

Holy Ghost Orthodox Church 714 Westmoreland Avenue PO Box 3 Slickville, PA 15684-0003

Slickville, PA 15684-000 www.holyghostorthodoxchurch.org

Very Rev. Father Robert Popichak, Pastor 23 Station Street Carnegie, PA 15106-3014 [412] 279-5640 home [412] 956-6626 cell

SUNDAY AFTER NATIVITY—SUNDAY BEFORE THEOPHANY

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Daniel, Metropolitan Antony, Metropolitan Yurij, Anastasia [Metropolitan Yurij's mom], Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father Jakiw Norton, 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 & Pani Mary Anne 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, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Pani Mary Ann Chubenko, Joshua Agosto and his family, Eva Malesnick, Nick Behun, Grace Holupka, Joseph Sliwinsky, Gary & Linda Mechtly, 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, George Rocknage, 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, Sonia Luciow, 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], David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, 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, Richard Dunst, Michelle, Patrick, Linda Morris, Howard Simpson, Chris, David Hiles, Jennifer, Jerry Quinn, 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, Virginia Catherine Pyrch, 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, 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, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, 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], 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, 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 & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, 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, Mike Pawlyshyn-Jeannie Stutchell's brother, Marianne Mulroy, 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 Jennings, Patrick Felice [Melanie's husband] Tim Sams, Mike Ruzzi, Cindy M., Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, Bill Boretsky, Clifford, Joe Veto, Paul Riley, Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer Paul Kline and Walter Sakol. We pray that God will grant them all a speedy recovery.

"Never at any time did the Church offer a choice: 'you the worthy partake; and you, the unworthy, abstain.' Little by little, this concept led to the abstention of roughly the majority of the members of the Church and to the loss of the perception of the eucharist as a 'common task.' And this turned into a form of disciplinary prescription (once a year or only during the four Lenten seasons) with confession obligatory as almost a ticket to communion!" --Fr. Alexander Schmemann

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 <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] 279-5640.

SCHEDULE OF SERVICES

JANUARY 7 TO JANUARY 17—FAST FREE PERIOD!

SUNDAY, JANUARY 12 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

30TH SUNDAY AFTER PENTECOST; SUNDAY AFTER THE NATIVITY; SUNDAY BEFORE THEOPHANY; HOLY RIGHTEOUS JOSEPH THE BETROTHED; DAVID THE KING; JAMES THE BROTHER OF OUR LORD; VIRGIN-MARTYR ANYSIA AT THESSALONICA; MARTYR ZOTICUS OF CONSTANTINOPLE; APOSTLE TIMON THE DEACON; MARTYR PHILOTERUS OF NICOMEDIA; VENERABLE THEODORA-NUN OF CAESAREA IN CAPPADOCIA; VENERABLE THEODORA OF CONSTANTINOPLE

Tone 5
Galatians 1:11-19
Matthew 2:13-23

SATURDAY, JANUARY 18 THEOPHANY EVE—STRICT FAST DAY SUNDAY, JANUARY 19 OBEDNITZA SAINT BASIL THE GREAT DOWNSTAIRS 10:30 AM HOLY THEOPHANY OF OUR LORD AND SAVIOR JESUS CHRIST; HIEROMARTYR ROMANUS; VENERABLE LAURENCE OF CHERNIHIV; REPOSE OF SAINT THEOPHAN THE RECLUSE

BLESSING OF WATER DOWNSTAIRS AFTER THE SERVICE

Tone 6
Titus 2:11-14, 3:4-7
Matthew 3:13-17

SUNDAY, JANUARY 26 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM 32ND SUNDAY AFTER PENTECOST; SUNDAY AFTER THEOPHANY; MARTYRS HERMYLUS & STRATONICUS AT BELGRADE; MARTYR PETER OF ANIUM AT ELEUTHEROPOLIS; VENERABLE JAMES-BISHOP OF NISIBIS

