



Holy Ghost Orthodox Church

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GREAT LENT—ADORATION OF THE MOST HOLY CROSS

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 George & Pani Lillian Hnatko, 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, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smolynec, Joshua Agosto and his family, Eva Malesnick, Stella Peanoske, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Gary & 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, 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, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle 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, 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, 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 Deskens, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Mira Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Jeff Jones, Kristy, Elaine Ellenberger, 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, Kyranna Cherpas, Pastor Bruce Nordeen, Millie Koss Good, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Mike Mangan, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Michael Pawlyshyn, Sherri Walewski, Marika Zeliszczuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], Stella McKeag, Margie Sekelsky, Gary Howell, Fran Fulton, Gina Catanese, Bill Vizza, Jamie Swarm, Kevin Allen (from Ancient Faith Radio), Kathy Flaherty, Tori Reade-Henry's niece, Derick-Glen Burlack's neighbor, Michael, Nichole & Christopher, Cheryl Pomeroy, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, and Ian Brick. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery. Hanczar, and Ian Brick. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.

In conjunction with Slickville's Centennial Celebration next year, the Centennial Committee is selling tear-off raffle tickets to help finance the celebration and fireworks. Bill Kuznik is the keeper of the tickets which cost \$2 and are sold every week. Please see Bill if you are interested or with any questions. We have a list of winning numbers in the bulletin insert! 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 19 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM
3RD SUNDAY OF GREAT LENT; ADORATION OF THE MOST HOLY CROSS; 42
MARTYRS OF AMMONIA IN PHRYGIA INCLUDING CONSTANTINE, AETIUS,
CALLISTUS, BASOES, & OTHERS; MONK-MARTYRS CONON & HIS SON CONON;
UNCOVERING OF THE HOLY CROSS & NAILS BY EMPRESS SUNDAY HELEN;
SAINT ARCADIUS-MONK OF CYPRUS & DISCIPLES JULIAN & BULIUS**

Tone 6

Hebrews 4:14-5:6

Mark 8:34-9:1

**SUNDAY, MARCH 26 OBEDNITZA—DOWNSTAIRS IN CHURCH HALL 10:30 AM
4TH SUNDAY OF GREAT LENT; VENERABLE JOHN CLIMACUS—OF THE LADDER OF
DIVINE ASCENT; TRANSLATION OF THE RELICS OF SAINT NICEPHORUS THE
CONFESSOR-PATRIARCH OF CONSTANTINOPLE; MARTYR SABINUS OF EGYPT;
MARTYRS AFRICANUS, PUBLIUS, & TRENCE OF CARTHAGE; MARTYR
ALEXANDER OF MACEDONIA; MARTYR CHRISTINA OF PERSIA; VENERABLE
ANANAS THE PRESBYTER OF EUPHRATES**

Tone 7

Hebrews 6:13-20; Ephesians 5:9-19

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

SUNDAY, APRIL 02 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM

5TH SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; HOLY FATHERS SLAIN AT MONASTERY OF SAINT SABBAS-SAINTS JOHN, SERGIUS, PATRICK, & OTHERS; MARTYR PHOTINA THE SAMARITAN WOMAN & SONS-MARTYRS VICTOR/PHOTINOS & JOSIAH WITH ANATOLIA, PHOTO, POTIDA, PARASKEVA, KYRIAKIA, DOMNINA, & SEBASTIAN; VIRGIN-MARTYRS OF AMISUS-ALEXANDRIA, CLAUDIA, EUPHRASIA, MATRONA, JULIANA, EUPHEMIA, & THEODOSIA; SAINT NICETAS THE CONFESSOR-BISHOP OF APOLLONIAS IN BITHYNIA

Tone 8

Hebrews 9:11-14

Mark 10:32-45

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

BULLETIN INSERT FOR 19 MARCH 2017

3RD SUNDAY OF GREAT LENT; ADORATION OF THE MOST HOLY CROSS; 42 MARTYRS OF AMMONIA IN PHRYGIA INCLUDING CONSTANTINE, AETIUS, CALLISTUS, BASOES, & OTHERS; MONK-MARTYRS CONON & HIS SON CONON; UNCOVERING OF THE HOLY CROSS & NAILS BY EMPRESS SUNDAY HELEN; SAINT ARCADIUS-MONK OF CYPRUS & DISCIPLES JULIAN & BULIUS

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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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.



**DAYLIGHT SAVING TIME BEGINS TONIGHT!
SPRING FORWARD: SET YOUR CLOCKS AHEAD 1 HOUR.
DON'T MISS LITURGY!**

Don't miss Liturgy tomorrow: be sure to set your clocks ahead one hour **before going to bed tonight**. Cell phones will be automatically changed by the network, but some alarm apps may need to be manually adjusted.

Just for fun, here is some Daylight Saving Time history along with some fun facts:

Q: When does daylight saving time begin?

