



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 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, 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, 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, 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], Barbetta [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], Edie McGrath, and Jill Morocco. We pray that God will grant them all a speedy recovery.*

**The saints do not grow old, do not wear out, do not tire in helping all those who ask with faith—those who are sick, in need, in trouble, those with problems, the disillusioned, the unfortunate, those who are suffering and fearful.**

*Monk Moses, Holiness: Is it Attainable Today? p.10*

**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, April 21      OBEDNITZA—SAINT BASIL THE GREAT—UPSTAIRS      10:30 AM**  
**5<sup>TH</sup> SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; APOSTLES**  
**HERODION, AGABUS, ASYNCRITUS, RUFUS, PHLEGON, & HERMES OF THE**  
**70 & THOSE WITH THEM; MARTYR PAUSILIPPUS OF HERACLEA IN**  
**THRACE; SAINT CELESTINE-POPE OF ROME; VENERABLE RUFUS THE**  
**OBEDIENT OF PERCHEVSKY LAVRA**

*Tone 5*

**Hebrews 9:11-14; Galatians 3:23-29**

**Mark 1:32-45; Luke 7:36-50**

**SUNDAY, April 28 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS      10:30 AM**  
**6<sup>TH</sup> SUNDAY OF GREAT LENT; PALM SUNDAY; ENTRY OF THE LORD INTO**  
**JERUSALEM; APOSTLES ARISTARCHUS, PUDENS, & TROPHIMUS OF THE**  
**70; MARTYRS BASILISSA & ANASTASIA OF ROME; MARTYR SUCHIAS &**  
**COMPANIONS; MARTYR SABBAS THE GOTH OF BUZAU IN WALLACHIA**

*Tone 6*

**Philippians 4:4-9**

**John 12:1-18**

**WEDNESDAY, May 01      UNCTION SERVICE      6:30 PM**

**FRIDAY, May 03      PLASCHENYTSIA & BURIAL SERVICE      6:30 PM**

**SUNDAY, May 05      PASCHAL DIVINE LITURGY      10:30 AM**

**THE RESURRECTION OF OUR LORD AND SAVIOR JESUS CHRIST; SAINT  
THEODORE THE SYKEOTE-BISHOP OF ANASTASIOPOLIS; APOSTLES  
NATHAN, LUKE, & CLEMENT; SAINT VITALIS OF THE MONASTERY OF ABBA  
SERID AT GAZA  
Acts 1:1-8  
John 1:1-17**

## **BULLETIN INSERT FOR 21 APRIL 2024**

**5<sup>TH</sup> SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; APOSTLES  
HERODION, AGABUS, ASYNCRITUS, RUFUS, PHLEGON, & HERMES OF THE  
70 & THOSE WITH THEM; MARTYR PAUSILIPPUS OF HERACLEA IN  
THRACE; SAINT CELESTINE-POPE OF ROME; VENERABLE RUFUS THE  
OBEDIENT OF PERCHEVSKY LAVRA**

### **TROPARION—TONE 8**

The image of God was truly preserved in you, O Mother,  
For you took up the Cross and followed Christ.  
By so doing, you taught us to disregard the flesh, for it passes away;  
But to care instead for the soul, since it is immortal.  
Therefore your spirit, O holy Mother Mary, rejoices with the angels.

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

### **KONTAKION—TONE 3**

Having been a sinful woman, you became through repentance a Bride of  
Christ.  
Having attained angelic life, you defeated demons with the weapon of the  
Cross!  
Therefore, O most glorious Mary, you are a Bride of the Kingdom!

### **PROKEIMENON—TONE 4**

**READER:** Let Thy mercy, O Lord, be upon us as we have set our hope on  
Thee.

**PEOPLE:** Let Thy mercy, O Lord, be upon us as we have set our  
hope on Thee.

**READER:** Rejoice in the Lord, O you righteous! Praise befits the just!

**PEOPLE:** Let Thy mercy, O Lord, be upon us as we have set our  
hope on Thee.

**READER:** God is wonderful in His saints, the God of Israel!

**PEOPLE:** Let Thy mercy, O Lord, be upon us as we have set our  
hope on Thee.

**READER:** Let Thy mercy, O Lord, be upon us.

**PEOPLE: As we have set our hope on Thee.**

**ALLELUIA VERSES—TONE 1**

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

You should not get angry when you are scolded, nor should you love to be praised, but rather desire to be humbled. No one else is to blame; only we ourselves are at fault. We should always throw the weight on ourselves, not on others, because criticism is egotism and pride. **Gerondissa Makrina (Vassopoulou)**, Words of the Heart p.126

