



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] 956-6626 cell
rpopichak@alumni.cmu.edu

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: Father Bob, Archbishop Daniel, Metropolitan Antony, Metropolitan Yuriy, 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, 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, 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, Linda Cawley, Gerald Cogley, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [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, 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 & family, 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, Diane Murphy, Kristin Vaughn [Harry's daughter], George Petronsky, Doug & Darcie Burkholder, Michael, Jeane, and Katie Byerly, and Jill Morocco. 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] 956-6626.

SERVICES IN SLICKVILLE

SUNDAY, March 24 OBEDNITZA—SAINT BASIL THE GREAT—UPSTAIRS 10:30 AM
**1ST SUNDAY OF GREAT LENT; SUNDAY OF ORTHODOXY; SAINT SOPHRONIUS-
PATRIARCH OF JERUSALEM; HIEROMARTYR PIONIUS OF SMYRNA &
COMPANIONS; TRANSLATION OF THE RELICS OF MARTYR EPIMACHUS
FROM PELUSIUM TO CONSTANTINOPLE; SAINT SOPHRONIUS-RECLUSE OF
PERCHEVSKY LAVRA**

Tone 1

Hebrews 11:24-26, 32-12:2

John 1:43-51

Litany in Blessed Memory of Robert Studnicki—Fr. Bob

Triumph of Orthodoxy—Vespers—Holy Trinity GO Church, McCandless—4:30 PM

SUNDAY, March 31 OBEDNITZA—SAINT BASIL THE GREAT—UPSTAIRS 10:30 AM
**2ND SUNDAY OF GREAT LENT; SAINT GREGORY PALAMAS; SYNAXIS OF THE
FATHERS OF PERCHEVSKY LAVRA; SAINT CYRIL-ARCHBISHOP OF
JERUSALEM; MARTYRS TROPHIMUS & EUCARPUS OF NICOMEDIA; SAINT
ANANIAS-PRESBYTER & MONK OF THE EUPHRATES**

Tone 2

Hebrews 1:10-2:3; Hebrews 7:26-8:2; Galatians 5:22:6-2

Mark 2:12; John 10:9-16; Luke 6:17-23

SUNDAY, April 07 OBEDNITZA—SAINT BASIL THE GREAT—UPSTAIRS 10:30 AM
**3RD SUNDAY OF GREAT LENT; ADORATION OF THE CROSS; ANNUNCIATION OF
THE THEOTOKOS; MARTYRS PELAGIA, THEODOSIA, & DULA OF
NICOMEDIA**

Tone 3

Hebrews 2:11-18; Hebrews 4:14-5:6

Luke 1:24-38; 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***

BULLETIN INSERT FOR 24 MARCH 2024

1ST SUNDAY OF GREAT LENT; SUNDAY OF ORTHODOXY; SAINT SOPHRONIUS-
PATRIARCH OF JERUSALEM; HIEROMARTYR PIONIUS OF SMYRNA &
COMPANIONS; TRANSLATION OF THE RELICS OF MARTYR EPIMACHUS FROM
PELUSIUM TO CONSTANTINOPLE; SAINT SOPHRONIUS-RECLUSE OF
PERCHEVSKY LAVRA

Triumph of Orthodoxy—Vespers—Holy Trinity GO Church, McCandless—4:30 PM
TROPARION—TONE 2

We venerate Thy most pure image, O Good One,
And ask forgiveness of our transgressions, O Christ our God.
Of Thy good will Thou wast pleased to ascend the cross in the flesh
And deliver Thy creatures from bondage to the enemy.
Therefore, with thankfulness we cry aloud to Thee:
Thou hast filled all with joy, O our Savior,
For thou didst come to save the world

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

KONTAKION—TONE 8

No one could describe the Word of the Father
But when He took flesh from you, O Theotokos,
He accepted to be described
And restored the fallen image to its former state
By uniting it to divine beauty.
We confess and proclaim our salvation in word and images

PROKEIMENON—TONE 4

READER: Blessed art Thou, O Lord God of our Fathers and praised and
glorified is Thy name forever!

