

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
rpopichak@alumni.cmu.edu

**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, Archbishop Jovan, Bishop Robert, Metropolitan Savas, Metropolitan Kallistos of Diokleia, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, 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 Smolynec, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Father George Livanos, Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father Steve Hutnick [COVID-`9], Father Victor Wronskyj [COVID-19], Father George & Dobrodijka Oksana Bazylevsky, Fr. Volodymyr Muzychka [COVID-19], Diakonissa Mary Ann Cherkas, Joshua Agosto and his family, Eva Malesnick, 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, 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 Luciow, Theresa Ditto, Mary Ann Musial, 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, 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, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, 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, 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 Zeliszczuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], 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 Slaugenhaupt, 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 & Gordon Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Joe Samchuck—vocations, Albert Heckman, Brianna Stumpf, Stanley Porembka, David & Terry Coyne Hartnett, Mike C., Jennifer Scheirer [Nick Behun's daughter], Catherine Beecham [Father Bob's cousin], JoAnne & Dave Andrews, Rev. Peg Bowman, Pat Jennings, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin,

George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Steven—Harry Batch's cousin, Rose Mary Pavlovich—Mary Anne Kuznik's Cousin, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Micky Delans [COVID-19], Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Dolores Wachnowsky, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Deacon Joe Uzar-vocations, Tim-surgery, Archimandrite Raphael-COVID-19, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko [triple by-pass], John, Kris & Kait, Jeff & Mary Jane Double [COVID-19], Terri Crosby-Vega [COVID-19], Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Barbara Shegat & Chaplain Rachelle Zazzu, and Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer Paul Kline and Walter Sakol. We pray that God will grant them all a speedy recovery.

A woman was created from a man's ribs, not from the heel to be trampled on, nor from the head to be superior, but from the side to be equal, under the arm to be protected and near the heart to be loved. Woman was created to be loved.

Dear Brothers and Sisters in Christ... There is <u>NOTHING</u> to keep us from praying...for each other, for our family and friends, and most of all for the first responders—EMTs, nurses, doctors, firefighters, police officers, and members of our military who keep us safe. Be well, and be SAFE!!! God Bless!

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!

<u>Communion Fasting:</u> 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.

#### **SERVICES IN SLICKVILLE**

SUNDAY, MARCH 14 OBEDNITZA—UPSTAIRS!!! 10:30 AM CHEESEFARE SUNDAY; FORGIVENESS SUNDAY; EXPULSION OF ADAM & EVE FROM PARADISE; MARTYR EUDOCIA OF HELIOPOLIS; MARTYRS NESTOR, TRIBINIUS, MARCELLUS, & ANTHONY; MARTYR ANTONINA OF NICAEA IN BITHYNIA; VIRGIN DOMNINA OF SYRIA

Tone 7
Romans 13:11-14:4
Matthew 6:14-21

MONDAY, MARCH 15 THE GREAT FAST—GREAT LENT—BEGINS

SUNDAY, MARCH 21 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM FIRST SUNDAY OF GREAT LENT; SUNDAY OF ORTHODOXY; TRIUMPH OF ORTHODOXY; SAINT THEOPHYLACTUS-BISHOP OF NICOMEDIA; APOSTLE HERMAS OF THE 70; HIEROMARTYR THEODORETUS OF ANTIOCH; SAND DOMETIUS-MONK

Triumph of Orthodoxy LIVESTREAM from Holy Cross Greek Orthodox Church— 4:30 PM

Tone 8
Hebrews 11:24-26, 32-12:2
John 1:43-51

SUNDAY, MARCH 28 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM SECOND SUNDAY OF GREAT LENT; SAINT GREGORY PALAMAS-ARCHBISHOP OF THESSALONICA; SYNAXES OF THE VENERABLE FATHERS OF PERCHEVSKY LAVRA; MARTYRS AGAPIUS, PUBLIUS, TIMOLAUS, ROMULUS, 2 NAMED DIONYSIUS, & 2 NAMED ALEXANDER OF CAESAREA IN PALESTINE; HIEROMARTYR ALEXANDER OF SIDE IN PAMPHYLIA; MARTYR NICANDER OF EGYPT

Tone 1
Hebrews 1:10-2:3; Hebrews 7:26-8:2; Galatians 5:22-6:2
Mark 2:1-12; John 10:9-16; Luke 6:17-23

#### **BULLETIN INSERT FOR 14 MARCH 2021**

CHEESEFARE SUNDAY; FORGIVENESS SUNDAY; EXPULSION OF ADAM & EVE FROM PARADISE; MARTYR EUDOCIA OF HELIOPOLIS; MARTYRS NESTOR, TRIBINIUS, MARCELLUS, & ANTHONY; MARTYR ANTONINA OF NICAEA IN BITHYNIA; VIRGIN DOMNINA OF SYRIA TROPARION—TONE 7

By Thy Cross, Thou didst destroy death! To the thief, Thou didst open Paradise! For the Myrrhbearers, Thou didst change weeping into joy. And Thou didst command Thy disciples, O Christ God, To proclaim that Thou art risen, granting the world great mercy!

