



Holy Ghost Orthodox Church  
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**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 Yuriy, Anastasia [Metropolitan Yuriy'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 Smolynech, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Pani Mary Ann Chubenko, Father Jim Orr, 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, 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 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], 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 Stroz [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 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, 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 Slaughaupt, 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, 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, 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, Colin Kirton—Stage 4 pancreatic

cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Cathy Lotinsky, Monk Andrew, 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.

**HAPPY BIRTHDAY TO OUR MARCH BABIES: Sonia Luciw on the 3<sup>rd</sup>, Walter Anthony Burlack on the 7<sup>th</sup>, Mary Shirley on the 9<sup>th</sup>, Mother Alexandra on the 11<sup>th</sup>, and Judy Previc on the 12<sup>th</sup>. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! God Bless!**

**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 01 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM  
FORGIVENESS SUNDAY; CHEESEFARE SUNDAY; EXPULSION OF ADAM AND EVE  
FROM PARADISE; GREAT-MARTYR THEODORE OF TYRE; SAINT MARIAMNE-  
SISTER OF APOSTLE PHILIP; UNCOVERING OF THE RELICS OF MARTYR MENAS  
THE MELODIUS OF ALEXANDRIA; SAINT THEODORE THE SILENT OF  
PERCHEVSKY LAVRA**

*Tone 4*

Romans 13:11-14:4

Matthew 6:14-21

***Litany in Blessed Memory of Mary Smith, John Metrick, Andrew Hanczar, Anna Lawrence, Daria Masur, Michael Cicio, Chuck Shumski, Terry Reinhart, Jean Stutchell, Joseph Vangrin, Frank Riznow, Mike Holupka, & Joe Nezolyk--Fr. Bob***

**MONDAY, MARCH 02**

**CLEAN MONDAY—GREAT LENT BEGINS**

**SUNDAY, MARCH 08 Saint Basil-OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM  
SUNDAY OF ORTHODOXY; FIRST & SECOND FINDINGS OF THE HEAD OF JOHN  
THE BAPTIST; SAINT ERASMUS OF PERCHEVSKY LAVRA**

*Tone 5*

Hebrews 11:24-26,32-12:2; 2 Corinthians 4:6-15

John 1:43-51; Matthew 11:2-15

**TRIUMPH OF ORTHODOXY**

**HOLY TRINITY GREEK ORTHODOX CHURCH, McCandless Twp.  
4:30 PM**

**SUNDAY, MARCH 15 Saint Basil-OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM  
SECOND SUNDAY OF GREAT LENT—SAINT GREGORY PALAMAS-ARCHBISHOP OF  
THESSALONICA; SYNAXIS OF ALL VENERABLE FATHERS OF PERCHEVSKY  
LAVRA; HIEROMARTYR THEODOTUS-BISHOP OF CYRENIA; VIRGIN-MARTYR  
EUTHALIA; MARTYR TROADIUS OF NEO-CAESAREA; SAINT AGATHO OF EGYPT-  
MONK, 440 MARTYRS SLAIN BY THE LOMBARDS**

*Tone 6*

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

Mark 2:1-12; John 10:9-16; Luke 6:17-23

## **BULLETIN INSERT FOR 01 MARCH 2020**

**FORGIVENESS SUNDAY; CHEESEFARE SUNDAY; EXPULSION OF ADAM AND EVE  
FROM PARADISE; GREAT-MARTYR THEODORE OF TYRE; SAINT MARIAMNE-  
SISTER OF APOSTLE PHILIP; UNCOVERING OF THE RELICS OF MARTYR MENAS  
THE MELODIUS OF ALEXANDRIA; SAINT THEODORE THE SILENT OF  
PERCHEVSKY LAVRA**

### **TROPARION—TONE 4**

When the women disciples of the Lord  
Learned from the angel the joyous message of Thy Resurrection;  
They cast away the ancestral curse and elatedly told the apostles:  
Death is overthrown! Christ God is risen,  
Granting the world great mercy.

Glory to the Father, and to the Son, and to the Holy Spirit...

### **KONTAKION—TONE 1**

When Thou, O God, shalt come to earth with glory,  
All things shall tremble  
And the river of fire shall flow before Thy Judgment Seat;  
The Books shall be opened and the hidden things disclosed;  
Then deliver me from the unquenchable fire  
And make me worthy to stand at Thy right hand, O Righteous Judge.

Now and ever, and unto ages of ages. Amen.

**KONTAKION—TONE 4**

My Savior and Redeemer,  
As God rose from the tomb  
And delivered the earthborn from their chains.  
He has shattered the gates of Hell,  
And as Master, He has risen on the third day!

**PROKEIMENON—TONE 4**

**READER:** O Lord, how manifold are thy works! In wisdom hast Thou made them all.

**PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.**

**READER:** Bless the Lord, O my soul! O Lord my God, Thou art very great!

**PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.**

**READER:** O Lord, how manifold are thy works!

**PEOPLE: In wisdom hast Thou made them all.**

**ALLELUIA VERSES—TONE 4**

Go forth and prosper and reign, because of truth and meekness and righteousness.

You love righteousness and hate iniquity.

