



**Holy Ghost Orthodox Church**  
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# Great Lent—the Great Fast

**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 Yuriy, 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 Smolynech, 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-19], 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 Luciw, Theresa Ditto, Mary Ann Musial,

Yvonne Christy, Myron & Barbara Spak, 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], 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 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 & 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], Ann Zurasky [knee replacement], Barbara Shegat & Chaplain Rachelle Zazzu, Joyce [stroke], 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.

**Dear Brothers and Sisters in Christ... There is NOTHING 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!**

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.**

## SERVICES IN SLICKVILLE

**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

**SUNDAY, April 04 NO SERVICE IN SLICKVILLE  
THIRD SUNDAY OF GREAT LENT; ADORATION OF THE HOLY CROSS;  
HIEROMARTYR BASIL-PRESBYTER OF ANCYRA; MARTYR DROSIDA OF  
ANTIOCH & 5 VIRGINS; VENERABLE ISAAC-FOUNDER OF THE DALMATIAN  
MONASTERY AT CONSTANTINOPLE**

*Tone 2*

Hebrews 4:14-5:6  
Mark 8:34-9:1

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

**SUNDAY, April 11 OBEDNITZA—SAINT BASIL—UPSTAIRS 10:30 AM  
FOURTH SUNDAY OF GREAT LENT; VENERABLE JOHN CLIMACUS-JOHN OF THE  
LADDER OF DIVINE ASCENT; MARTYR MARK-BISHOP OF ARETHUSA,  
CYRIL, & OTHERS; VENERABLE JOHN-ANCHORITE OF EGYPT. SAINT  
EUSTATHIUS THE CONFESSOR-BISHOP OF KIOS IN BITHYNIA**

*Tone 3*

Hebrews 6:13-20; Ephesians 5:9-19  
Mark 9:17-32; Matthew 4:25-5:12

## BULLETIN INSERT FOR 28 MARCH 2021

**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**

### TROPARION—TONE 8

O Light of Orthodoxy! Teacher of the Church! Its confirmation!  
O Ideal of Monks and invincible Champion of Theologians!

O wonder-working Gregory, glory of Thessalonica and Preacher of Grace!  
Always intercede before the Lord that our souls may be saved!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever,  
and unto ages of ages. Amen.

#### **KONTAKION—TONE 4**

Now is the time for action! Judgment is at the doors!  
So let us rise and fast, offering alms with tears of compunction and crying:  
Our sins are more in number than the sands of the sea;  
But forgive us, O Master of All,  
So that we may receive the incorruptible crowns.

#### **PROKEIMENON—TONE 5**

**READER:** Thou, O Lord, shall protect us and preserve us from this  
generation forever!

**PEOPLE: Thou, O Lord, shall protect us and preserve us from this  
generation forever!**

**READER:** Save me, O Lord, for there is no longer any that is godly.

**PEOPLE: Thou, O Lord, shall protect us and preserve us from this  
generation forever!**

**READER:** Thou, O Lord, shall protect us and preserve us.

**PEOPLE: From this generation forever!**

#### **ALLELUIA VERSES**

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

The righteous will be remembered forever; he is not afraid of evil things!

#### **Forgiveness Sunday** Matthew 6:14-21

*For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly. Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break*

*through nor steal: For where your treasure is, there will your heart be also.*  
(KJV)

Peace for the heart, mind and soul are found in Jesus Christ. The Lord said: "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." (Jn. 14:27)

Peace comes to the heart, mind, and soul when Jesus forgives our countless sins, known and unknown. Prayer, fasting, repentance and confession facilitate the forgiveness of sins.

Experiencing forgiveness from the Lord Jesus Christ is inseparable from our forgiving deep within our hearts all those against whom we harbor less than loving thoughts.

God is a good and loving God. God expects His followers to demonstrate love in daily life. The Epistle of St. John states: "This commandment have we from him, That he who loveth God love his brother also." ( I Jn. 4:21)

Great Lent offers believers the opportunity to begin life anew in Jesus Christ. The sound practice of beginning Great Lent with forgiveness is well-established in God's Holy Church.

Believers around the world begin the journey to Pascha seeking forgiveness from God, seeking forgiveness from each other and being forgiving of each other. Practicing forgiveness is a way of bringing purity to the heart, mind, and soul.

Practicing forgiveness prevents animosity from building within the heart, mind, and soul. Animosity festers when forgiveness is not practiced. Animosity eats away at the believer and has corrosive effects on the heart, mind and soul.

