



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: 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 Smolynech, 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, Father James Norton 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 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 Zeliszczyk, 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 Oswald—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, 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, Christopher, & Baby Jane Dickson, Luke D, Diane Murphy, Kristin Vaughn [Harry's daughter], George Petronsky, Doug & Darcie Burkholder, Michael, Jeane, and Katie Byerly, Richard & Daniel Scharba [Metropolitan Antony's brothers], and Jill Morocco. We pray that God will grant them all a speedy recovery.

If you do not know God, the love of Him cannot be stirred within you; and you cannot love God if you do not see Him. **Venerable Isaac the Syrian, bishop of Nineveh**

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

**SATURDAY, MARCH 30 DIVINE LITURGY with ARCHBISHOP DANIEL 10:00 AM
SOUL SATURDAY; SAINT ALEXIS MAN OF GOD; MARTYR MARINUS-SOLDIER-AT
CAESAREA IN PALESTINE; SAINT MACARIUS; VENERABLE PARTHENIUS OF
KYIV
Hebrews 3:12-16
Mark 1:35-44**

**SUNDAY, March 31 NO SERVICE IN SLICKVILLE
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

SUNDAY, April 14

OBEDNITZA—SAINT BASIL THE GREAT—

UPSTAIRS 10:30 AM

4TH SUNDAY OF GREAT LENT; VENERABLE JOHN CLIMACUS-JOHN OF THE LADDER OF DIVINE ASCENT; VENERABLE MARY OF EGYPT; MARTYRS GERONCIUS & BASILIDES; RIGHTEOUS ACHAZ; VENERABLE MACARIUS-ABBOT OF PELECETE; VENERABLE GERONTIUS-YOUTH-CONONARCH OF PERCHEVSKY LAVRA

Tone 4

Hebrews 6:13-20; Ephesians 5:8-19

Mark 9:17-31; Matthew 4:25-5:12

BULLETIN INSERT FOR 31 MARCH 2024

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

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!

Truth is from God. It is contained in the Word of God, and it is attained by the grace of Christ. ***Venerable Symeon the New Theologian***, The First-Created Man p.67

+Beloved Dr. Natalie Pavlovich

We gather on this Wednesday of the First Week of Great Lent to pray for the soul of +Beloved Natalie. God's Holy Church has a heightened focus on the souls of believers during Great Lent. We are in the cemetery dedicated to St. Sava.

+Beloved Natalie is a daughter of the Church of St. Sava. She was a Serbian Orthodox Christian. She was a professional at the highest level focusing on the health of humanity. She devoted her life to improved healthcare.

As a faculty member at Duquesne University. Dr. Natalie touched and influenced the lives of countless nursing students. The people benefitting from her teaching is beyond measure.

More than ten years ago Dr. Natalie developed a deep interest in the St. George Church in Carmichaels. It was at St. George Church I came to know her. She attended our annual Healthcare Day seminars and was a guiding presence.

+Beloved Natali's years of experience in healthcare benefitted the St. George parish. She enjoyed and valued the warmth and hospitality of the parish. As an Orthodox Christian, she maintained the highest standards in personal relationships.

On August 9, 2013. Natalie served as the honored Kuma for the parish's Seventh Annual Healthcare Day. The seminar's theme was "Putting Cancer in Perspective."

Natalie's lifelong interest in healing made her the perfect choice as Kuma. The seminar occurred on the Slava of the Parish Nurse's Office, St. Panteleimon, the Great Martyr and Healer.

+Beloved Natalie travelled the distance from Pittsburgh to Carmichaels on occasions even when she was facing challenges to her own health. She formed lasting relationships with parishioners.

During Great Lent, believers are to examine their souls and their relationships to ensure they are healthy and founded in love. Dr. Natalie devoted her life to the teaching of relationships founded in good health and the love of humanity.

Thank God Natalie made good use of the talents God gave her, she pursued an advanced education and engaged in the education of others. She did not hide her talents under a bushel, Natalie applied her talents to the benefit of humanity.

Today we gather to pray for her soul. Let us thank God for the good that has been worked through Dr. Natalie. Let us continue to pray for her soul and for the comfort of all mourning her departure from this life.

May God give rest to her soul. May beloved Natalie rest with the righteous where there is no sickness, sorrow, or sighing but life everlasting. May her memory be eternal.

*Wednesday of the First Week of Great Lent. Holy Seven Bishops, Hieromartyrs of Cherson. March 7/20, 2024. Hidden Valley, Pennsylvania.
Father Rodney Torbic*

I saw that there was no tragedy in God. Tragedy is to be found solely in the fortunes of the man whose gaze has not gone beyond the confines of this earth. **Archimandrite Sophrony**

Lenten Prayer of St.
Ephrem

O Lord and Master of my
life, take from me the
spirit of sloth, despair, lust
of power, and idle talk.