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 7**

The dominion of death can no longer hold men captive, For Christ descended, shattering and destroying its powers! Hell is bound, while the prophets rejoice and cry: The Savior has come to those in faith! Enter, you faithful, into the Resurrection!

#### PROKEIMENON—TONE 7

**READER:** The Lord shall give strength to His people! The Lord shall bless His people with peace!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

**READER:** Offer to the Lord, O you sons of God! Offer young rams to the Lord!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

**READER:** The Lord shall give strength to His people!

**PEOPLE: The Lord shall bless His people with peace!** 

#### ALLELUIA VERSES—TONE 7

It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!

To declare Thy mercy in the morning, and Thy truth by night!

#### **Healing**

Matthew 4:24-And his fame went throughout all Syria: and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he healed them. (KJV)

The Holy Gospel teaches the Lord heals those turning to Him in faith and hope. Healing has different dimensions which are not always visible to the seeing eye. Internal healing bringing peace to mind, heart and soul can occur within a believer. A believer may outwardly suffer from afflictions and inwardly be fully healed. Compelling testimonies exist from sufferers filled with great joy in the Lord Jesus. Present sufferers wisely turn completely to the Lord Jesus in search of healing.

# Mark 3:10- For he had healed many; insomuch that they pressed upon him for to touch him, as many as had plagues. (KJV)

The Holy Gospel confirms and serves as written proof of the Lord's healing power. Strength and hope are derived from Jesus' healings detailed in the Holy Gospel. Believers seeking healing for the body and soul find nourishment in the Gospel. Internal peace becomes achievable as the believer immerses the self in the Gospel. Hope is strengthened when the Gospel accounts of healing are carefully studied. The Church's documented history of healings will erase believers' personal doubts.

# Luke 9:11- And the people, when they knew it, followed him: and he received them, and spake unto them of the kingdom of God, and healed them that had need of healing. (KJV)

Healings from afflictions, illnesses and diseases bring abundant joy to believers. The passing of time adds to the continuing record of Jesus' dramatic healings. The Lord Jesus Christ's healing power is ever-present and is never diminished. Time, geography, and ethnicity do not limit or weaken the Lord's healing powers. Lord Jesus Christ performs miraculous healings known and unknown every day. Serious believers readily learn of the Lord Jesus Christ's miraculous healings.

## John 5:13- And he that was healed wist not who it was: for Jesus had conveyed himself away, a multitude being in that place. (KJV)

God's Church is the best place to learn about Jesus' healing power and ability. The Church offers the Divine services and best teachings for continued learning. Believers turning to the Church in search of healing will not be disappointed. Steadfastness of faith and hope are necessary to experience complete healing. Repentance, prayer and fasting facilitate healing by the Lord Jesus Christ. The Lord is the ultimate determiner of the nature of the healing that will occur.

Great Theodore the Tyro. February 17/March 2, 2021. Hidden Valley, Pennsylvania.

## The Prayer of Saint Patrick of Ireland (fifth century)

#### **The Prayer of Saint Patrick**

I arise today

Through a mighty strength, the invocation of the Trinity,

Through a belief in the Threeness,

Through confession of the Oneness

Of the Creator of creation.

I arise today

Through the strength of Christ's birth and His baptism,

Through the strength of His crucifixion and His burial,

Through the strength of His resurrection and His ascension,

Through the strength of His descent for the judgment of doom.

I arise today

Through the strength of the love of cherubim,

In obedience of angels,

In service of archangels,

In the hope of resurrection to meet with reward,

In the prayers of patriarchs,

In preachings of the apostles,

In faiths of confessors,

In innocence of virgins,

In deeds of righteous men.

I arise today

Through the strength of heaven;

Light of the sun,

Splendor of fire,

Speed of lightning,

Swiftness of the wind,

Depth of the sea,

Stability of the earth,

Firmness of the rock.