Love diminishes when animosity exists within the believer. The believer is free to practice love when forgiveness prevails. Weight is lifted and joy becomes possible when love replaces animosity.

Husbands do well to be forgiving of their wives. Wives do well to be forgiving of their husbands. Families are strengthened when forgiveness is an everyday occurrence.

Relationships between sons and daughters, mothers and fathers reach their God-given potential when love, mercy and forgiveness characterize the relationships.

Hardness of heart and hard feelings towards others serve to impair relationships and cause them to deteriorate. Jesus showed the full extent of forgiveness when He hung upon the Cross.

When hanging on the Cross, Jesus said: "Father, **forgive** them; for they know not what they do." (Lk.23:34) Jesus' example of forgiving His persecutors merits a place deep in the hearts and minds of believers.

The Protomartyr and Archdeacon Stephen demonstrated forgiveness deep in his heart when he was being stoned for his confession of faith. Stephen said: "With a loud voice, Lord, lay not this sin to their charge." (Acts 7:60)

With God's help during this Great Lent, believers can learn to be more forgiving. Benefitting from God's love, mercy and forgiveness, believers can become more forgiving in personal relationships.

The intent and ideal of Great Lent is to become more Christ-like. The present Gospel speaks about the value of laying up treasures in heaven where moth and rust do not consume, and thieves do not break in and steal.

Our relationship with God and the persons in our daily lives are to be greatly treasured. We show how greatly we treasure the relationship with God and with the persons in daily life in the way we practice forgiveness.

If we say we are followers of Christ, we should practice forgiveness as Christ taught, forgave, and forgives. Jesus told Peter to forgive his brother: "Until seventy times seven." (Mt.18:22)

We are blessed in God's Holy Church to begin anew in Jesus Christ. The Church offers the opportunity for renewal in the journey to Pascha. Each believer determines the extent he or she will invest and participate in the journey.

Believers will reap the joy of renewal to the extent of the investment being made. Increased prayer, fasting and almsgiving are integral to the journey. Each person is free to join the journey to Pascha.

At times, the journey will be arduous if taken seriously. The Cross is central to the life in Christ as the Cross preceded and was necessary for the Resurrection.

In the journey to Pascha believers need to die to sin and rise with Christ.

The Church wisely has Great Lent each year. Wise believers join together in Christ from around the world and through the centuries in the journey to Pascha.

No greater joy exists than to experience that ***Christ is Risen!***

*Forgiveness Sunday. March 1/14, 2021. Venerable Martyr Nun-Eudoxia (Cheese-Fare)  
Hidden Valley, Pennsylvania. Father Rodney Torbic*

Via Father Dave Urban: Glory be to Jesus Christ!

"Forgiveness does not mean forgetting.  
Forgiveness means forgiving at every remembrance.  
God forgives. He cannot forget, as He is Omniscient.

"As far as the east is from the west" means that He removes the death of sin from us that far.

But God does not forget. He forgives at every infinite awareness, and through the infinite kenotic Passion of His Son, He forgives.

Do not wait upon forgetting, for it will never come.

And do not confuse forgetting with forgiving. Else Jesus would not have said, "Forgive seventy times seven."

And even when you get to the four hundred and ninety-first non-forgetting in your mind, the infinite reach of the Cross tells you to forgive yet again. And again. And again."

*By Father Jonathan Tobias*

### **20 Simple Ways to Practice Humility:**

"Were you wronged? Forget it.

Did they despise you? Be happy.

Are they accusing you? Do not argue.

Are they teasing you? Do not answer.

Are they cursing you? Silence and prayer.

Do they take away your speech (cut you short)? Are they interrupting you?

Do not be sad.

Do they malign you? Do not fight.

Do your children pass on responsibilities to you? Your relatives, your own people? Do not protest.

Are they angry with you? Stay calm.

Are they obviously stealing from you? Act blind.

Are they making fun of you? Be long-suffering.

Do (they) not listen to your advice? Do your children not listen to your advice? Fall on your knees and pray.

Irritability in your relationship? It is your fault. And (again) your fault. Not the other's.

Is it your fault? Apologize.

Is it not your fault? Apologize again.

Are you healthy? Praise God.

Do you have any illnesses? Do you have cancer, do you suffer, do you hurt? Praise God.

(Is there) Moaning, unemployment, poverty in the house? Fast. Hold vigil. Pray.