**PEOPLE: Blessed art Thou, O Lord God of our Fathers and praised
and glorified is Thy name forever!**

READER: For Thou art just in all that Thou hast done for us!

**PEOPLE: Blessed art Thou, O Lord God of our Fathers and praised
and glorified is Thy name forever!**

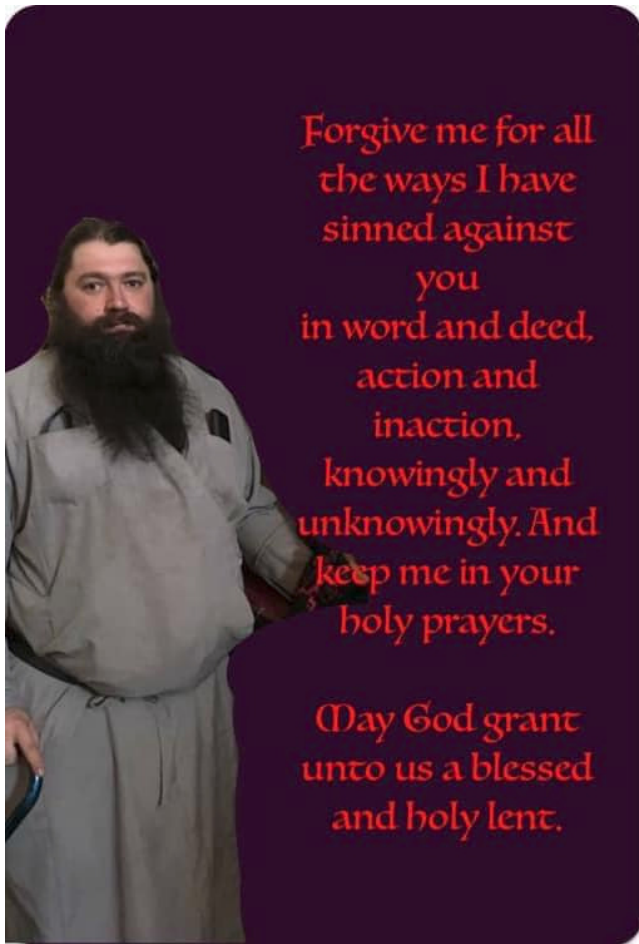
READER: Blessed art Thou, O Lord God of our Fathers

PEOPLE: And praised and glorified is Thy name forever!

ALLELUIA VERSES

Moses and Aaron are among His priests; Samuel also was among those who
called on His name.

They cried to the Lord, and He answered them.



