



Holy Ghost Orthodox Church
714 Westmoreland Avenue
PO Box 3
Slickville, PA 15684-0003

www.holyghostorthodoxchurch.org

Very Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

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: Archbishop Daniel, Metropolitan Antony, Metropolitan Yurij, Anastasia [Metropolitan Yurij's mom], Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father Jakiw Norton, 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 & Pani Mary Anne 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 Smoly nec, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Joshua Agosto and his family, Eva Malesnick, Stella Peanoske, Nick Behun, Grace Holupka, Joseph Sliwinsky, Gary & Linda Mechtly, 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, George Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Archbishop 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, Esther Holupka, David Vallor, Henry Faraly, Julie Eiler, Dorothy Lednovich, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—young man with

cancer, Nicholas Orlando, Mary Ann Kuznik, 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], David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Strozh [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Patrick, Linda Morris, Howard Simpson, Chris, David Hiles, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, 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 Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, 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, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Sherri Walewski, Marika Zeliszczyk, 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, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, Gregory Cervo, Lisa Bruce, Martha Nezolyk, Kathy Cvetkovich, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Phil Bouse, Ralph & Beverly Stoker, Noah Willard, Nikola, Natalie, Nikola, & Nevenka Jovonovich, Julia Collier, Amy Kemerer, Thomas Smith, Tracy Slaughaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Dena & George, Georgia, Lawanda [Evelyn's niece],

Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Marianne Mulroy, Theodore, Dan & Family, and Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.

Our parish needs pussy willow branches for Palm Sunday! I have ordered the palms, but since we cut down the two pussy willow trees threatening our garage footer and walls, we will not have any this year. If you have some, please cut them when they are in their "kitten fur" stage and keep them in a cool place—the church basement has several areas we can use. If you have any questions, please contact Father Bob! THANKS!

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 31—OBEDNITZA-SAINT BASIL THE GREAT-DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

3RD SUNDAY OF GREAT LENT; ADORATION OF THE HOLY CROSS; SAINT CYRIL-ARCHBISHOP OF JERUSALEM; MARTYRS TROPHIMUS & EUCARPUS OF NICOMEDIA; SAINT ANANIAS-PRESBYTER & MONK OF THE EUPHRATES

Hebrews 4:14-5:6

Mark 8:34-9:1

Parastas in Blessed Memory of Evelyn Burlack—the Burlack Family

SUNDAY, APRIL 07—OBEDNITZA-SAINT BASIL THE GREAT-DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

4TH SUNDAY OF GREAT LENT; SAINT JOHN CLIMACUS—SAINT JOHN OF THE LADDER OF DIVINE ASCENT; THE ANNUNCIATION OF THE MOST HOLY THEOTOKOS; MARTYR VICTORIA

Hebrews 6:13-20; Hebrews 2:11-18

Mark 9:17-31; Luke 1:24-38

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

Parastas in Blessed Memory of Katherine Debick—40 days—Fr. Bob

SUNDAY, APRIL 14—OBEDNITZA-SAINT BASIL THE GREAT-DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

5TH SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; VENERABLE MARY THE EGYPTIAN; MARTYRS GERONCIUS & BASILIDES; RIGHTEOUS ACHAZ, VENERABLE MACARIUS-ABBOT OF PELECETE; VENERABLE GERONTIUS-YOUTH-CANONARCH OF PERCHEVSKY LAVRA

Hebrews 9:11-14; Galatians 3:23-29

Mark 10:32-45; Luke 7:36-50

BULLETIN INSERT FOR 31 MARCH 2019

3RD SUNDAY OF GREAT LENT; ADORATION OF THE HOLY CROSS; SAINT CYRIL-ARCHBISHOP OF JERUSALEM; MARTYRS TROPHIMUS & EUCARPUS OF NICOMEDIA; SAINT ANANIAS-PRESBYTER & MONK OF THE EUPHRATES

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.



By His Eminence Metropolitan Nicholas of Mesogaias and Lavreotiki

Great Lent is a period of spiritual opportunities and expectations for the entire Church. We wait for it all year with an inner thirst, those often undefined dreams which are yet so deep, because God promises great things for this period, as well as our entire lives. Our purpose is for our soul to climb to heaven, that we may become heavenly people. These days that are opening up before us provide us this opportunity through the struggle of repentance. Let us see therefore some of the characteristics that this struggle should have.

The **first** is forgiveness. It is an expression of love, a sense of community, that we are all together and of one mind on this journey, at this task, in this expectation of the blessing of God. We let go of our own space and we enter the space of God where everyone fits and nothing distinguishes us.

The **second** is to not only enter the space of God, but to enter into the time of God, where God is most prevalent, where worldly events do not play a role, where even our own personal history has importance but it degenerates—if we could say—before how God acts.