(Do) Prayer for everyone and everything. Lots of prayer. Lots of prayer.

Fasting and prayer because "(fighting) these kind of passions and demons can only be achieved through fasting and prayer".

*+ Father Stefanos Anagnostopoulos*

In Christ Service,





# By the Way

[www.westmorelandcleanways.org](http://www.westmorelandcleanways.org)

## Household Hazardous Waste Collections 2021 Schedule

### Dear Friends,

Westmoreland Cleanways and Recycling has scheduled three Household Hazardous Waste collections for your convenience. Hold on to this notice, and pass it around to your family and friends!

### What is Household Hazardous Waste (i.e. PAINTS AND CHEMICALS)?

Household hazardous waste is any left-over liquid, powder, or solid material that is labeled "Toxic or Poisonous or Use Caution or Warning or Flammable". It should not be disposed down the drain or in the regular trash. It should only be disposed through a licensed hazardous waste company.

### Examples of Household Hazardous Waste:

Oil Based or Latex Paint, Deck Stains, Flammable Liquids, Drain Cleaners, Pool Chemicals, Fertilizers, Antifreeze/Automotive Fluids, Putties, Adhesives, Glues, Wood/Metal Finishing Products, Water Sealers, Household Cleaning Agents, Herbicides/Pesticides. For questions about acceptable materials, check with HHW vendor when registering.

**\*\*HHW can only be accepted on special collection days at Westmoreland Cleanways' Recycling Center; Recycling Center employees are not legally permitted to handle HHW at any time.\*\***

## 2021 Household Hazardous Waste Collections 3 events to choose from

**When:** Saturday, April 17, 2021—with NESR

Saturday, June 26, 2021—with ECS&R

Saturday, October 23, 2021—with ECS&R

**Time:** 9:00 AM - 1:00 PM (pre-registration required for each event)

**Where:** Westmoreland Cleanways Recycling Center

355 Pleasant Unity Mutual Road

Greensburg, PA 15601-6388

**Cost:**

\$.85 per pound, weighed on site

\$.75 per pound for Westmoreland Cleanways and Recycling members (current members only; memberships will not be offered at the event. For membership information, visit [www.westmorelandcleanways.org](http://www.westmorelandcleanways.org) or call: 724-879-4020).

\*\*\*This collection event will be conducted in compliance with all CDC, WHO and PA Department of Health guidelines, including the wearing of masks by all customers and staff, particularly during the exchange of payment. Social distancing and disinfecting procedures will be in place.

**Westmoreland Cleanways, NESR, and ECS&R reserve the right to cancel this event without advance notice should Westmoreland County fall under the Red Phase Shutdown Mandate according to the PA Governor's office.**

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### 1. Pre-registration required:

- For April 17 collection, contact NESR at 412-567-6566 or visit <https://www.nobleenviro.com> to register.
  - For June 26 or October 23, contact ECS&R at 866-815-0016 or visit <https://ecsr.net/household-hazardous-waste-recycling> to register.
2. Pack your vehicle and head to the event.
  3. Payments accepted: debit or credit card only (masks must be worn during payment process).
  4. Drive away knowing you've properly rid your home and environment of toxic and dangerous chemicals

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Remember...we're always here to serve you. Call us any time you have questions or concerns. Take care,

Ellen Keefe  
Executive Director

Natalie Reese  
Program Director

Mike Rahuba  
Recycling Center Manager

### **Sunday of Orthodoxy** John 1:43-51

*The day following Jesus would go forth into Galilee, and findeth Philip, and saith unto him, Follow me. Now Philip was of Bethsaida, the city of Andrew and Peter. Philip findeth Nathanael, and saith unto him, We have found him, of whom Moses in the law, and the prophets, did write, Jesus of Nazareth, the son of Joseph. And Nathanael said unto him, Can there any good thing come out of Nazareth? Philip saith unto him, Come and see. Jesus saw Nathanael coming to him, and saith of him, Behold an Israelite indeed, in whom is no guile! Nathanael saith unto him, Whence knowest thou me? Jesus answered and said unto him, Before that Philip called thee, when thou wast under the fig tree, I saw thee. Nathanael answered and saith unto him, Rabbi, thou art the Son of God; thou art the King of Israel. Jesus answered and said unto him, Because I said unto thee, I saw thee under the fig tree, believest thou? thou shalt see greater things than these. And he saith unto him, Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the angels of God ascending and descending upon the Son of man*  
(KJV)

We are blessed to be nourished by the reading of the Gospel in God's Holy Church. The heart, mind and soul are nourished with the reading of the Holy Gospel. The Holy Gospel enriches the lives of attentive listeners.