I arise today

Through God's strength to pilot me;

God's might to uphold me,

God's wisdom to guide me,

God's eye to look before me,

God's ear to hear me,

God's word to speak for me,

God's hand to guard me,

God's way to lie before me,

God's shield to protect me, God's hosts to save me From snares of the devil, From temptations of vices,

From every one who desires me ill,

Afar and anear,

Alone or in a multitude.

I summon today all these powers between me and evil,

Against every cruel merciless power that opposes my body and soul,

Against incantations of false prophets,

Against black laws of pagandom,

Against false laws of heretics,

Against craft of idolatry,

Against spells of women and smiths and wizards,

Against every knowledge that corrupts man's body and soul.

Christ shield me today

Against poison, against burning,

Against drowning, against wounding,

So that reward may come to me in abundance.

Christ with me, Christ before me, Christ behind me,

Christ in me, Christ beneath me, Christ above me,

Christ on my right, Christ on my left,

Christ when I lie down, Christ when I sit down,

Christ in the heart of every man who thinks of me,

Christ in the mouth of every man who speaks of me,

Christ in the eye that sees me,

Christ in the ear that hears me.

I arise today...

Through a mighty strength, the invocation of the Trinity,

Through a belief in the Threeness,

Through a confession of the Oneness

Of the Creator of creation.

In Christ's Service,

Fr. George L. Livanos, Proistamenos, All Saints G. O. Church, Canonsburg

Once, monks who had heard of his discernment came to Abba Agathon to see if they could make him lose his temper. They asked him, "Are you Abba Agathon, a fornicator and a proud man?"

"Yes, that is true," the monk replied.

"Are you the Agathon who is always talking nonsense?" the monks inquired.

"I am," the saint agreed.

"Are you Agathon the heretic?" the monks persisted. Saint Agathon said, "I am not a heretic."

They asked the saint why he agreed with them when they accused him of vices, but then denied this last charge. Agathon replied, "I accepted the first accusations, since that was beneficial for my soul. But heresy is separation from God, and I do not wish to be separated from God."

Astonished at his discernment, they returned to their monastery, edified.

Via Father Tom Soroka...



Jawn, pronounced \'jän\, is the Philadelphia all-purpose noun.

It can refer to a single thing, or a collection or class of things, or a situation, or a person.

Where were you one year ago today? What were you doing? Who were you with?

Allow me to take some liberties with the exact date, but I can remember March  $12^{\text{th}}$ , when the county I live in was ordered to shut down for two weeks. Two weeks, now, seems like a drop in the bucket in COVID-time.

When I went to pick my daughter up from daycare, her teacher told me that school was going to shut down for two weeks.

Two weeks? With a 3-year-old? At home? Well, that may just be an eternity.

The next week, had it not been for a stay-at-home order, would have seemed uneventful. But along the way, there were these weird little quirks that began to enter our daily lives. I remember taking my daughter to a state park where we liked to play. When we pulled into the parking lot, the playground was closed. Then, on the way home, we had to make a stop to use the potty...and that was closed.

When I went to go pick up a pizza, there were chairs on top of the tables. No seating allowed. My daughter loves the trampoline park. It was closed. We ended up at a bird sanctuary, which was fun in a simplistic, nothing-to-do-for-a-three-year-old sort of way. We would end up spending a lot of time at that bird sanctuary because, well, it was either that or a parking lot for her to ride her scooter.

Things seemed quieter. There was far less traffic on the roads. I saw my neighbors more than I ever had before. I started using these things called "Zoom" and "Teams" that I was sure I'd never *really* have to learn all that well. It was the last week I would see a few groups of friends for months.

Basketball players walked off the court before games, college basketball tournaments were cancelled mid-tournament, Spring Training for baseball was delayed, Wrestlemania was put on without fans, and the NFL draft was held at the Commissioner's home office.

Sports, social events, worship services, and school; all cancelled.

I think back and I wonder what kept me going, what kept my friends, family, and the rest of the world going. Amid fear, or lockdown, of confusion and the unknown, we persevered through sickness, through loss, and through times of overwhelming anxiety. Some of our families, like mine, dealt with COVID first-hand.

I came back to one feeling, and that is faith. Faith, whether it be in the form of faith in science, a higher power, in humanity itself, or whatever it is that gets us through day by day.

Faith in people wearing masks and social distancing. Faith in our health experts giving us prudent advice and guidelines. Faith in our local businesses staying afloat during a reduction of commerce. Faith in just keeping it together. Faith in staying alive.

Faith that your family, friends, neighbors, and community had faith, too.