Let my
prayer arise
in Thy sight
as incense,
and let
the lifting up
of my hands
be an
evening sacrifice.

~~~~~  
Presanctified Liturgy



### The Will of God

**Mark 3:35- For whosoever shall do the will of God, the same is my brother, and my sister, and mother. (KJV)**

Believers are challenged to discern the will of God for their lives and adhere to it. The Lord Jesus Christ defines the blessed value of doing the will of God each day. Jesus Christ describes the close relationship He has with those doing God's will. Believers make choices throughout the day regarding embracing the will of God. The choices made daily determine earthly life's direction, effort and outcome.

**John 1:13-Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. (KJV)**

The will of God is central to the Gospel reading during the Paschal Divine Liturgy. Believers are expected to be fully attentive and to consider the Gospel on Pascha. The Gospel reading on Pascha unites believers with the Resurrected Jesus Christ. Adhering to the will of God keeps believers on the narrow path to God's Kingdom. Abandoning the will of God and adhering to one's own will puts the soul in peril.

***Romans 12:2- And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. (KJV)***

Believers seek God's will to be done when fervently reciting the Lord's Prayer. The Lord's Prayer is a transforming prayer when consciously a part of daily life. The believer and the Lord unite when the believer prays fervently and attentively. Renewal occurs when the believer's mind resolutely focuses on the will of God. Believers earnestly embracing the will of God resolutely address life's challenges.

***2 Corinthians 8:5- And this they did, not as we hoped, but first gave their own selves to the Lord, and unto us by the will of God. (KJV)***

Believers experience peace when fashioning daily life according to the will of God. Keeping the mind actively focused on the will of God shapes personal behavior. Relationships are affected by the way the will of God is perceived and received. Personal faith and beliefs determine the prevailing attitude about the will of God. Each person does well to examine the heart, mind and soul about the will of God.

***Galatians 1:4- Who gave himself for our sins, that he might deliver us from this present evil world, according to the will of God and our Father: (KJV)***

Important lessons for life are learned when studying Jesus and the will of God. Strength and guidance come to believers seeking to abide by the will of God. Jesus Christ is due unending gratitude for His suffering and death on the Cross. Great Lent is the foremost opportunity to learn more about the will of God. Holy Week brings Jesus Christ and the will of God sharply into focus. (Luke 22:42)

*Week of the Last Judgment. Cheese-Fare Week. Venerable John Cassian. February 29/March 13.2025. Hidden Valley, Pennsylvania. Father Rodney Torbic*

About the condition of sinful souls, it is revealed to us that they are remote from the face of God, shut in hell—the prison of the fallen spirits, a dark place of torture— and feel and recognize there their loss of blessedness, as well as suffer pangs of conscience. In vain do they attempt to better their grievous condition (Luke 16:24-25). ***From Dogmatic Theology of Anthony, Eternal Mysteries Beyond the Grave p.88***

**The discipline of the body must never become an aim in itself, and indeed ascetic practices must sometimes be reduced, sometimes increased, sometimes changed, and sometimes stopped altogether for a time.** *Fr. Jack Sparks, Victory in the Unseen Warfare p.60*

May you carry your cross  
with patience.  
Follow Christ in love.  
And resurrect with Him in joy.

*Blessed Lent.*



Department of Religious Education (DRE)  
Greek Orthodox Archdiocese of America

@goarchDRE

**Your journey to Pascha (Easter) presents an opportunity for you to reconnect to the Church, revive your calling to become a disciple of Christ, draw strength from the transformative process of the faith, and reach your own potential as a person created in the image and likeness of God.**

**From our families to yours, wishing you a blessed Great & Holy Lent with love in Christ.**



**Metropolitan Savas [Zembillas] offers:  
Father Stavros Akrotirianakis**

*To my Facebook Friends, asking for your forgiveness this Sunday as we are about to begin Great Lent. What follows below is something I said in church this morning concerning why I'm asking for your forgiveness and why I need it.*

I remember an idealistic song called "I'd like to teach the world to sing." The words go like this—I'd like to build the world a home and furnish it with love, grow apple trees and honey bees and snow white turtle doves. I'd like to teach the world to sing in perfect harmony, I'd like to hold it in my arms and keep it company." Idealism goes out the window when it meets realism. The anger and rage that permeates all corners of the world makes a song like this sound almost laughable.