The **third** characteristic is our willingness to work towards the virtues, those virtues needed for our soul in the current situation. Let each one of us focus on working towards our own virtues, those that will release us, those which will be our own windows through which will glimmer the divine presence.

There is also a **fourth**. It is the expectation and preparation for temptations. In this period of high goals, great desires, a rare and unique blessing would not be strange at all if we found ourselves to be in temptations, unexpected ones, such as that we could not possibly imagine. What a great legacy is the help of God in the fight against the devil and the various temptations, not only against the passions that each of us must carry!

So we enter the space of God and we forgive. We enter the time of God and we are at rest. We work eagerly and honorably towards the virtues. We prepare for temptations and pray and live at the point of divine assistance.

So let us begin Great Lent with these boundless interior feelings, the internal excess of our love and our desire and our philotimo and in expectation of the visitation of God, that we may all together at the end of this period enjoy excessively the gifts of the Resurrection of the Lord which

are not kept for the angels, but are offered within the Church to every believer and therefore to each of us.

I pray that God gives everyone a good and blessed and productive and fruitful and joyous and truly Great Lent with an abundant harvest, that we may be made worthy after seven weeks to become sharers in His Resurrection. Amen.

Almsgiving

Matthew 6:4-That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.(KJV)

Christians attentive to the Holy Gospel perform charitable works in secret. Seeking personal attention for charitable acts runs counter to the Gospel. Charitable works and gifts have the recipient as the primary beneficiary. Christian love is the intended motivator in performing charitable acts. The Church's fast periods are primary times for increased acts of charity.

Luke 11:41-But rather give alms of such things as ye have; and, behold, all things are clean unto you.(KJV)

Personal contributions from the heart as acts of charity have the greatest impact. Giving gifts of personal time and talents from God demonstrate genuine interest. Christian love is demonstrated when purity of heart is the basis for giving. God knows the thoughts and reasons leading to the person's acts of charity. The Lord Jesus Christ's teachings on almsgiving are found in the Holy Gospel.

Acts 10:2-A devout man, and one that feared God with all his house, which gave much alms to the people, and prayed to God alway.(KJV)

Devout believers readily practice almsgiving sacrificially to help others in need. Prayer, fasting and almsgiving are united in the life of the serious Christian. Almsgiving flows out of love for each person as being identified with Christ. The Lord spoke of almsgiving: "Give to every man that asketh of thee;"(Lk.6:30) Let us look to the Lord to learn about almsgiving being a part of our lives.

Acts 10:4-And when he looked on him, he was afraid, and said, What is it, Lord? And he said unto him, Thy prayers and thine alms are come up for a memorial before God. .(KJV)

Every moment of every day is the opportunity to draw closer to the Lord God. The Lord God gave freely when He ascended the Cross as the example to follow. When we see persons hurting, let not our hearts be hardened and fail to help. Generosity in helping the needy always has a place in the Christian's daily life. Almsgiving is a multiplication and sharing of the gifts received from God. Let love abound in charitable giving as a basis for rejoicing in the Lord God.

Acts 10:31-And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.(KJV)

Almsgiving is putting into action the practical following of Christ in daily life. Almsgiving is freely the sharing of treasures we have received from the Lord God. Generosity to others enriches the life of the giver in ways beyond measure. Always thank God for the opportunity to serve and help others in daily life. Each day of life is a gift from God and almsgiving adds to life's treasures.

Holy Seven Bishops, Hieromartyrs of Cherson. March 7/20, 2019. Hidden Valley, Pennsylvania. Father Rodney Torbic

Fr. George L. Livanos [via listserv.goarch.org](mailto:listserv.goarch.org) Sun, Mar 24, 7:43 AM

Fr. Rafail Noica, disciple of Archimandrite Sophrony of Essex, talks about an easy way of remembering God in a world of distraction. Fr. Rafail: We should, literally and practically, live as two lovers live; they do not set up rules like meeting daily for 10 minutes, from this minute to that, but they long one for the other the entire day... They miss each other if they don't meet, if one travels far away, it's like something breaks in the other... This is how we should be with God. The advantage with God – so to speak – is that this God, so distant, is never far away! You say: "Lord!" And before you say it He is with us, because He is within us, if we are able to find Him there. In this dialogue, we should always have contact with God and I tried to instill that thought several times when I said, "Let's 'gossip' with God about everything, we should not think in an abstract way..." For example: "Oh, what am I going to do tomorrow, I have to go there and there, and how will I reach?" Add "Lord!" and your thought will become a prayer. "Lord, how am I going to get there? I have to go there and there and I don't know how to... Help me, Lord!" And it becomes a prayer. And it is not less important, nor less efficient than what we call, in general, "prayer."