



Holy Ghost Orthodox Church

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ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father John Harvey, Father Jakiw Norton, Father Dragan Filipović, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, 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 Paisius McGrath, 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, 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, Loretta, Nancy, Carol, & Michael Sheliga, Gaele Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Carl & Margaret Reed, 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, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Mira Filipovic, Lynn, Jacqueline, Irma Opacic, Sharon, Zan Cheng, 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, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Evelyn Felouzis, Kyranna Cherpas, Pastor Bruce Nordeen, Millie Koss Good, Mary Haraczy, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Mike Mangan, Luke Tinsley, Brent, Tricia, Katherine Gorman, and Jackie Crimbchin. 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 at some time in the future...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!

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 13 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
CHEESEFARE SUNDAY—FORGIVENESS SUNDAY; EXPULSION OF ADAM & EVE
FROM PARADISE**

Tone 8

Romans 13:11-14:4

Matthew 6:14-21

FORGIVENESS SUNDAY VESPERS—ST. VLADIMIR'S SOUTH SIDE—4 PM

MONDAY, MARCH 14 GREAT LENT BEGINS

**SUNDAY, MARCH 20 HIERARCHICAL DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM
FIRST SUNDAY OF GREAT LENT—TRIUMPH OF ORTHODOXY; THE HOLY
MARTYRS OF CHERSON: BASIL, EPHRAIM, CAPITO, EUGENE, AETHERIUS,
ELPIDUS, & AGATHODORUS; SAINT PAUL THE SIMPLE OF EGYPT-DISCIPLE OF
SAINT ANTHONY THE GREAT; SAINT PAUL THE CONFESSOR-BISHOP OF
PRUSIAS IN BITHYNIA; SAINT EMILIAN OF ROME**

*****SPECIAL PARISH MEETING AFTER DIVINE LITURGY*****

Tone 1

Hebrews 11:24-26,32-12:2

John 1:43-51

VESPERS OF THE TRIUMPH OF ORTHODOXY—ST. NICHOLAS GO CATHEDRAL—4 PM

**SUNDAY, MARCH 27 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM
SECOND SUNDAY OF GREAT LENT—SAINT GREGORY PALAMAS-ARCHBISHOP OF
THESSILONICA; SYNAXIS OF ALL VENERABLE FATHERS OF PERCHEVSKY
LAVRA; SAINT BENEDICT OF NURSIA-ABBOT; SAINT EUSCHEMON-BISHOP OF
LAMPACUS; SAINT ROSTISLAV-MICHAEL-PRINCE OF KIEV; SAINT
THEOGNOSTUS-METROPOLITAN OF KIEV AND ALL RUS**

Tone 2

Hebrews 7:26-8:2; Galatians 5:22-6:2
John 10:9-16; Luke 6:17-23

BULLETIN INSERT FOR 13 MARCH 2016

CHEESEFARE SUNDAY—FORGIVENESS SUNDAY; EXPULSION OF ADAM & EVE FROM PARADISE

TROPARION—TONE 8

Thou didst descent from on high, O Merciful One!
Thou didst accept the three-day burial to free us from our sufferings!
Our Lord, our Life and Resurrection, Glory to Thee!

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 8

By rising from the tomb,
Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,
And the world celebrates Thy Rising from the dead,
O greatly Merciful One!

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!

PEOPLE: **Pray and make your vows before the Lord our God!**

READER: In Judah, God is known; His name is great in Israel!

PEOPLE: **Pray and make your vows before the Lord our God!**

READER: Pray and make your vows.

PEOPLE: **Before the Lord our God!**

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to Him with psalms.

Don't be deceived regarding the knowledge of what will be after your death: what you sow here, you will reap there.

After leaving here, no one can make progress. Here is the work, there the reward; here the struggle, there the crowns.

+St. Barsanuphius the Great



The Battle Against Sin

Ecclesiastes 6:11- Seeing there be many things that increase vanity, what is man the better?

The mind and heart of a person determines whether he or she seeks purity with God. Various worldly trappings and attractions can ensnare a person. The desire to love Christ and be unified with Christ must be strong.

God's grace and mercy are necessary for a person to live faithfully and in pleasing ways. The person seeking Godly purity of life must firmly reject sin and temptations to sin.