In the early centuries of the church, when things weren't so spread out and there was no technology, or electricity, the church community was the center of people's lives. They worshipped together daily, they ate together, they made sure everyone was taken care of—those who were sick, or old, or in any kind of need. When the Divine Liturgy was held, and the priest said "Let us love one another, so that with one mind we may confess," the service would pause and people would openly confess their sins to one another. Then they would embrace one another, in what is called the "Kiss of peace," asking for forgiveness and reconciling with one another, so that as the Liturgy continued, they would be able to approach for Holy Communion with a clean soul. Communities got bigger and more spread out and so the practice of confession in this manner stopped. And so has the kiss of peace. The only time you see this done is when multiple clergy are celebrating the Divine Liturgy and we exchange the kiss of peace. There are two beautiful things about this gesture. First, there is the physical aspect that two people bow to one another at the same time and kiss each other's hands. This is supposed to be an act of humility, even though sometimes it is an act of familiarity. Second, there is what is said—One person says "Christ is in our midst," and the response is "He was, He is, and He always shall be." Even though we don't say the words "Forgive me" as part of the kiss of peace, placing Christ in between us and saying His name implies forgiveness, patience, and peace.

In the ideal world, I'd like to exchange the kiss of peace with many people. I'd like to ask forgiveness from many people. I'd like to receive forgiveness from many people. I'd love to reaffirm that Christ will stand in the middle of my relationships. The only way that any relationship works is with forgiveness. Any relationship that I have had that has fizzled out has been from one of two causes—either someone physically moved away like

to another city and we didn't see one another anymore, or one or both of us moved away because of sin and lack of forgiveness. Psalm 130:3-4 says "If You O Lord were to mark iniquities, who could stand, but there is forgiveness with You." Thankfully He forgives. The sacrament of Confession helps release us from the shame that we feel towards God because of our sins. It also helps us make a game plan for how we can lessen sin going forward. But confession doesn't always release us from the shame we feel towards others we have wronged. Only our asking forgiveness and their granting it will do that.

The older I get and the more people I meet, the more wrong I do to others. If my circle of people was only ten, there is only so much wrong I can do. But when my circle is hundreds, if not thousands because of what I write, there is so much more opportunity to do wrong to others. Many times, when I see a friendship end or a relationship fail, I think to myself, "if I never met that person I wouldn't be in this position." Yet, we need friendships and we strive to have relationships and in our sinfulness, many times those break down, either temporarily or permanently. I wish I could go back in time and at a certain fork in the road take a different direction, and then maybe I would have gotten a different outcome. The more I travel on the road of life, the more forks I come to, and the more bad decisions I make. The only way to avoid this is to sit and travel nowhere, then there are no forks and no bad choices, but then there is no life either. God wants us to travel the road of life and He knows we will make bad decisions. That is why He offers forgiveness. And this is why He teaches us to offer forgiveness. This week, we will be beginning our Wednesday night series on the Seven Words of Jesus from the Cross, and the first one we will be discussing is "Father, forgive them, for they know not what they are doing." No one at the cross asked forgiveness from Jesus for crucifying Him. He offered forgiveness without even being asked, not only for what had been done to Him but what was still being done to Him. In the ideal world, we would forgive others and others would forgive us, even if we didn't ask for it. When I think of all the big stresses in my life, they all have to do with shame over things I have done and failed to do in relationships. And the weight of this is becoming very heavy on my soul. It is very difficult to carry this weight and stand before God's Holy Altar and put my hands on the Holy Things.

In my ideal world, I'd like to go back to many forks in the road and take a different way, I'd like to fix the things I've done so that I'd have a different outcome today. In the absence of that, I'd like to ask each person for forgiveness, ideally one-on-one, and hope for mercy, and if possible, reconciliation and renewal. But even this is not possible.

I look around the church and can think of hundreds of things I've done wrong in my relationships with you, whether it is something I said or did directly to you, or something I failed to do, or even worse, failing to model Christ-like behavior in front of you. Worse, I can think of those who are no longer in the church or in my life because of things I have done that have ruined the relationship. As a person, ruined relationships hurt. As a priest, a ruined spiritual relationship actually threatens my own salvation. Thus, for the things that I have done wrong and for the things I should have done differently, I humbly ask for your forgiveness. And offer my willingness to do better.

As we will pray in a moment, that we entrust our lives to God and ask Him to make us worthy to stand before His Holy Altar and receive His Holy Gifts with a clear conscience, I cannot clear my conscience without your forgiveness. And I can't stand at the altar with joy without it either. So, with humility and some desperation, my brothers and sisters in Christ, please forgive me.



The whole church watched with nervous anticipation as the visitors sat where the Martins have sat for 42 years.

**David Hartnett:**

***"Christianity is about helping others and controlling yourself. When it becomes controlling others and helping yourself it is not Christianity."***

*I saw this and needed to share.*

