their sins. Individuals desiring peacefulness of heart, mind and soul found in Christ turn to Christ in firmness of faith. Christ offers hope in the darkest moments of life.

Christ offers a new way of life. Christ offers newness of life. When roadblocks and frustrations appear in life, Christ is the passage way of hope. He is the way, the truth and the life.(Jn.14:6)

Holding firm to Christian standards and practices is challenging in the contemporary world. Compromising Christian principles out of expediency is devastating to the soul.

The current Gospel places the value of the soul as greater than the material gain of the whole world. Sin tarnishes the soul. Christ cleanses the soul.

Making full use of Great Lent is participating in the cleansing process.

The remaining days of Great Lent are days to grow in Christ. Joy awaits believers utilizing each day for the glory of God and salvation of the soul. The journey to Pascha is the supreme journey.

Every believer is encouraged to actively participate in Great Lent. Personal crosses are very heavy. Christ set the lasting personal example by showing that the Cross is not the end of life.

Christ's Cross revealed His divinity and His power over death. Individuals losing their lives for Christ live in Him in ways unimaginable. The Resurrection of Christ offers the joy unable to be stifled with the passing of centuries.

St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. March 2/15, 2015.

The Lenten Journey

Dear Father Robert,

With great sadness we have followed the news of Father Tom Hopko's tragic illness and now of his death on the afternoon of March 18th, 2015. It seems nearly impossible that the outgoing, enthusiastic, articulate and loving young parish priest many of us first knew over 40 years ago as he was making his trips from St. Gregory the Theologian parish to teach classes at St. Vladimir's Seminary, could end his days in such silence and near reclusion.

While we came to understand that he could no longer maintain the seemingly superhuman outreach that for many years included our fledgling Holy Myrrhbearers Monastery, he was nevertheless our staunch supporter for years, arranging for and serving the Divine Liturgy that founded our community under father Dan Hubiak at St. Sergius Chapel in the OCA Chancery, Syosset, NY on Myrrhbearers Sunday, 1977.

We are grateful for the years so many of us had, basking in the growing climate of integrity, dialogue and openness in the American Church that Father Tom was a crucial force in building across jurisdictional lines. In the process, he made a home for many who might otherwise never have had the chance to enter into the joys – and struggles – of following Christ "in an Orthodox manner."

As we enter into the final half of our Lenten journey to Pascha, we along with Father Tom's family, friends and the innumerable inheritors of

his spiritual legacy, also pray to be worthy of bearing the Cross and entering into the final joy of the Resurrection.

With our love and prayers (and trusting very much in yours)
The Nuns of Holy Myrrhbearers Monastery

RUNGS FROM St. JOHN'S LADDER

As Long as anger lives, she continues to be the fruitful mother of many unhappy children.

Meekness consists in praying calmly and sincerely for a neighbor, when it is that neighbor who causes us much turmoil.

Pride makes us forget our sins, for the remembrance of them leads to humility.

Do not make any judgments, and you will travel no quicker road to the forgiveness of sins.

Never confuse the person, formed in the image of God, with the evil that is in him: because evil is but a chance misfortune, an illness, a devilish reverie. But the very essence of the person is the image of God, and this remains in him despite every disfigurement."

An angel fell from heaven without any other passion except pride, and so we may ask whether it is possible to ascend to Heaven by humility alone without any other the virtues.

A servant of the Lord is he who in body stands before men, but in mind knocks at Heaven with prayer."

In Christ,

Fr. George Livanos

Believe it or not – St Patrick wasn't even Irish

It's that time of year where everything turns a shade of green. No, not quite the start of spring – it's St. Patrick's Day. Ever think about the guy inspiring this day of revelry? The first thing to know is that he wasn't Irish. His name wasn't even Patrick.

So, who is this guy?

It's thought St. Patrick's real name was Maewyn, and that he was British, and he lived in the 5th century when Britain was occupied by the Romans. The facts are often disputed, but it's believed Maewyn's Roman name was Patricius, and he was kidnapped into slavery and brought to Ireland. He escaped and became a priest in Gaul—the old-school name for France. It's thought he came back to Ireland after he had a dream calling him to return. He went back to the Emerald Isle as a missionary, and it is believed he was responsible for the country's conversion to Christianity. He confronted the Druids, abolishing their pagan rites. He was then promoted

to a bishop, and it's believed that after he died, on March 17, 461, he was named Ireland's patron saint.

That doesn't explain the party...

Right. So, upon his death, Patrick and was named Ireland's patron saint. It wasn't until the Irish started immigrating to the US that the day became a celebration. Looking to connect with their roots, the first parade in NYC was in 1762. Over the years, it grew from being a parade to a bigger, and sometimes wilder, celebration.

What's with the shamrock?

According to the story, whenever St. Patrick explained the Holy Trinity to his flock, he used a three-leaf clover, or shamrock, to illustrate the idea of the Father, the Son and the Holy Spirit all being part of one unity.

So—rivers are dyed green because...

The color green has long been associated with Ireland, given its lush rolling hills and nickname, The Emerald Isle. The practice of dyeing a river green started in Chicago in 1962.

What's the story behind the corned beef?