But give rather the spirit
of chastity, humility,
patience, and love to Thy
servant.

Yea, O Lord and King, grant
me to see my own
transgressions, and not to
judge my brother, for
blessed art Thou, unto ages
of ages. Amen.

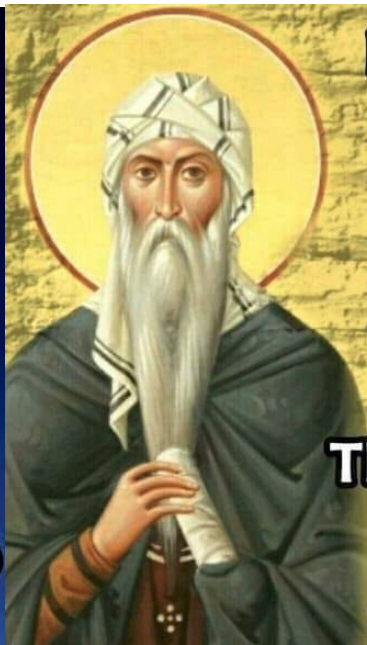
Quote of the Week: "God is in control, but He doesn't expect you to lean on a shovel and pray for a hole."



God's love wants us to be saved and does not allow trials to befall us that are beyond our strength; moreover, He allows them only when this is truly necessary for our salvation. **Abbot Nikon Vorobiev**, Abbot Nikon Letters to Spiritual Children p.139

Let no one imagine that to be a spiritual guide is an excuse for ease and self-indulgence, for nothing is so demanding as the charge of souls. Those who have charge of horses and other animals keep them under control, and so they generally achieve their purpose. But to govern men is harder, because of the variety of their characters and their deliberate cunning. Anyone undertaking this task must prepare himself for a severe struggle. He must treat the faults of all with great forbearance, and patiently teach them things of which in their ignorance they are not aware. **Venerable Nilus the Faster of Sinai**, Philokalia, Vol. 1 p.219

Prayer is not a spare wheel that you pull out when you are in trouble. Use it as a steering wheel that keeps you on the right path throughout the life. Amen.



He who lends
his arm
to help
his neighbor
receives
The Arm of God
as his Helper
St Isaac The Syrian

God is My Rock

2 Samuel 22:3- The God of my rock; in him will I trust: he is my shield, and the horn of my salvation, my high tower, and my refuge, my saviour; thou savest me from violence. (KJV)

The unyielding certainty of God is necessary to face the challenges of daily life. Faith in God's certainty is necessary to deal with the greatest of daily challenges. Health issues, relationship issues, and other crises greatly test the depths of faith. Believers need God as the absolute rock of salvation to get through major crises. God's reassuring certainty as the rock of faith keeps hope alive in believers.

Believers are never disappointed when placing the firmest of faith in God.

Psalm 17/18:2-The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower. (KJV)

Great patience is always necessary to understand the lessons of the Lord God. The Lord Jesus Christ suffered greatly as an example when He ascended the Cross. Every believer faces crosses in daily life which will seem overwhelming at times. Christ is always present to provide the firmness of certainty for faithful believers. The Lord Jesus Christ is within reach of each believer reaching out in firm faith. God delivers believers through the great trials and tribulations of earthly life.

Psalm 61/62:7- In God is my salvation and my glory: the rock of my strength, and my refuge, is in God. (KJV)

The Resurrected Christ is the brightest Light shining in life's darkest moments. Believers look deep within the self with serious questions when faith is tested. Christ's firmness withstands the challenges of life testing faith to the utmost. Jesus Christ's death on the Cross ultimately revealed

the overcoming of death. Resting faith on the rock of God is the firmest foundation existing in the world. Saints and martyrs through the centuries are living witnesses to God as their rock.

Psalm 93/94:22-But the Lord is my defence; and my God is the rock of my refuge. (KJV)

God reveals Himself as the rock when believers maintain unwavering faith. The proof of God's certainly becomes evident at the time of God's choosing. God chooses the outcome of challenging and difficult situations in daily life. Witnesses to Christ's Crucifixion had reason to be shaken by the experience. Joy replaced the darkness of death when the Resurrected Christ appeared to many. Great faith leads believers through the experience of the Cross to the Resurrection.

*Saint Tryphon. Forefeast of the Meeting of the Lord. February 1/14, 2024.
Hidden Valley, Pennsylvania. Father Rodney Torbic*

We only have to show a little good intention for God to come and dwell in our heart. God wants us to be like guileless little children that do not want to speak badly of others or say anything evil at all. One minute you scold them, and the next minute they hug and caress you with love. ***Gerondissa Makrina (Vassopoulou)***, Words of the Heart p.257

Indeed, the Fathers teach that the ascent to Heaven is connected with the descent into ourselves. The more we sink our attention deep into the soul, the more we find our secret heart; through repentance, the Kingdom of Heaven descends into the heart and makes it Paradise and Heaven.