A: **Late tonight**. On Sunday, March 12, 2017, at 2 a.m., you should move your clocks ahead one hour ("**Spring forward, fall back!**"). That is, unless you live in Hawaii, Arizona and the Midway Islands and Wake Island, which do not observe daylight saving time.

Q: Don't you mean daylight savings time, plural?

A: Nope. Not according to the Oxford English Dictionary, which says: "The rise of daylight savings time appears to have resulted from the avoidance of a miscue: When saving is used, readers might puzzle momentarily over whether saving is a gerund (the saving of daylight) or a participle (the time for saving). Also, of course, we commonly speak of how to "save time" (of saving time), and this compounds the possible confusion."

Q: Why do we do this every year in March and November, anyway?

A: Short answer: To give us an extra hour of sunshine in the warmest months of the year. Long answer: The idea of Daylight Saving Time, or as it is referred to in some places "Summer Time," dates back to Benjamin Franklin, though the U.S. didn't first implement it until World War I to save fuel by reducing the need to use artificial lighting. Daylight saving time was officially established in the Act of March 19, 1918, sometimes called the Standard Time Act. DST was repealed in 1919, then reestablished during World War II. The 1966 Uniform Time act provided standardization in the dates DST is observed, but local exemptions were permitted. Since then, the start date has shifted several times, beginning as early as January during the energy crisis years in the '70s. As of 2007, DST starts on the second Sunday in March, and ends on the first Sunday in November.

Q: Are there any benefits to DST other than extra sunshine?

A: Proponents say that it provides more time in the day for exercise and socialization, which makes people happier. Some say that the extra hour increases visibility and helps decrease traffic accidents, while others say that the lost hour of sleep can actually increase accidents. Some say the extra daylight also may save energy, decreasing the amount of time that we use lights and appliances; other studies have found that DST has had little effect on energy consumption. The tourism industry believes that DST gives them a boost, and a founder of the Daylight Saving Coalition once testified in Congress that fast-food restaurants sell more French fries in DST!

Q: Is there anything else I should do when my clocks change on Sunday?

A: Some suggest that the day is a good reminder to check your smoke detectors and create a home preparedness kit. Also, here are some tips from experts to make the change easier and safer:

- Move your clock forward early, say 8 or 9 p.m. then go to bed at your normal time. You're giving up an hour during the day but will stay on schedule sleep-wise.

- Skip the snooze button. Keeping a good routine when going to bed and waking is key to an easier transition. One day a year of change isn't enough to mess up your schedule as long as it isn't routine.
- Get plenty of sunlight once you are awake. Daylight is a cue to your internal clock to stop producing melatonin, the hormone that makes you feel sleepy.
- If you're sensitive to the time change, don't overschedule yourself the first few days. Doing too much can make those feelings of fatigue even worse.
- Be extra careful on the road. The darker part of the day now falls in the morning hours and people may be tired. It's a good time to play it extra safe on the roads.

Q: Any other fun facts about DST?

- Birth records: When the time changes each spring, there is a gap in birth records when no babies are born at all: from 2:00 a.m. to 3:00 a.m.!
- No Daylight: In Antarctica, there is no daylight in the winter and months of 24-hour daylight in the summer. But many of the research stations there still observe Daylight Saving Time anyway, to synchronize with their supply stations in Chile or New Zealand.

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Not long ago in one of the churches of St. Petersburg during the Divine Liturgy the attention of the people taking Communion was attracted by a little fair-haired boy who was standing not far from the altar. He was watching attentively those receiving Communion and from time to time started laughing in a loud childish manner. He was asked to behave reasonably, but of no avail. The strange behavior of the boy stopped as soon as the Communion was over. His parents who had been very much surprised asked why he was laughing and this is what the boy replied:

"When I was looking at people approaching the Chalice, I suddenly noticed that a white dove flies up to some of them. Just at the moment when a man or a woman opens his or her mouth to partake of the Gifts the dove pecks the Gifts off the spoon and flies away. They do not see the dove, they close their mouths thinking that they have received the Holy Communion, but in deed they have just had an empty spoon. I thought that was very funny."

For a non-believer this story told by a child could appear as something imagined, and an Orthodox heart cannot but be overcome with awe having understood the meaning of the vision sent to a child. Indeed, it is frightening to realize that the Lord would not let some of us have the Communion because we approach the Sacred Chalice being unworthy and unprepared.



UPDATE ON SLICKVILLE TICKET WINNERS:

We have had several winners last year—AND this year—you may be next!

Check your tickets and contact Bill Kuznik if you have a winning ticket!

Remember, the tickets are the main way to finance the fireworks display for the Slickville Centennial Celebration next August. Any left over money will be divided among the three churches and the volunteer fire department!

More details on the Centennial will be forthcoming—please check the Centennial website for more information: <http://slickville100.com>

Slickville Centennial hats and clothing are now available—see Bill for order forms for hats, t-shirts, polo shirts, and sweatshirts!!! Show your Slickville pride to everyone!