Tone 7
Ephesians 4:7-13
Matthew 4:12-17

BULLETIN INSERT FOR 12 JANUARY 2020

30TH SUNDAY AFTER PENTECOST; SUNDAY AFTER THE NATIVITY; SUNDAY BEFORE THEOPHANY; HOLY RIGHTEOUS JOSEPH THE BETROTHED; DAVID THE KING; JAMES THE BROTHER OF OUR LORD; VIRGIN-MARTYR ANYSIA AT THESSALONICA; MARTYR ZOTICUS OF CONSTANTINOPLE; APOSTLE TIMON THE DEACON; MARTYR PHILOTERUS OF NICOMEDIA; VENERABLE THEODORA-NUN OF CAESAREA IN CAPPADOCIA; VENERABLE THEODORA 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, 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.

The Day after Christmas—Reflection by Fr. J. Angelis We Enjoyed the emotional "highs" from attending parties and other celebrations during the "pre-Christmas" season. We anxiously ran from store to store, or sat before our computer to purchase gifts over the line for every important person in our circle, relatives and/or close friends. We experienced a temporary pleasure and excitement attending and participating in Christmas celebrations; and also purchasing gifts, knowing that they'll please them.

Now reality has set in. The bills come, because we charged some of the gifts and some of the given Christmas parties. We also discover that our clothes are a little tight around us.

Was Christ present in all parties and celebrations? In most of them he was the noticeably absent, although we were celebrating his birthday! Another name was used in the commercial world, Santa Claus, to create an "emotional high" in people to come and frantically shop for gifts for all their relatives and friends, regardless if they truly needed them or not. But very little was offered to the truly needy!

Christmas, the birth of the incarnate Son of God, was established first in the west to counteract the pagan celebration of "Saturnalia," of "the solar solstice," the beginning of the longer days. The pagans were celebrating and worshiping the sun. But we, the Christians, celebrate the birth of the creator of the sun and of all the universe.

The early church celebrated Christmas and Theophany together. Jesus, as God-Man, was baptized when he became 30 years old by John the Baptist in the Jordan River. The Holy Trinity was then made manifest: The Father acknowledged Jesus as His Beloved Son and the Holy Spirit descended upon Him in the form of a dove. After His baptism, Jesus began his public ministry.

Christ preached to the world and us, saying, "repent for the kingdom of God is at hand." The people who "sat in darkness saw a great light," for Christ is the "light of the world," "the sun of righteousness," as the Christmas hymn announced to us.

Let us follow His Divine Light to find permanent fulfillment in our life amidst the relative darkness and the emptiness of this world.

Happy New Year to All! In Christ Service,

Fr. George L. Livanos, Proistamenos

The Precious Body and Blood

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

Each year on Pascha at the Divine Liturgy we read from the Gospel of St. John. The Gospel describes birth from God for those believing and receiving the Word. St. John's Gospel has meaning for every believer all the days of life and beyond, Pascha is the Feast of Feasts celebrating and proclaiming Christ's defeat of death. Believers' lives are influenced and affected forever by Jesus Christ's Resurrection.

John 6:53-Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.

St. John's Gospel has life enriching and changing content for attentive believers. Life comes through partaking of the Precious Body and Blood of the Lord Jesus. Absenting the self from partaking of the precious Body and Blood is perilous. The partaking of the Precious Body and Blood of Jesus Christ is life-sustaining. Wise believers are fully attentive to the life-giving words in St. John's Gospel.

John 6:54-Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.

The Holy Gospel describes in detail the Lord Jesus Christ's full power over death. St. John's Gospel addresses the relationship of Holy Communion with eternal life. The general resurrection of the dead is plainly revealed in the Gospel of St. John. Believers hungry in the soul for eternal life will be attentive to the Holy Gospel. The joy of eternal life and the general resurrection of the dead is very promising.

John 6:55-For my flesh is meat indeed, and my blood is drink indeed.

The Lord Jesus Christ clearly describes His flesh as meat and His blood as drink. Believers have the opportunity to be partakers of Christ at each Divine Liturgy. Willingness to partake of the Precious Body and Blood is founded in firm belief. Faithful reception of Christ's Body and Blood takes place deep within the believer. The believer is totally transformed when partaking of Christ's Body and Blood.