Hierotheos Vlacos

The 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)

God's Holy Church is celebrating the Sunday of Orthodoxy. Orthodox believers join together in Divine services around the world. The restoration of icons is a major part of the celebration.

Each person is an icon. Each person is created in the image and likeness of God.(Gen.1:26). The Lord Jesus Christ took on human flesh. The Church depicts images of Jesus, the Mother of God, and the Saints in Holy Icons.

Today the hunger of the soul is nourished in the Divine Liturgy. Today believers hear the Holy Gospel and partake of the Precious Body and Blood of the Lord Jesus Christ.

The Divine services are enriched with the presence of icons. Believers' souls shine forth the Light of Christ. Believers' hearts, minds and souls benefit from the presence of Holy Icons in the Church.

The Holy Gospel reading for today reveals the Lord Jesus Christ's ability to see all things in ways beyond comprehension. Jesus saw Nathaniel in advance of their meeting.

The Gospel verifies the value of Moses and the Prophets foretelling the coming of Jesus. Nathaniel recognized Jesus and identified Jesus as the "Son of God and King of Israel."

At Holy Baptism, believers profess belief in Jesus Christ as King and as God. Believers begin officially following Jesus Christ at Baptism just as Philip and Nathaniel began following Jesus.

Jesus made a profound impression on Philip and Nathaniel. Jesus makes a profound impression on believers at the time of Holy Baptism. At Baptism believers assume and accept the responsibility of following Jesus Christ.

The Gospel is to be taken to heart by believers. The Gospel message leads to the transformation of believers. Believers are to continue to embrace the way of Christ and be renewed in Christ with each reading of the Gospel.

The Gospel readings nourish believers' souls. The Gospel guides and directs believers along the narrow path to God's Kingdom. Believers learn the value of repentance from the Gospel.

Believers learn forgiveness and love from the Gospel. Jesus Christ's love for each person is proclaimed in the Gospel. Jesus' complete love is verified with His Death on the Cross and His Resurrection.

During Great Lent, believers unite and reunite with Jesus Christ. Increased prayer, fasting, and almsgiving facilitate the unification and reunification with Christ.

Repentance, Holy Confession, and Communion result in the forgiveness of sins and the presence of joy in the heart, mind, and soul. Jesus welcomes believers choosing to repent.

God's Holy Church throughout the world participates in Great Lent. Great Lent has a profound effect on the world. Great Lent changes the world. Great Lent directs the world's attention to the Lord Jesus Christ.

Each believer seriously adhering to the journey to Pascha has an impact. The collective impact of believers throughout the world journeying to Pascha creates great change.

Communities improve when believers fast and pray. Parishes become stronger when believers actively participate in Great Lent. Family members are enriched when each member fasts and prays during Great Lent.

The hunger in the soul is nourished at the Liturgy of Presanctified Gifts and the Divine Liturgies during Great Lent. The daily content in the Church services during Great Lent which focuses on repentance strengthens serious believers.

Great Lent leads to joy in the hearts, minds, and souls of believers. Christ's joy exceeds all joy. Repentance gives peace to the heart, mind, and soul. Relationships improve with the increase of forgiveness in homes and parishes.

Jesus Christ is the pathway to peace. Jesus Christ is the personification of peace. May this Sunday of Orthodoxy be the doorway for believers into the joy and peace of the Lord Jesus Christ.

The Sunday of Orthodoxy. St. Sophronius, Patriarch of Jerusalem. March 18/31, 2024. Hidden Valley, Pennsylvania. Father Rodney Torbic

The cultivation of good thoughts works at a deeper schematic level than the methods for responding to individual bad thoughts that we examined in the previous chapter. Conscientious reflection on the virtues alters the way people interpret and thus respond to a variety of situations. **Bishop Alexis (Trader)**, *Ancient Christian Wisdom and Aaron Beck's Cognitive Therapy: A Meeting of Minds* p.221

Join His Eminence

ARCHBISHOP DANIEL

as he visits parishes throughout
the Pittsburgh, Pennsylvania area

MARCH 30 – Saturday

10 AM - Divine Liturgy

HOLY GHOST PARISH

714 Westmoreland Ave
Slickville, PA 15684

MARCH 31 – Sunday

9:30 AM - Divine Liturgy

ST. VLADIMIR PARISH

1810 Sidney St
Pittsburgh, PA 15203

APRIL 1 – Monday

6 PM – Liturgy of Presanctified Gifts

STS. PETER & PAUL PARISH

220 Mansfield Blvd
Carnegie, PA 15106

APRIL 2 – Tuesday

10 AM - Liturgy of Presanctified Gifts

ST. MARY PARISH

116 Ella St
McKees Rocks, PA 15136

APRIL 3 – Wednesday

12 PM Noon - Liturgy of Presanctified Gifts

ST. VLADIMIR PARISH

313 9th St
Ambridge, PA 15003