**The Soul: How our soul differs from that of an animal**

The Orthodox Church teaches that animals have souls, although not the same as ours. When conceived, God bestows upon us the nous, which distinguishes us from the other animals. It is the nous that is the eye of the soul, intelligent and noetic, and by nature designed to commune with God. The nous is the center of man and is where true (spiritual) knowledge is validated.

Just as we are being redeemed and transformed, so is the entire cosmos. Animals are a part of this cosmos that is being prepared for the eternal Kingdom that will have no end.

The kind treatment of animals reflects in an iconic way the truth that in Paradise God has called us to name our animals as Adam did, and live in communion with them. Saint Seraphim of Sarov even befriended wild bears.

Love in Christ, Abbot Tryphon

## **God's Patience with Sinners**

The Lord God is patient. God waits for sinners to repent. God's love for sinners continues even when sinners are recalcitrant. The opportunity to repent always exists.

God is ready to welcome the returning sinner. New beginnings and a new life in Christ are possible. The desire for wholeness and healing in Christ foster repentance.

God heals the broken-hearted. God alleviates the deepest hurt. The tarnished soul is cleansed by God's purifying love. Being mindful of God's healing power makes a difference.

Persons stressed by the press of sins and turmoil in life find peace in the Lord Jesus Christ. Jesus said: "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." (Mt.11:29)

Believers may struggle with the same inclinations to sin over a period of time. Frustration may set in. Hope may fade that the certain inclinations to sin will ever be defeated.

The Lord strengthens believers to continue to fight against sin. Believers are encouraged to regularly repent and begin anew in Christ. With each new beginning, the battle can continue to be waged.

Evil is successful only when the believer yields to despair. There is reason to hope as long as the believer is willing to sincerely fight against sin. Victory with Christ is possible.

Relief and joy come from the Lord's love and forgiveness. Hope is strengthened and renewed when God's forgiveness is received and appreciated.

True repentance makes a decided difference in the most serious of sinners.

The lives of the saints reveal the positive changes occurring when sin is rejected and Christ is fully embraced. Saint Mary of Egypt and Saint Moses the Black are two examples of repentance resulting in radically changed lives.

Danger exists in taking God's patience for granted and procrastinating. Repentance needs to occur throughout life. Life's fullness is experienced when lived in Christ.

Believers deny themselves the extensive and lasting joy in Christ when failing to repent. Thank God for the patience with each believer. Thank God for affording believers the opportunities to repent and begin anew.

Holy Hieromartyr Clement, Bishop of Ancyra. January 23/February 5, 2020.

Hidden Valley, Pennsylvania.

Father Rodney Torbic

**GOD'S OPEN-DOOR POLICY—(Monday, February 17)**

*"Open to me the doors of repentance, O Lifegiver;  
For my spirit rises early to pray towards Your holy temple,  
bearing the temple of my body all defiled.  
But as The Generous One,  
purify me by Your abundant mercy."  
(Byzantine Lenten Hymn, Sunday Matins)*















Has the Lord closed any of His "doors" to us? No. In fact, in these weeks leading up to Lent, we're repeatedly reminded of how willingly He exchanges "house-visits" even with the "worst" of us, whenever we open up to Him, in repentance. Two weekends ago, we heard about Zacchaeus, a tax collector who scrambled up into a tree to catch a glimpse of Christ, from afar, – and the Lord rewarded his humble efforts by visiting his house. Last weekend, we celebrated another tax-collector, somewhat bolder than Zacchaeus, who "went up" not into a tree, to see the Lord from afar, but into the very house of the Lord, "into the temple," to pray (Lk 18:10). And he, too, was rewarded with a "house visit" by God's grace: For the humble, sincere way in which he prayed, he was rewarded with "going home" not empty-handed, but with the great blessing of being "justified" (Lk 18: 14). And this past weekend, we celebrated the Prodigal Son's return to his Father's house, the doors of which had never been closed to him.

The Lenten hymn quoted above, which we'll be singing every weekend until the end of Lent, captures our attitude, as Church, to this "open door policy" we have with our Lord. We need His help, to keep it going. Because, while we know His doors are always open, ours tend to get stuck in forgetfulness or neglect, and occasionally need some oil on their hinges. So we ask for His "oil," for His grace, to help us open up again to His transfigurative fellowship, with which He challenges us again and again. "Open to me the doors of repentance, O Lifegiver," because I'm ready, Lord. I'm ready for repentance, and for the beautiful Season of Positive Change, which is Lent! *Sister Vassa [Larin]*

## HYMN TO LOVE

I Corinthians 13, 4:8

### Love:

-  suffers long
  -  is kind
  -  does not envy
  -  does not parade itself
  -  is not puffed up
  -  does not behave rudely
  -  does not seek its own
  -  is not provoked
  -  thinks no evil
  -  does not rejoice in iniquity, but  
rejoices in the truth
  -  bears all things
  -  believes all things
  -  hopes all things
  -  endures all things
- Love never fails.



**PLEASE REMEMBER IN YOUR PRAYERS: Judy Previc, Mary Ann Kuznik, Andy Torick, Sonia Luciow, their caregivers, and ALL of our Holy Ghost Parish Family as we begin our Lenten Journey tomorrow! God Bless and Keep you all!**