



Holy Ghost Orthodox Church

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CHRIST IS RISEN! INDEED HE IS RISEN!

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, Billy Sinclair, Pat, and Evelyn Felouzis. 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, MAY 10 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
5TH SUNDAY OF PASCHA; SUNDAY OF THE SAMARITAN WOMAN; HOLY APOSTLE
& HIEROMARTYR SYMEON-KINSMAN OF THE LORD; SAINT EULOGIUS THE
HOSPITABLE; VENERABLE STEPHEN-ABBOT OF THE KYIV CAVES & BISHOP OF
VOLODYMYR IN VOLYNA**

Tone 4

Acts 11:19-26, 29-30; 1 Corinthians 4:9-16

John 4:5-42; Matthew 13:54-58

***Litany in Blessed Memory of All Deceased Mothers, Grandmothers, etc.—Fr. Bob
Parastas in Blessed Memory of Joe & Mary Behun--Julie Russell Family, Melvin
Stanko Family, & Margaret & Veronic Durco***

**SUNDAY, MAY 17 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
6TH SUNDAY OF PASCHA; SUNDAY OF THE BLIND MAN; VIRGIN-MARTYR
PELAGIA OF TARSUS IN ASIA MINOR; HIEROMARTYR ERASMUS-BISHOP OF
FORMIA IN CAMPANIA; HIEROMARTYR ALBIAN-BISHOP OF ANAEA IN ASIA
MINOR; HIEROMARTYR SILVANUS OF GAZA**

Tone 5

Acts 16:15-34

John 9:1-38

THURSDAY, MAY 21 ASCENSION OF OUR LORD AND SAVIOR JESUS CHRIST

**SUNDAY, MAY 24 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
7TH SUNDAY OF PASCHA; AFTERFEAST OF THE ASCENSION; HIEROMARTYR
MOCIUS; HOLY EQUAL-TO-THE-APOSTLES CYRIL & METHODIUS-TEACHERS OF
THE SLAVS; VENERABLE SOPHRONIUS-RECLUSE OF PERCHEVSKY LAVRA**

Tone 6

Acts 20:16-18, 28-36; Hebrews 7:26-8:2

John 17:1-13; Matthew 5:14-19

***Litany in Blessed Memory of Mary Haluszczak—40 days—Fr. Bob
Parastas in Blessed Memory of Joe & Mary Behun—Panchison Family, John &
Rose Lopushanski, & Mrs. Mike Puzak***

**BULLETIN INSERT FOR 10 MAY 2015
5TH SUNDAY OF PASCHA; SUNDAY OF THE SAMARITAN
WOMAN; HOLY APOSTLE & HIEROMARTYR SYMEON-
KINSMAN OF THE LORD; SAINT EULOGIUS THE
HOSPITABLE; VENERABLE STEPHEN-ABBOT OF THE KYIV
CAVES & BISHOP OF VOLODYMUR IN VOLYNA**

Christ is Risen! Indeed He is Risen!

Христос воскрес! Воистину воскрес!

**Χριστός ἀνέστη! Ἀληθῶς ἀνέστη! (Khristós Anésti! Alithós
Anésti!)**

Hristos a înviat! Adevărat a înviat!

قام حقاً إقام المسيح! (al-Masīḥ qām! Ḥaqqan qām!)

Kristo Amefufukka! Kweli Amefufukka

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—TONE 8

The Samaritan Woman came to the well in faith;
She saw Thee, the Water of Wisdom, and drank abundantly!
She inherited the Kingdom on high, and is ever glorified.

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 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

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

You love righteousness and hate iniquity.

THE HYMN TO THE THEOTOKOS (Replaces "It Is Truly Meet")

The angel cried unto Mary, who was full of Grace

Hail, oh pure virgin, oh pure virgin

once again I hail Thee

Thy Son has risen from His three days in the grave,

and He has raised the dead with Him,

Oh rejoice, all ye people.

Oh shine with clear radiance, shine on new Jerusalem

For the glory of the Lord is shining up on you.

Rejoice! Rejoice! now and be joyful--oh Zion, and though

oh pure one and adorable birthgiver of God,

in the rising again of HIM who was born of Thee.

COMMUNION HYMNS

Receive ye the Body of Christ; taste ye the fountain of immortality.

Praise the Lord from the heavens! Praise Him in the highest!

