



Holy Ghost Orthodox Church

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VENERABLE JOHN CLIMACUS—OF THE LADDER OF DIVINE ASCENT

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father John Harvey, Father Jakiw Norton, Father Dragan Filipović, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, Father Nestor Kowal, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John 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 Smolynec, Joshua Agosto and his family, Eva Malesnick, Stella Peanoske, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Gary & Linda Mechtly, Mary Mochnick, 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, John Sheliga, George Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Bishop 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, Betty O'Masta, Julie Eiler, Dorothy Lednovich, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—21-year-old with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Woloschak, Michael Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Loretta, Nancy, Carol, & Michael Sheliga, 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], Mel & Charlotte Malik, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Donald Griffey, Deborah Smith, Nancy & Eric Dunik, Julian Strozh [child with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Patrick, Linda Morris, Howard Simpson, Chris, David Hiles, Karen Johnson, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Barbara McDougall, Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, 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, Jeff Jones, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Stella Rossi, 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, Millie Koss Good, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Mike Mangan, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Michael Pawlyshyn, Sherri Walewski, Marika Zeliszczuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], Stella McKeag, 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, Cheryl Pomeroy, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, and Ian Brick. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.

In conjunction with Slickville's Centennial Celebration next year, the Centennial Committee is selling tear-off raffle tickets to help finance the celebration and fireworks. Bill Kuznik is the keeper of the tickets which cost \$2 and are sold every week. Please see Bill if you are interested or with any questions. We have a list of winning numbers in the bulletin insert! Fr. Bob

PLEASE REMEMBER IN YOUR PRAYERS: All Christians and the others in the Middle East who are suffering during this time of great tragedy and unrest. May God watch over and keep them safe! Lord have mercy!

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.

SCHEDULE OF SERVICES

**SUNDAY, MARCH 26 OBEDNITZA—DOWNSTAIRS IN CHURCH HALL 10:30 AM
4TH SUNDAY OF GREAT LENT; VENERABLE JOHN CLIMACUS—OF THE LADDER OF
DIVINE ASCENT; TRANSLATION OF THE RELICS OF SAINT NICEPHORUS THE
CONFESSOR-PATRIARCH OF CONSTANTINOPLE; MARTYR SABINUS OF EGYPT;
MARTYRS AFRICANUS, PUBLIUS, & TRENCE OF CARTHAGE; MARTYR
ALEXANDER OF MACEDONIA; MARTYR CHRISTINA OF PERSIA; VENERABLE
ANANAS THE PRESBYTER OF EUPHRATES**

Tone 7

Hebrews 6:13-20; Ephesians 5:9-19

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

Parastas in Blessed Memory of Jean Stuchell

**SUNDAY, APRIL 02 DIVINE LITURGY OF SAINT BASIL THE GREAT 10:30 AM
5TH SUNDAY OF GREAT LENT; VENERABLE MARY OF EGYPT; HOLY FATHERS
SLAIN AT MONASTERY OF SAINT SABBAS-SAINTS JOHN, SERGIUS, PATRICK, &
OTHERS; MARTYR PHOTINA THE SAMARITAN WOMAN & SONS-MARTYRS
VICTOR/PHOTINOS & JOSIAH WITH ANATOLIA, PHOTO, POTIDA, PARASKEVA,
KYRIAKIA, DOMNINA, & SEBASTIAN; VIRGIN-MARTYRS OF AMISUS-
ALEXANDRIA, CLAUDIA, EUPHRASIA, MATRONA, JULIANA, EUPHEMIA, &
THEODOSIA; SAINT NICETAS THE CONFESSOR-BISHOP OF APOLLONIAS IN
BITHYNIA**

Tone 8

Hebrews 9:11-14

Mark 10:32-45

Litany in Blessed Memory of Frank & Ollie Pendlyshok, John Cherepko, Rose Lopushanski, Mary Haluszczak, Vladimir Hanczar, Michael Brittan, Deacon Dennis Lapushansky, & Lynne Giglione—Fr. Bob
Parastas in Blessed Memory of Walter & Victor Burlack--Evelyn

SUNDAY, APRIL 09 DIVINE LITURGY OF JOHN CHRYSOSTOM 10:30 AM
PALM SUNDAY—ENTRANCE OF OUR LORD INTO JERUSALEM; SAINT MATRONA OF THESSALONICA; MARTYRS MANUEL & THEODOSIUS; SAINT JOHN THE CLAIRVOYANT OF LYCOPOLIS-ANCHORITE OF EGYPT

Tone 1

Philippians 4:4-9

John 12:1-18

BULLETIN INSERT FOR 26 MARCH 2017

4TH SUNDAY OF GREAT LENT; VENERABLE JOHN CLIMACUS—OF THE LADDER OF DIVINE ASCENT; TRANSLATION OF THE RELICS OF SAINT NICEPHORUS THE CONFESSOR-PATRIARCH OF CONSTANTINOPLE; MARTYR SABINUS OF EGYPT; MARTYRS AFRICANUS, PUBLIUS, & TRENCE OF CARTHAGE; MARTYR ALEXANDER OF MACEDONIA; MARTYR CHRISTINA OF PERSIA; VENERABLE ANANAS THE PRESBYTER OF EUPHRATES

TROPARION—TONE 1

O Dweller of the wilderness and angel in the body!
You were a wonder-worker, O our God-bearing Father John!
You received heavenly gifts through fasting, vigil, and prayer:
Healing the sick and souls of those drawn to you by faith.
Glory to Him who gave you strength!
Glory to Him who granted you a crown!
Glory to Him who through you grants healing to all!