Today God's Church celebrates the Sunday of Orthodoxy. The image of the Lord Jesus Christ taking on human flesh is on believers' minds. Christ, His Mother, and the Saints being depicted in icons is celebrated throughout the Orthodox world.

In the current Gospel, Jesus said unto Philip "Follow Me." Andrew, Peter, and Nathaniel are also mentioned in the Gospel. Believers have responded to the invitation to follow Jesus Christ for more than twenty centuries.

The joy of experiencing Jesus Christ continues to the present day. Jesus Christ brings joy to the heart, mind and soul. During Great Lent, serious believers seek to increase the joy of Jesus Christ in their lives.

The Lenten journey to Pascha is now underway. Increased prayer, fasting and almsgiving characterize the journey. Believers are expected to firmly repudiate sin in their lives and be more firmly immersed in the life in Christ.

God's Holy Church provides the nourishment for believers to grow in Christ. The Church offers additional services during Great Lent which foster and encourage repentance.

Ideally, believers complete Great Lent being more like and unified with Christ. The journey to Pascha brings about a transformation in believers.

The heart, mind and soul are to be filled with the joy of Christ's Resurrection.

Unity with Christ is experienced through repentance, confession and receiving the Precious Body and Blood of Christ. The Church encourages repentance, confession and receiving the Body and Blood of Christ.

Reaching out in prayer enables believers to move forward in and with Christ. Christ is ever-present to embrace believers seeking cleansing of sins and peace in the heart, mind, and soul.

In this world full of turmoil and uncertainty, lasting peace is found in the Lord Jesus Christ and in Christ's Church. The Lord Jesus Christ embodies peace, direction, and nourishment.

The Church provides structure for the journey to Pascha. Serious believers live each day according to the structure and calendar of the Church. Serious believers do their best to live in Christ where they are located.

Prayer and fasting are possible in all locations. With God's help, believers are expected and very able to fast in thought, mind, and soul. Every effort to repent and join with Christ during Great Lent will benefit the believer.

The journey to Pascha can seem long at this early point in Great Lent. The time will pass quickly. Each day is a blessing and an opportunity to increase the life in Christ.

The time of life is to be treasured and used wisely. Time is not repeated. The Lord gives believers life and life is to be lived to the glory of God. Believers find peace, purpose and direction for life in the Lord.

Great Lent helps believers put life in perspective and to refine the life in Christ. Repentance and confession enable the weight of sins to be lifted. Life in Christ is renewed in Communion.

Wisdom exists in recognizing the treasure of Great Lent and the immeasurable value of the Lenten journey. The anticipated joy of celebrating Pascha strengthens believers for the journey.

Much is to be learned from and about the Church and the Lord during the Lenten journey. The contents of the Divine services of Great Lent illumine the believer's heart, mind, and soul.

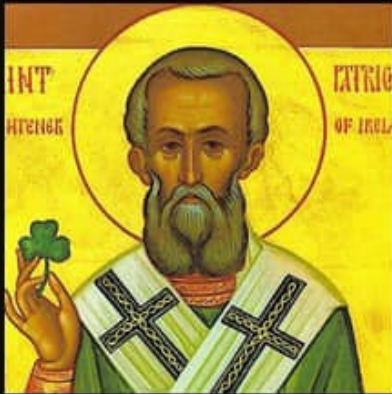
The Lord is due gratitude for each moment of life. Thank God for the opportunity to repent, confess and to begin anew in Christ. The journey to Pascha is a collective journey for all believers in God's Holy Church.

Believers change for the better to the extent Great Lent is honored and by the investment made. The Church encourages all believers to increase in prayer, fasting and almsgiving. Participating in the journey to Pascha is voluntary.

Believers' honoring Great Lent value every moment. With great anticipation serious believers look forward to the conclusion of Holy Week. The joy of experiencing Jesus Christ's Resurrection exceeds all joy.

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*The First Sunday of Great Lent. The Sunday of Orthodoxy. Saint Theophilactus the Confessor, Bishop of Nikomedia. March 8/21, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic*



Christ beside me, Christ before me, Christ behind me, Christ within me, Christ beneath me, Christ above me.

~ Saint Patrick