John 6:56-He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.

Believers are unified with the Jesus Christ when receiving His Body and Blood. This unity is maintained and strengthened when believers partake at each Liturgy. Unity with the Lord Jesus Christ is the greatest unity of life and is fully life-giving. The life in the Lord Jesus Christ extends beyond the present world to life eternal. Christ's life-giving words merit a permanent place in believers' hearts and minds.

Venerable Daniel the Stylite. December 11/24, 2019. Hidden Valley, Pennsylvania. Father Rodney Torbic

"My friend handed me a very old metal match box car today. Then he said I found this yesterday and it reminded me of a major life lesson. I held it in my hand a

The New Year: The Mystery of Time

Protopresbyter Alexander Schmemann
"Death and time reign on earth,
Do not call them your masters;
Everything, whirling about, disappears in the haze
The only thing fixed is the sun of love."

On New Year's Eve we feel the mystery of time more powerfully than at any other time. We feel, in other words, that its flow—in which we live and in which everything constantly vanishes as the "past" and constantly places us face to face with the unknown future—essentially contains within itself the main question that everyone is called to answer with their lives.

"Vain gift, chance gift—life, why have you been given me?" asks the poet [Pushkin] in his immortal line. Indeed, it is enough for one moment to

turn away from the cares that absorb us, enough mentally to stop the ceaseless waterfall of time, disappearing into the abyss, in order for the question "Why is life given and what is its meaning?" to rise from the depths of the subconscious, where we normally hide it from ourselves, and stand before us in all its implacability.

I was not, now I am, and I will not be; thousands of years passed before me, and thousands will come after... On the surface of this unimaginably infinite ocean I am but a fleeting bubble, into which a ray of life flashes for a split second, just to be extinguished and disappear then and there.

"Vain gift, chance gift—life, why have you been given me?" What, in comparison with this only honest, rueful question do all the loud theories mean that seek to answer this with tiresome theoretics of a "bright future"? "We will build our new world. He who was nothing will become everything" [from The Internationale]... The most naïve, gullible, and dull-witted person cannot but know that all this is a lie. For both the very one "who was nothing" and the one who "will become everything" will disappear from the face of the earth, from this hopeless mortal world.

Therefore, regardless of whatever we were taught by pathetic prophets of a pathetic happiness, only one real question stands eternally before man: does this ever-so-brief life have any meaning? What does it mean, when compared with the boundless abyss of time, that this flash of consciousness, this ability to think, rejoice, and suffer, this extraordinary life that, however seemingly futile and random, is still looked upon by us as a gift?

Now the clock strikes twelve on New Year's. And as long as it strikes life for twelve short seconds stops and pauses, and everything as it were focuses on what is now to begin, posing and responding to the same torturous question: What is this—another step towards a meaningless end and disappearance, or the unexpected flashing of a ray of renewal and new beginnings? In response come words from an infinite loftiness and an infinite profundity: That was the true Light, which lighteth every man that cometh into the world. He was in the world, and the world was made by Him, and the world knew Him not. He came unto His own, and His own received Him not. But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name... And the Word was made flesh, and dwelt among us, (and we beheld His glory, the glory as of the only begotten of the Father,) full of grace and truth... And of His fullness have we received, and grace for grace (John 1:9-12, 14, 16).

These are the words of the Evangelist John the Theologian in the very beginning of his Gospel. They are thoroughly imbued with the joy, confidence, and love of a man who has seen the light of true life, about

which it is said that it shines in darkness and was not overcome by the darkness (John 1:5). Listening attentively to them, the very same joy, the very same confidence, and the very same love begin to be kindled in our own souls. Time is powerless if this light shines above us. Life is not vain, life is not chance, but is a gift from on high, from God, about Whom the same John the Theologian said that in Him was life, and this life was the light of man (John 1:4). And every man that comes into this world is once again set alight, is once again gifted this life, and the love of God is addressed to each one of them, and to each one of them is addressed God's commandment: "Live!" Live, in order to love! Live, so that your life will be filled with love, light, wisdom, and knowledge! Live, so that in your life darkness, meaninglessness, and eventually death itself will be overcome! For eternity already shines through this world and through this earthly life. This gift of life in the world and with the world is given us that eternal life with God and in God may become part of us.

