Holy Ghost Orthodox Church



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Slickville, PA 15684-0003 www.holyghostorthodoxchurch.org Very Rev. Father Robert Popichak, Pastor

23 Station Street Carnegie, PA 15106-3014 [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: Father Bob, Archbishop Daniel, Metropolitan Antony, Metropolitan Yurij, Archbishop Jovan, Metropolitan Savas, Father Jakiw Norton, Father Paul Stoll, Father Joseph Kopchak, Father Elias Warnke, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John & Pani Mary Anne Nakonachny, Father Steve Repa, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Paisius McGrath, Father Michael Smolynec, Father Lawrence & Matushka Sophia Daniels, Father Joe & Protinica Linda Cervo, Father John Harrold [Saint Sylvester], Igumen Patrick, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father George & Dobrodijka Oksana Bazylevsky, Father Angelo Artemas, Father John Haluszczak, Father Simon & Dr. Christina Nellis, Father Joshua [Anna], Father Justin (Todd) Mokhiber, Pani Cathy Danczak, Protopresbyter Gerald Ozlanski, Joshua Agosto and his family, Eva Malesnick, Nick Behun, Grace Holupka, Gary & Linda Mechtly, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, 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, Theresa Ditto, Mary Ann Musial, Yvonne Christy, Father Deacon Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Gaelle Kelly, Irma McDivitt, Robin Young, Mckavla, 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, 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, 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, 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 & Terri Berceli, Tom Nolan, Silvia Martin, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, 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, 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 & Jan Jennings, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Sharon Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Theresa Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Rita & Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Maria Warholak, Stacie &

Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Father Joe Uzar, Tim—surgery, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko, John, Kris & Kait, Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Amy Forbeck, David Salazar, Kitty Mary, Dr. Paul Riley, David Hess, Serena, Wyatt, Makenzie, Jennifer, Chaplain Rachelle Zazzu, Alexandra Roberts, Candace Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [infant], Elizabeth [5-year-old], Lillian Skowvron, Sue & Greg Heinen, Paul Simpson [Father Bob's cousin], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Adam Snow, the McKenna family, David Gazella, Brian & Michele Cannone, Robert Rodrigues & family, Father Deacon James & Diakonissa Kari Rossetti, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Brett Crosby, Randy Lapuh, Henry & Shirley Tkacik, Diane & Arthur Chaklis, Denny Mader, Zoe Oswalt—Fr. Bob's cousin [cancer], Barbette [cancer] & Scott, Kristin[cancer], Erm Hartmann, Barbara Bookser [cancer], Bob Mazzuca [cancer], Marko, Taylor, Terri Crosby-Vega [knee replacement], Christine Mohamed, Sue Demko, Tammy Marsico, Terry & David Hartnett, Jamie Ball, Kay Williams, Hannah Stewart, Jim Wyko-Alex's friend, Dan Losego, Lisa Bruce, Yvette, Barry Bender, Scott McDougall, Andrew Zelleznick, Byron & Cecilia Scott, Laura, Christopher, & Baby Jane Dickson, Vespina, Michelle Russo, Julie Tripodi, Alby Oxenreiter, Debbie—HTUCC [knee], Jackie May, Barbara Morvay, David Salsar, N&O, Randy & Adrienne Kuny, Vince Berardinelli, Mason Martin [Karns City HS QB] & family, Martin Mrvos, Jeff McCoy, Lauren & Sloane Valentina Persico, Alexis & baby Colton Rosati, Jessica Shirley, Mark [kidney cancer], Steve Milcic, Wilbert Wagner, Bob Wojciechowski, Ashley, Beth Skowvron, Sharon Svitek, Laura D., Luke D, and Jill Morocco. We pray that God will grant them all a speedy recovery.

If a sister talks back, she can't understand or appreciate the monastic life. Inside, she feels weighed down, guilty, and uneasy, while the sister who has obedience has her mind at ease. *Gerondissa Makrina (Vassopoulou)*, Words of the Heart p.244

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 <u>ALWAYS</u> <u>FREE!</u>

<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] 956-6626.

SERVICES IN SLICKVILLE

SUNDAY, February 25 OBEDNITZA—UPSTAIRS 10:30 AM SUNDAY OF THE PUBLICAN & THE PHARISEE; SAINT MELETIUS-ARCHBISHOP OF ANTIOCH; VENERABLE MARY/MARINUS & FATHER SAINT EUGENE; SAINT ANTHONY II-PATRIARCH OF CONSTANTINOPLE

Tone 5 2 Timothy 3:10-15 Luke 18:10-14

SUNDAY, March 03 OBEDNITZA—UPSTAIRS 10:30 AM SUNDAY OF THE PRODIGAL SON; APOSTLES ARCHPPUS & PHILEMON OF THE 70 & MARTYR APPHIA; MARTYRS MAXIMUS, THEODOTUS, HEYCHYIUS, & ASCLEPIODOTUS OF ADRIANOPOLIS; SAINTS EUGENE & MACARIUS-PRESBYTERS-CONFESSORS AT ANTIOCH; SAINT DOSETHEUS OF PALESTINE-DISCIPLE OF SAINT ABBA DOROTHEUS; SAINT RABULAS

Tone 6 1 Corinthians 6:12-20, Hebrews 13:7-16 Luke 15:11-32; Matthew 5:14-19

Litany in Blessed Memory of Mary Smith, John Metrick, Andrew Hanczar, Anna Lawrence, Daria Masur, Michael Cicio, Charles Shumsky, Terry Reinhart, Jean Stutchell, Joseph Vangrin, Frank Riznow, Michael Holupka, & Joseph Nezolyk—Fr. Bob