That faith has carried over into 2021, and it's increasing throughout our country. A recent Axios poll found that 48% of Americans are now "hopeful" about the direction of the pandemic. While that is not a majority, it is up 20% from last year. Faith in vaccines, treatments, and a return to some semblance of normalcy.

I remember one night, in the thick of the initial lockdown, when my daughter was asking me why she wasn't going to school tomorrow. What about the day after that? Or the day after that? Why couldn't she see her friends? Her teachers? She was bored, emotional, and confused. I told her because people were getting sick, and we all had to stay home from work and school so people could get better.

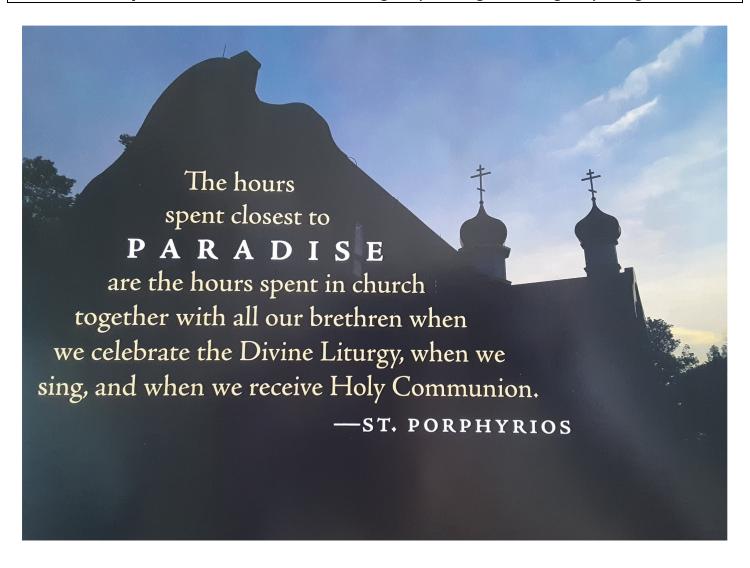
I felt my fists balling up and my eyes welling up. Ever perceptive, she said to me "Don't be sad Daddy. Let me read you a book." She "read" me a story, where her, mommy, and daddy went to the beach. Mimicking me, she said, "It's OK. It's OK. We'll go to the beach soon."

And, sure enough, she kept her faith. By the time we went to the beach in June, the restaurants, boardwalk, and ice cream shops were all open for business...the very week we went.

Faith isn't always easy to find. It's fleeting and, at times, unattainable. But we are at a point in this pandemic where we can turn things around and put it behind us. Wear your mask, socially distance, get your vaccine, and continue to make smart choices.

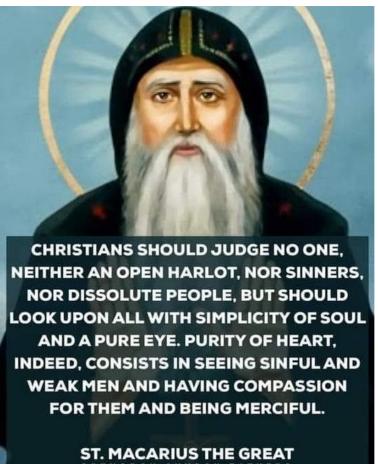
Keep your faith.

John DiSpaldo Teracore Federal Emergency Management Agency- Region III





Grace is when God gives us good things that we don't deserve. Mercy is when He spares us from bad things we deserve. Blessings are when He is generous with both. Truly, we can never run out of reasons to thank Him. God is Good All The Time!



**Today we observe Forgiveness Sunday in all Orthodox Churches** around the world! What a wonderful gift—the ability to forgive others for their affronts to us: anger, hurt, mistrust, frustration, jealousy, and envy all take us away from God! Ask sincerely and heartfully—forgive honestly and with LOVE...we each need this to start our journey towards Pascha with a clean slate!

**Great Lent—the Great Fast—begins tomorrow. This journey's** purpose is to take us all one step closer to Christ and to His Kingdom! Consider this holy work during the days leading up to Pascha: EVERY DAY say a prayer for someone in need...whether a specific person or group...and ask God to watch over them and heal them of their shortcomings. We can all certainly use extra prayers! God Bless and keep you all!

If you have any questions about preparing for the Fast, please ask!

If I have done anything to anger, frustrate, confuse, or mislead you, I humbly ask for your forgiveness! God Forgives...and I do as well!

Stav SAFE!!! God Bless! **Father Bob**