Yes, suffering, doubt, trials, the bitterness of separation—all these have fully become part of our lot. How often we are weakened in this battle, and give up, and fall, and change! How often we are scared and lonely, how often we lose heart when we see how evil and hatred are triumphing in the world! But the One Who gave us this life and granted us freedom taught us to discern good and evil; He gave us the loftiest of all gifts: love. For He said, and continues to say: In the world ye shall have tribulation: but be of good cheer; I have overcome the world (John 16:33). We, too, can overcome in this very world, and in it our lives can shine with that same light that once flashed forth and continues to shine—that light that the darkness has not overcome.

The clock strikes... Let this mysterious future come to us; for, whatever it might bring with it, we know and believe that God is with us, that Christ has not orphaned us, that He is faithful that promised (Hebrews 10:23). Here are the marvelous words of Vladimir Soloviev:

Death and time reign on earth,
Do not call them your masters;
Everything, whirling about, disappears in the haze
The only thing fixed is the Sun of love.

Yes, this is our calling, our freedom as children of God: not to call "masters" those things whose dominions have been destroyed, and not to close ourselves from access to the Sun of love, faith, and hope.

The holiday will soon be over, and routine, labor, fatigue, and depression will begin. But let us not permit the daily routine to overpower our souls! Just as sunlight penetrates through closed shutters, so too let the light of Christ, through this mysterious holiday, become present in our daily lives, rendering our entire lives an ascent, a communion with God—a

difficult but joyful path to eternal life. For the Apostle John said: For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life (John 3:16).

"BE WITH GOD" Fr. Andreas Houpos

Today we mark the beginning of a new 365-day cycle. We humans have marked time differently in the course of our existence. But the system we currently use in the so-called West, and which is used at the very least for business transactions across the globe, has as its point of reference none other than the birth of Jesus Christ. We mark time as B.C. ("Before Christ") and A.D. ("Anno Domini," "In the year of the Lord")—though in recent decades there has been an attempt to neuter this terminology by using "Before the Common Era" (BCE) and "Common Era" (CE), as if to pretend Christ coming didn't affect everything, or perhaps to avoid having to say his name. But that was it. The coming of Christ—Emmanuel, "God with us"—gave birth to a new reference point for time itself.

A common blessing or wish is "God be with you." I've come to not like it so much, though it is a blessing I do give and one that I receive with gratitude. But really shouldn't we be saying "God *is* with you?"

So on the occasion of this new year, my wish is more of an exhortation. It is not "God be with you," because he's already come to us, and always is coming. Instead, my prayer for us all is "BE WITH GOD". He will change your life and the way you see your time on this earth.

In Christ Service,

Fr. George L. Livanos, Proistamenos

The Church is not a human organization

The Church is not a human organization, but a Divine-Human organism. It is not a human corporation, but the Divine-human Body of Christ. The source of the Church is this God Himself. It is not men's invention, it is not a fruit and result of men's social need, but it is the sole place of man's salvation. That is to say, the impression is created that men made the Church in order to be able to survive in such difficult and tragic social conditions of life.

But, as we explained before, the source of the Church is God Himself, and man's salvation takes place within it. Clement of Alexandria observes: "for just as it is a work of his will and is called the world, so also the salvation of men is his will and this is called the Church".

And this means that the Church will never cease to exist, in spite of such difficult and unfavorable circumstances.

"If a man has no worries about himself at all for the sake of love toward God and the working of good deeds, knowing that God is taking care of him, this is a true and wise hope. But if a man takes care of his own business and turns to God in prayer only when misfortunes come upon him which are beyond his power, and then he begins to hope in God, such a hope is vain and false. A true hope seeks only the Kingdom of God... the heart can have no peace until it obtains such a hope. This hope pacifies the heart and produces joy within it." *St. Seraphim of Sarov*