**Before Thy Cross**

***Matthew 16:24-Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me. (KJV)***

The Cross is placed in the middle of the church on the Third Sunday of Great Lent. Believers bow down before The Cross and draw strength for the Lenten journey. Taking the journey to Pascha seriously requires effort, focus and commitment. Investing in the journey to Pascha is an investment in the Kingdom of God. Investing in the Kingdom of God is the most secure investment of earthly life...

***Mark 10:21-Then Jesus beholding him loved him, and said unto him, One thing thou lackest: go thy way, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, take up the cross, and follow me. (KJV)***

Jesus told the man the value of giving up his possessions and taking up the cross. Sacrifice is essential in taking up the crosses in daily life to follow Jesus Christ. Jesus Christ set the supreme example by responsibly facing The Cross in His Life. Each believer has life-giving opportunities to responsibly face personal crosses. Jesus Christ is always present to give each believer strength through His Cross.

***Luke 23:26-And as they led him away, they laid hold upon one Simon, a Cyrenian, coming out of the country, and on him they laid the cross, that he might bear it after Jesus (KJV)***

Believers draw strength by falling down in prayer before The Cross in church. Jesus' example of voluntarily going to The Cross strengthens observant believers. The hunger in the soul for strength and nourishment is addressed in Christ's Cross. Bowing in prayer before Jesus' Cross

provides power to believers feeling weak. Power from Jesus' Cross enables believers to confidently face personal adversity.

***John 19:25-Now there stood by the cross of Jesus his mother, and his mother's sister, Mary the wife of Cleophas, and Mary Magdalene. (KJV)***

The Gospel provides names of specific witnesses to Jesus Christ's Crucifixion. Witnesses to the Crucifixion had their lives changed and transformed forever. Believers bowing down in prayer before the Cross have their strength renewed. The Cross is the Sign of Victory over death and the verification of Christ's power. Believers with eyes to see recognize the life-giving power of Christ's Cross.

***1 Corinthians 1:18-For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God. (KJV)***

The Church in Her wisdom puts The Cross in the center on the Third Sunday. Believers participating in the journey to Pascha appreciate the power of The Cross. The Cross is central to fully understanding the Lord Jesus Christ's Resurrection. Each journey to Pascha is beneficial to the soul and leads to God's Kingdom. Serious believers journey by The Cross's power to the life-giving joy of Pascha.

*The Fourth Week of Great Lent. Venerable Father Hilarion the New. Venerable Stephen the Wonderworker. March 28/April 10, 2024. Hidden Valley, Pennsylvania. Father Rodney Torbic*

*Carolyn Cunningham [Father Bob's Cousin] passes this along—food for thought during Great Lent:*

**Brett Jay Ballou**

The pastor says they sit front and center. The gay boys. Sometimes they hold hands. And some folks have said he should address the issue. But the pastor tells me he doesn't know what to say.

There is the couple who are pregnant and not married. Walks in shame as her father a "Man of God", physically slaps her legs while she is having morning sickness, and the Boyfriend who is not wanting to marry her. But the pastor tells me he doesn't know what to say.

And then there's the man who sneaks in the back door. Fresh off the street. After the service starts. And leaves before altar call. The people sitting close complain about how bad he smells. Of beer and smoke and sweat. But the pastor tells me he doesn't know what to say.

And then there's the young mama who wears dirty clothes and lets her four children come in and eat all the donuts and drink all the watered-down juice. Some church staff say they "...eat like little pigs. Like they haven't eaten in weeks." While the Mama just stands there and lets them. And the

elders say something must be done and said. But the pastor tells me he doesn't know what to say.

And there's the whore sitting among the faithful. And everybody knows her. She sits with a painted-up face, cheap perfume, and a broken heart. And those who sit close, well, they all treat her for what they think she is. And at the last staff meeting, her name came up. Something must be done about her. But the pastor tells me he doesn't know what to say.