The person desiring unity and purity with God must be serious and consistent in repenting. Vanity works on the mind. Modern life is full of creations and activities that attempt to take a person far from the path to God's Kingdom.

The Lord Jesus Christ took on earthly life in simple times. He lived simply. Saints of the Church have shed themselves of luxury. His Holiness, the late +Patriarch PAVLE was a model of modesty, simplicity and lover of Christ.

Believers are constantly nourished by the writings and life of +St. Nikolai of Zica. St. Nikolai is not known for what he collected in material wealth. He is known for the spiritual wealth shared in his writings, preaching and teaching.

Pride and vanity are dangers to the soul. Parents need to be cautious in goals they encourage in their children. Adults need to regularly assess personal goals and interests, measuring them with Christ's teachings and standards.

Is it worth parents destroying family life by taking jobs that allow no time for church attendance and parenting young children? Is it worth compromising Christian morals and ethics in the workplace to go along with others?

Personal honesty is necessary in the Christian life. Personal action to repent when sin has taken place is always required. Burying sin within the person does not allow for God's forgiveness and mercy.

Humility is not acquired on its own. Personal decision-making determines whether a person is overcome and governed by vanity. Choices made in daily life affect whether dangerous pride develops.

Sincere repentance enables a believer to begin anew. Nourishment from Christ strengthens a person in the daily battle against sin. Personal goals guide daily actions and use of the mind.

Seeking the Kingdom of God requires resolute commitment and vision. Christ is essential in the person seeking the Kingdom of God. Christ makes possible the journey to God's Kingdom.

Hunger in the soul is only fully satisfied in Christ. Purity of heart, mind and soul are possible only with Christ. The battle against sin must be relentless and vigorous. The way to battle against sin is found in Christ.

*St. George Serbian Orthodox Church, Carmichaels, Pennsylvania
February 9/March 3, 2016 Father Rodney Torbic*

By the rivers of Babylon, there we sat down, yea, we wept, when we remembered Zion". Psalm 136.

Here is a beautiful homily by St. Seraphim Rose on the Prodigal Son.

In these words of the Lenten psalm, we Orthodox Christians, the New Israel, remember that we are in exile. For Orthodox Russians, banished from Holy Russia, the Psalm has a special meaning; but all Orthodox Christians, too, live in exile in this world, longing to return to our true home, Heaven. For us the Great Fast is a session of exile ordained for us by our Mother, the Church, to keep fresh in us the memory of Zion from which we have wandered so far. We have deserved our exile and we have great need of it because of our great sinfulness. Only through the chastisement of exile, which we remember in the fasting, prayer and repentance of this season, do we remain mindful of our Zion.

"If I forget thee, O Jerusalem..."

Weak and forgetful, even in the midst of the Great Fast we live as though Jerusalem did not exist for us. We fall in love with the world, our Babylon; we are seduced by the frivolous pastimes of this "strange land" and neglect the services and discipline of the Church which remind us of our true home. Worse yet, we love our very captors - for our sins hold us captive more surely than any human master - and in their service we pass in idleness the precious days of Lent when we should be preparing to meet the Rising Sun of the New Jerusalem, the Resurrection of our Lord Jesus Christ.

There is still time; we must remember our true home and weep over the sins which have exiled us from it. Let us take to heart the words of St. John of the Ladder: "Exile is separation from everything in order to keep the mind inseparable from God. An exile loves and produces continual weeping." Exiled from Paradise, we must become exiled from the world if we hope to return.

This we may do by spending these days in fasting, prayer, separation from the world, attendance at the services of the Church, in tears of repentance, in preparation for the joyful Feast that is to end this time of exile; and by bearing witness to all in this "strange land" of our remembrance of that even greater Feast that shall be when our Lord returns to take His people to the New Jerusalem, from which there shall be no more exile, for it is eternal. March 1965

REMINDERS: [Questions, please see Father Bob]

Forgiveness Sunday Vespers for the Pittsburgh Deanery will be held at Saint Vladimir's Parish on the South Side starting at 4 PM. All are welcome.

Next Sunday, March 20, Sunday of Orthodoxy Vespers will be served at Saint Nicholas Greek Orthodox Cathedral at 4 PM, sponsored by the Orthodox Clergy Brotherhood of Greater Pittsburgh. Light

Lenten refreshments will be shared after the service. All are welcome!