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

The Lord truly set you on the heights of abstinence,
To be a guiding star, showing the way to the universe,
O our Father and Teacher John.

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows before the Lord our God!

PEOPLE: Let the righteous exult in glory! Let them sing for joy on their couches!

READER: In Judah, God is known; His name is great in Israel!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows.

PEOPLE: Before the Lord our God!

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Those planted in the house of the Lord shall flourish in the courts of our God.

It's enormously important that there should be someone in the family who really prays. Prayer draws down the Grace of God and all of the members of the family feel it, even those whose hearts have frozen over. Always pray. ~ *Elder Thaddeus of Vitovnica*

Wisdom of the Fathers

"I force not, I compel not, but each one I make lord of his own choice; wherefore also I say, 'If any man will.' For to good things do I call you, not to things evil, or burdensome; not to punishment and vengeance, that I should have to compel. **St. John Chrysostom** *Homily 55 on Matthew 16, 1. B#54, p.339., 4th Century*

And see how He also makes His discourse unexceptionable: not saying at all, "whether you will, or no, you must suffer this," but how? "If any man will come after me." **St. John Chrysostom** *Homily 55 on Matthew 16, 1. B#54, p.339., 4th Century*

A Christian's . . . duty is to "take up his cross." The word cross means sufferings, sorrows and adversities. To take up one's cross means to bear without grumblings everything unpleasant, painful, sad, difficult and

oppressive that may happen to us in life. . . without expecting any earthly reward in return, but bear it all with love, with joy and with courageous strength. **St. Innocent of Alaska** *The Lenten Spring, SVS Press, p. 147, 19th Century*

To deny oneself means to give up one's bad habits; to root out of the heart all that ties us to the world; not to cherish bad thoughts and desires; to suppress every evil thought; to avoid occasions of sin; not to desire or to do anything out of self-love, but to do everything out of love for God. To deny oneself, according to St. Paul means "to be dead to sin. . . but alive to God." **St. Innocent of Alaska** *The Lenten Spring, SVS Press, p. 147, 19th Century*

Interior crosses can be found at all times, and more easily than exterior ones. You have only to direct your attention to yourself and examine yourself with a sense of repentance, and a thousand interior crosses will at once present themselves to you. . . Interior crosses are sometimes so burdensome that the sufferer can find no consolation whatever in anything. All this can happen to you too! But in whatever position you may be, and whatever sufferings of the soul you may feel, do not despair and do not think that the Lord has abandoned you. NO! God will always be with you and will invisibly strengthen you even when it seems to you that you are on the very brink of perdition. **St. Innocent of Alaska** *The Lenten Spring, SVS Press, p. 148, 19th Century*

Nothing comes without effort. The help of God is always ready and always near, but is given only to those who seek and work, and only to those seekers who, after putting all their powers to the test, then cry out with their whole heart: "Lord, help us." **St. Theophan the Recluse** *19th Century*

If you would be victorious, taste the suffering of Christ in your person, that you may be chosen to taste His glory. For if we suffer with Him, we shall also be glorified with Him. Blessed are you if you suffer for righteousness' sake. Behold, for years and generations the way of God has been made smooth through the Cross and by death. The way of God is a daily Cross. The Cross is the gate of mysteries. **St. Isaac the Syrian** *The Orthodox Way: Revised Edition, SVS Press, p. 129*

Christians do not prostrate on Sunday because this is the day we always celebrate the Resurrection, and we recall how God is able to make us stand. Our standing reminds us of the resurrection. There are one or two Sundays a year when we do prostrate (the Third Sunday of Great Lent (Veneration of the Cross), and the Exaltation of the Holy Cross, if it falls on a Sunday. On this day, the hymn "Before Thy cross", which we sing while prostration, teaches us what our prostrations mean:

Before Thy Cross, we fall down in worship, O Master, and Thy holy Resurrection we glorify.

When we prostrate, it is in worship of the Risen Lord, and when we raise ourselves up, we recall the resurrection.

A Christian prostrates when he makes the sign of the cross, and falls to his hands and knees (it is usually easier to have the hands touch the floor a moment before the knees), and bows his head to the ground, then gets back up. (orthodox.net)

BEING ALONE vs. BEARING MUCH FRUIT

(Sunday, March 19)—from Coffee with Sister Vassa

"And he called to him the multitude with his disciples, and said to them, 'If any man wants to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life/soul (τὴν ψυχὴν αὐτοῦ) will lose it; and whoever loses his life/soul for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life/soul? For what can a man give in return for his life/soul?'" (Mk 8: 34-37)

This doesn't make much sense, this talk about "losing" my "life/soul" in order to "save" it, – does it? Well, it does, if I remember that our Lord distinguishes between two kinds of "life/soul": 1. the kind we all have whether we want it or not, just by being born of our physical parents; and 2. The kind we can embrace *"if we want to come after Him,"* denying a self-isolated existence outside of Him, and joining Him on the life-giving journey of the Cross. *"Truly, truly, I say to you,"* He says on another occasion, *"unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. He who loves his life/soul loses it, and he who hates his life/soul in this world will keep it for eternal life."* (Jn 12: 24-25)

So let me join Him today, once again, on the cross-carrying adventure that brings me Life with a capital "L." Let me "lose" the self-centeredness and self-seeking that aims, quite pointlessly, "*to gain the whole world.*" I rather take up my cross today, walking through my immediate responsibilities, as He calls me to, in my here and now. God sends me this cross, which "saves" or "heals" my "life/soul," as He sees fit. "*Thy will be done*" with me today, O Lord, that I not "*remain alone,*" but "*bear much fruit.*"