The pastor is a good man. Holy and just. And he wants to do the "right and loving" thing. And he wants to "look like Jesus." And he asks me if I have any thoughts on anything he could say.

Yes, sweet Pastor. I do. Start with this and say it Louder than any other words:

***"Welcome to Church. This is a place of love and hope and safety and forgiveness. There will be food for the hungry. Living water for the thirsty. We are so glad you are here. You are invited. You are loved. Come on in—we've been waiting on you. Welcome here. We are the church."***

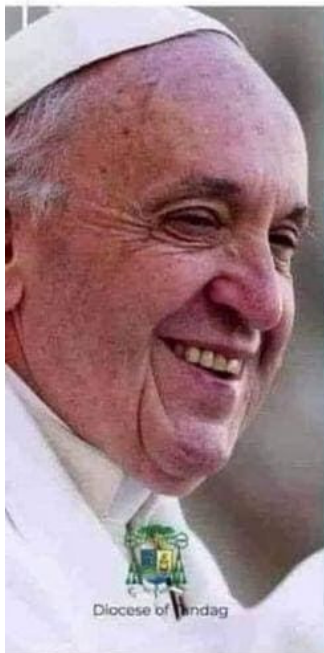
Say that. To the called and to the called-out. To the leaders and the greeters. To the dirty and the clean. We are all the same. We are.

May we blow the dust of religion out of our souls and choose affection instead. May our words and actions and reactions be a sanctuary for all.

Jesus broke many laws to love. So, Jesus, be our voice. Be the only words we should ever speak. I believe this with all my heart. Years ago we were kinder. Everybody looked out for one another. We need to go back to that. It takes us all. We gotta do better at looking out for each other instead of breaking each other down.



I absolutely LOVE this quote from Pope Francis!

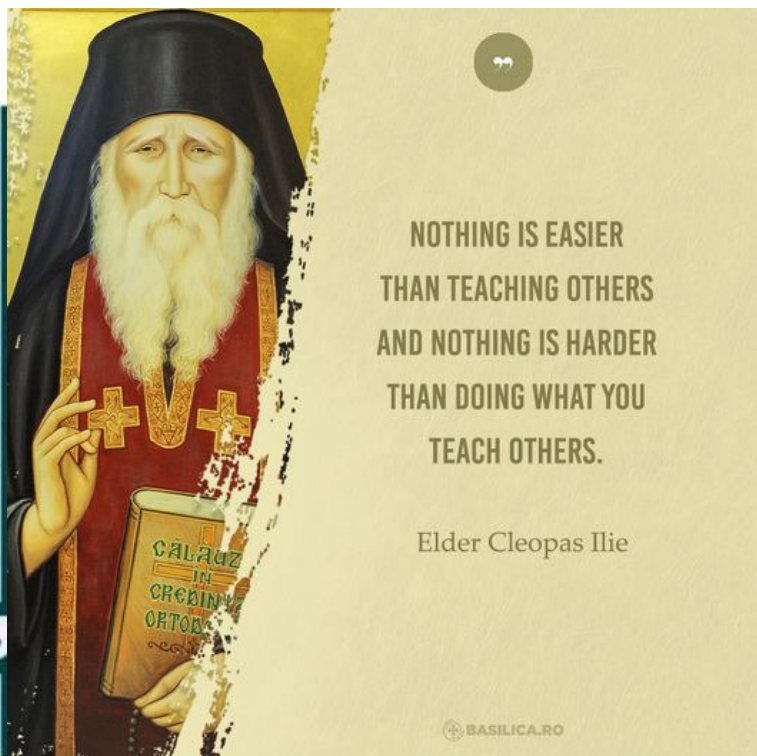


Diocese of Tandag

“ Rivers do not drink their own water; trees do not eat their own fruit; the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is...Life is good when you are happy; but much better when others are happy because of you. ”

Pope Francis

[/TandagDiocese](#)



NOTHING IS EASIER  
THAN TEACHING OTHERS  
AND NOTHING IS HARDER  
THAN DOING WHAT YOU  
TEACH OTHERS.

Elder Cleopas Ilie

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