SUNDAY, March 10 OBEDNITZA—UPSTAIRS 10:30 AM SUNDAY OF THE LAST JUDGMENT; MEATFARE SUNDAY; SIANT PORPHYRIUS-BISHOP OF GAZA; MARTYR SEBASTIAN; NEW MARTYR JOHN CALPHAS

*Tone 7*1 Corinthians 8:8-9:2
Matthew 25:31-46

BULLETIN INSERT FOR 25 FEBRUARY 2024

SUNDAY OF THE PUBLICAN & THE PHARISEE; SAINT MELETIUS-ARCHBISHOP OF ANTIOCH; VENERABLE MARY/MARINUS & FATHER SAINT EUGENE; SAINT ANTHONY II-PATRIARCH OF CONSTANTINOPLE

TROPARION—TONE 5

Let the faithful praise and worship the Word, Coeternal with the Father and the Spirit; Born for our salvation from the Virgin; For He willed to be lifted up on the Cross in the flesh, To endure death, and to raise the dead by His glorious Resurrection!

Glory to the Father, and to the Son, and to the Holy Spirit

KONTAKION—TONE 4

Let us flee from the pride of the Pharisee And learn humility from the Publican's tears. Let us cry to our Savior: Have mercy on us, O only merciful One.

Now and ever, and unto ages of ages. Amen.

KONTAKION—TONE 5

Thou didst descend into Hell, O my Savior, Shattering its gates as almighty; Resurrecting the dead as Creator, And destroying the sting of death. Thou hast delivered Adam from the curse, O Lover of Man, And we all cry to Thee: O Lord, save us!

PROKEIMENON-TONE 5

READER: Thou, O Lord, shalt protect us and preserve us from this generation forever.

PEOPLE: Thou, O Lord, shalt 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, shalt protect us and preserve us from this generation forever.

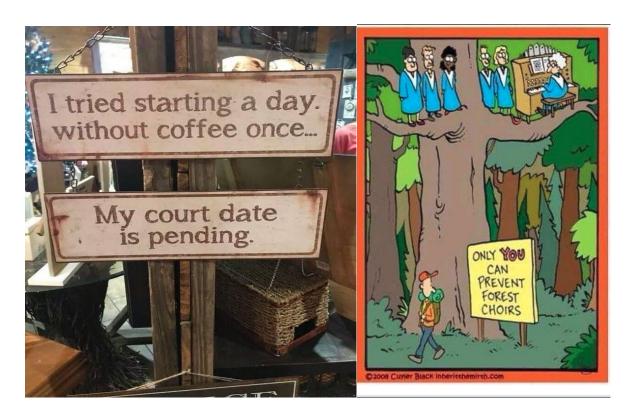
READER: Thou, O Lord, shalt protect us and preserve us...

PEOPLE: From this generation forever.

ALLELUIA VERSES-TONE 5

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be prepared in the heavens.



Orthodox Quote of the Day

If our hearts are sincere, we will shun the isolated spirituality of self-pleasing and self-opinion. We will see that God provides us constant opportunities to cut off our will before other people. No longer wanting to do our own will, we will seek out a life that is accountable to others. In the context of marriage, this means vowed accountability and dedication to one's wife or husband; in a monastic context this means the same to one's spiritual father or mother and to one's brothers and sisters.

Hieromonk Damascene (Christensen), Christ the Eternal Tao p.354

Father Joshua [Anna]:

"To do a good deed does not mean only to help the other materially. Let it be just a smile. The smile is a sign of peace.

And we don't have enough time to look at each other today. Therefore, a kind smile is a great gift. Sympathy is a priceless gift. The outstretched hand is a symbol of love.

People are starving for love."

Archimandrite Victor Mammoths



Peace, peace, peace as all of us are crying and pleading for peace within the world. What is important for Orthodox Christians is of course we would love to see this peace, at the same time what is far more important is to have peace within our souls then we will find true peace. If you watched the film "Man of God" as St. Nektarios indicated he was leaving the Seminary and the president of the school wanted to say goodbye. During the conversation of St. Nektarios and the president, St. Nektarios asked the president if he had peace? The president replied no! After this conversation, I believe the president finally in the end found his peace.

Do you have peace within your soul? Seek this peace within your soul and you will truly find our God!

I pray that the peace of your soul will abide in you!

Peace to your soul!

Humbly in our Lord, +Father Archimandrite Nektarios (Serfes) who loves to pray for you and with you!

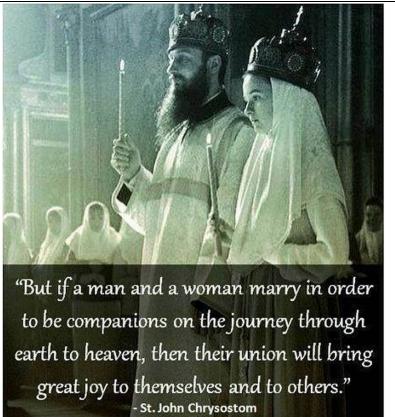




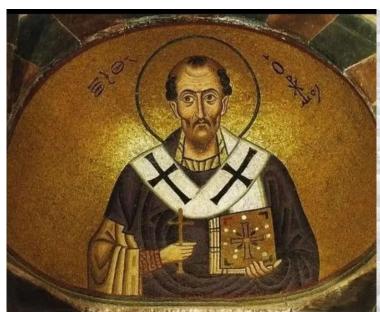


Do not be upset when people only remember you when they need you. Feel privileged that you are like a candle that comes to their mind during their darkest hours.

St. Nectarios of Aegina



Not all who wander are lost; some are simply looking for coffee.



God is everywhere. You decide whether you are close to Him or not.

St. John Chrysostom

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- · Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- · Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com