When the Irish first came to the US they were very poor. In New York, they settled in the Lower East Side, which had a big Jewish community. A traditional Jewish meal was brisket. It was a budget-friendly cut of meat that was quickly picked up by the Irish, and transformed into what we now see as the quintessential Irish meal. It has since become synonymous with the holiday.

And the leprechaun?

Leprechauns are part of Irish folklore, and were traditionally thought to be mischievous male fairies. They are generally thought to bring good luck—but only if you treat them with respect. Farmers would sometimes leave out offerings of drink with the hope of ensuring a good harvest.

Which brings us to the drinking part. Why is that such a big part of St. Patrick's Day?

If you've been to Ireland, or met anyone Irish, you will know that drinking and being merry are very important—and go hand in hand.

Memory Eternal! Protopresbyter Thomas Hopko 3/28/39–3/18/15

**(Fr. Thomas Hopko's "55 Maxims" – On Living a Christian Life)*

1. Be always with Christ and trust God in everything.
2. Pray as you can, not as you think you must.
3. Have a keepable rule of prayer done by discipline.
4. Say the Lord's Prayer several times each day.
5. Repeat a short prayer when your mind is not occupied.
6. Make some prostrations when you pray.

7. Eat good foods in moderation and fast on fasting days.
8. Practice silence, inner and outer.
9. Sit in silence 20 to 30 minutes each day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession and holy communion regularly.
13. Do not engage intrusive thoughts and feelings.
14. Reveal all your thoughts and feelings to a trusted person regularly.
15. Read the scriptures regularly.
16. Read good books, a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person, one of the human race.
19. Be polite with everyone, first of all family members.
20. Maintain cleanliness and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, even a part of a day, at a time.
24. Be totally honest, first of all with yourself.
25. Be faithful in little things.
26. Do your work, then forget it.
27. Do the most difficult and painful things first.
28. Face reality.
29. Be grateful.
30. Be cheerful.
31. Be simple, hidden, quiet and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake and attentive, fully present where you are.
35. Think and talk about things no more than necessary.
36. Speak simply, clearly, firmly, directly.
37. Flee imagination, fantasy, analysis, figuring things out.
38. Flee carnal, sexual things at their first appearance.
39. Don't complain, grumble, murmur or whine.
40. Don't seek or expect pity or praise.
41. Don't compare yourself with anyone.
42. Don't judge anyone for anything.
43. Don't try to convince anyone of anything.
44. Don't defend or justify yourself.
45. Be defined and bound by God, not people.
46. Accept criticism gracefully and test it carefully.
47. Give advice only when asked or when it is your duty.
48. Do nothing for people that they can and should do for themselves.

49. Have a daily schedule of activities, avoiding whim and caprice.
50. Be merciful with yourself and others.
51. Have no expectations except to be fiercely tempted to your last breath.
52. Focus exclusively on God and light, and never on darkness, temptation and sin.
53. Endure the trial of yourself and your faults serenely, under God's mercy.
54. When you fall, get up immediately and start over.
55. Get help when you need it, without fear or shame.

*Fr. Tom expounds further on this at:

http://www.ancientfaith.com/podcasts/hopko/lent_the_tithe_of_the_year

"The soul that loves God has its rest in God and in God alone. In all the paths that men walk in the world, they do not attain peace until they draw nigh to hope in God." (St. Isaac the Syrian, Homily 56, 89)

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This month's email posting is dedicated to the memory of Fr. Tom

A dedicated, loving and compassionate Father;
A faithful Intercessor, genuine Friend and trusted Mentor;
A thought-provoking, articulate and enthusiastic Speaker;
A prolific and fluent Author;
An exemplary and empathetic Priest;
And a true, caring Human Being!

Although Fr. Tom will be profoundly missed, the impact he had in many of our lives, personally as well as to the Christian world at large, will forever leave a lasting imprint! Please keep his devoted wife, Matushka Anne, his children, relatives and loved ones in your prayers!

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"We give thanks unto Thee, O Lord our God, for Thou only hast life immortal, and Thy glory is ineffable, and Thy love toward mankind is unutterable, and Thy kingdom faileth not forever, and with Thee there is no respect of persons; for unto all men Thou hast appointed a common debt of life, whose measure must be fulfilled. Wherefore we entreat Thee, O Lord our God: Give rest in the bosom of Abraham, and Isaac, and Jacob unto Thy servant, Protopresbyter Thomas, erstwhile a priest and our fellow-minister, who hath fallen asleep in the hope of resurrection unto life eternal. And as Thou didst appoint him to be a minister of Thy Church on earth, so also do Thou make him the same at Thy heavenly altar, O Lord. As Thou hast adorned him with spiritual honor among men, so also receive

Thou him uncondemned into the glory of the Angels. Thou Thyself hast dignified his life upon the earth; in like manner, also, make Thou glorious the exit of his life at his entrance among Thy holy Saints, and number his soul with all those who from all the ages have been well-pleasing in Thy sight. For Thou art the Resurrection, and the Life, and the Rest of Thy servant, Protopresbyter Thomas, who hath fallen asleep, O Christ our God; and unto Thee do we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now, and ever, and unto ages of ages. Amen." (Prayer said at a Priest's Burial Service – Hapgood Translation)

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