Give Us This Day Our Daily Bread

May 3, 2015 By fatheralexis

The Lord's Prayer teaches us not only how we should pray, but also how we should think, what we should desire, and the way in which we should live. After so many petitions directing our gaze from earth to heaven by looking towards our heavenly Father as the starting point in all our efforts after asking that we might hallow His name by becoming holy ourselves, after beseeching that the Holy Spirit might come and abide in us establishing His rule in our heart, and after affirming our desire to be obedient to His holy will even as the angels are in heaven, the next petition—"Give us this day our daily bread"—may strike some as a rather earthly request that seems a bit out of place when put in the context of our Lord's advice, "take no thought for your life, what ye shall eat" (Matthew 6:25), but that same petition suddenly fits perfectly and becomes as clear as the light of the blazing sun when we recall our Lord's words, "I am the bread of life" (John 6:35). He is our daily bread.

It is not that the interpretation of this petition as a request for sustenance is wrong. After all, Saint John Chrysostom does note that asking only for one's daily bread trains us not to seek scrumptious dishes to please the palate, but rather that which is necessary to live, in other words, "bread for one day" (Homily 19 on Matthew). Thus, Saint John sees this petition as a call for us to live ascetically and to free ourselves from unnecessary cares. Similarly, Saint Augustine views this petition as a reminder that regardless of whether we are rich or poor, we are ultimately "God's beggar" and in need of His mercy (Sermon 6). Nevertheless, most patristic interpretations do indeed go much further.

One reason why the Lord's Prayer is recited, in both Eastern and Western Liturgies before Holy Communion, is the association between the "daily bread" of the Lord's Prayer and the Body of Christ distributed to the faithful. Thus, Saint Cyprian of Carthage writes, "We ask that this bread should be given to us daily, so that we who are in Christ and daily receive the Eucharist for the food of salvation may not be separated from Christ's body by the impediment of some reprehensible sin that can prevent us from partaking of the heavenly bread" (On the Lord's Prayer). Saint Augustine notes that though this interpretation is good and proper, it fits best before Holy Communion, but if the Lord's Prayer is said after receiving the Eucharist on the same day, another spiritual interpretation can also be helpful (On the Sermon on the Mount, book 2, chapter 7). That additional interpretation is, in fact, quite common among the fathers.

For example, Saint John Cassian teaches that daily bread means "that without it we cannot live a spiritual life for a single day. Where it says 'today' it shows that it must be received daily and that yesterday's supply of it is not enough, but at it must be given to us today also in like manner" (The Conferences, Conference 9, chapter 21). For the Fathers, the daily bread is the bread of "the age to come" (Saint Cyril of Alexandria, On Jacob, PG 72.693), "the kingdom [βασιλεία, rule] of hoped for blessedness" (Saint Gregory of Nyssa, On the Lord's Prayer), "the very word of God...that we should bring to remembrance even more frequently than we breathe" (Saint John Chrysostom, Interpretation of the Lord's Prayer, PG 59.628). "Our daily bread" is "the nourishment of life and knowledge that we seek during this present life of mortality that can defeat the death of sin" (Saint Maximus the Confessor, On the Lord's Prayer). Saint Augustine

sums it up well, "the daily lessons that you hear in church are daily bread; and the hymns you hear and repeat are daily bread" (Sermon 7).

All of the above also means that as we ask God for our daily bread, we are also called to actively seek that daily bread by "speaking to ourselves in psalms and hymns and spiritual songs, singing and making melody in our hearts to the Lord" (Ephesians 5:19). And as we read the Scripture, as we study spiritual books, as we say our prayers, we also entreat God "Give us this day our daily bread," saying as it were, may those spiritual truths and saving precepts become "bread which strengthens our heart" (Psalm 104:15), so that we too may become like Christ, bread that sustains those around us. Amen.

Makes you think...

Two men, both seriously ill, occupied the same hospital room.

One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs.

His bed was next to the room's only window.

The other man had to spend all his time flat on his back.

The men talked for hours on end.

They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation...

Every afternoon, when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color

and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite details, the man on the other side of the room would close his eyes and imagine this picturesque scene.

One warm afternoon, the man by the window described a parade passing by.

Although the other man could not hear the band -he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Days, weeks and months passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep.

She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside. He strained to slowly turn to look out the window besides the bed.

It faced a blank wall.

The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window.

The nurse responded that the man was blind and could not even see the wall.

She said, 'Perhaps he just wanted to encourage you.'

Epilogue:

There is tremendous happiness in making others happy, despite our own situations. Shared grief is half the sorrow, but happiness when shared, is doubled. If you want to feel rich, just count all the things you have that money can't buy.

REMINDERS: NO KNEELING until the Kneeling Prayers of Pentecost Sunday. Instead of "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service *until Ascension Thursday*, we sing "Christ is Risen!" Also, we do not say the prayer to the Holy Spirit "O Heavenly King" until Pentecost Sunday.