



Holy Ghost Orthodox Church
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GREAT LENT—THE GREAT FAST—ADORATION OF THE HOLY CROSS

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 Yurij, 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 Cervo, Father John Harrold [Saint Sylvester], Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father George & Dobrodijka Oksana Bazylevsky, Father Angelo Artemas, Father John Haluszczak, 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, 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, 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 Stroz [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 Zeliszczuk, 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 Slaughaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, 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, 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, Andy & Sharon Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Theresa Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Rose Mary Pavlovich—Mary Anne Kuznik's Cousin, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, 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, Denis Strittmatter, Father Joe Uzar—newly ordained, Tim—surgery, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko [triple by-pass], John, Kris & Kait, Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Mike & Amy Forbeck, David Salazar, James Mary, Barb Bookser, Dr. Paul Riley, David Hess, Serena, Wyatt, Makenzie, Jennifer, Carolyn Strittmatter, Barbara Shegat & Chaplain Rachelle Zazzu, Candace Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [infant], Elizabeth [5-year-old], Lillian Skowvron, Pani Cathy Danczak, Sue & Greg Heinen, Paul Simpson [Father Bob's cousin, car accident], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Linda Snow, the McKenna family, David Gazella, Brian & Michele Cannone, Robert & Eleanor Rodrigues & family, Father Deacon James Rossetti & Diakonissa Kari—ordination!, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Brett Crosby, Randy Lapuh, Henry & Shirley [skin cancer] Tkacik, Diane & Arthur Chaklis, Denny Mader, Robert Chicka [cancer], Myra Woodruff [cancer], Zoe Oswalt—Fr. Bob's cousin [cancer], Barbette [cancer] & Scott, Kristin [cancer], Erm Hartmann, Barbara Bookser [cancer], Bob Mazzuca [cancer], Marko, Taylor, Terri Crosby-Vega, Christine Mohamed, Sue Demko, Tammy & Donnie [cancer] Marsico, Terry & David Hartnett, Jamie Ball, Kay Williams, Hannah Stewart, Jim Wyko—Alex's friend, Dan Losego, Lisa Bruce, and Susan Pulcini—Father Ted Pulcini's mom. We pray that God will grant them all a speedy recovery. speedy recovery.

PLEASE REVIEW THE NAMES ON THE PRAYER LIST ABOVE AND LET FATHER BOB KNOW ANY NAMES THAT CAN BE REMOVED...

HAPPY BIRTHDAY to our March babies: Sonia Luciw on the 3rd, Walter Anthony Burlack on the 7th, Mary Shirley on the 9th, Mother Alexandra on the 11th, and Judy Previc on the 12th! May God grant them Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! God Bless them and their families!

PLEASE, PLEASE, PLEASE! PRAY FOR PEACE IN THE WORLD—AND OUR LIVES!

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, March 19 OBEDNITZA-SAINT BASIL THE GREAT-UPSTAIRS 10:30 AM
3RD SUNDAY OF GREAT LENT; ADORATION OF THE HOLY CROSS; 42 MARTYRS
OF AMMORIA IN PHRYGIA-INCLUDING CONSTANTINE, AETIUS,
CALLISTUS, BASOES, & OTHERS; MONK-MARTYRS CONON & SON CONON;
UNCOVERING OF THE HOLY CROSS & NAILS BY EMPRESS SAINT HELEN;
SAINT ARCADIUS-MONK OF CYPRUS & DISCIPLES JULIAN & BULIUS**

Tone 7

Hebrews 4:14-5:6

Mark 8:34-9:1

Litany in Blessed Memory of Mary Smith, John Metrick, Andrew Hanczar, Anna Lawrence, Daria Masur, Michael Cicio, Charles Shumsky, Terry Reinhart, Jean Stutchell, Joseph Vangrin, Frank Riznow, Michael Holupka, and Joseph Nezolyk—Fr. Bob

**SUNDAY, March 26 OBEDNITZA-SAINT BASIL THE GREAT-UPSTAIRS 10:30 AM
4TH SUNDAY OF GREAT LENT; SAINT 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, & TERENCE OF CARTHAGE;
MARTYR ALEXANDER OF MACEDONIA; MARTYR CHRISTINA OF PERSIA;
VENERABLE ANINAS THE PRESBYTER OF THE EUPHRATES**

Tone 8

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

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

SUNDAY, April 02 OBEDNITZA-SAINT BASIL THE GREAT-UPSTAIRS 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 & SEBASTIAN; VIRGIN-MARTYRS OF
AMISUS-ALEXANDRA, CLAUDIA, EUPHRASIA, MATRONA, JULIANA,
EUPHEMIA, & THEODOSIA; SAINT NICETAS THE CONFESSOR-BISHOP OF
APOLLONIAS IN BITHYNIA

Tone 1

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

Mark 10:32-45; Luke 7:36-50

Litany in Blessed Memory of Frank Pendlyshok, John Cherepko, Ollie
Pendlyshok, Stella Peanoske, Rose Lopushanski, Mary Haluszczak,
Vladimir Hanczar, Michael Brittan, Deacon Dennis Lapushansky, & Lynn
Giglione—Fr. Bob

BULLETIN INSERT FOR 19 MARCH 2023

3RD SUNDAY OF GREAT LENT; ADORATION OF THE HOLY CROSS; 42
MARTYRS OF AMMORIA IN PHRYGIA-INCLUDING CONSTANTINE,
AETIUS, CALLISTUS, BASOES, & OTHERS; MONK-MARTYRS CONON &
SON CONON; UNCOVERING OF THE HOLY CROSS & NAILS BY
EMPRESS SAINT HELEN; SAINT ARCADIUS-MONK OF CYPRUS &
DISCIPLES JULIAN & BULIUS

TROPARION—TONE 1

O Lord, save Thy people, and bless Thine inheritance.
Grant victories to the Orthodox Christians, over their adversaries;
And, by virtue of Thy cross, preserve Thy habitation.

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

KONTAKION—TONE 7

Now the flaming sword no longer guards the gates of paradise;
It has been mysteriously quenched by the wood of the Cross!
The sting of death and the victory of hell have been vanquished;
For Thou, O my Savior, didst come and cry to those in hell:
Enter again into Paradise.

INSTEAD OF "O HOLY GOD"

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

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

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

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

And Thy holy Resurrection, we glorify Thee.

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

PROKEIMENON—TONE 7

READER: Extol the Lord our God; worship at His footstool, for it is Holy!

PEOPLE: **Extol the Lord our God; worship at His footstool, for it is Holy!**

READER: The Lord reigns; let the peoples tremble!

PEOPLE: **Extol the Lord our God; worship at His footstool, for it is Holy!**

READER: Extol the Lord our God.

PEOPLE: **Worship at His footstool, for it is Holy!**

ALLELUIA VERSES

Remember Thy congregation which Thou hast gotten of old.

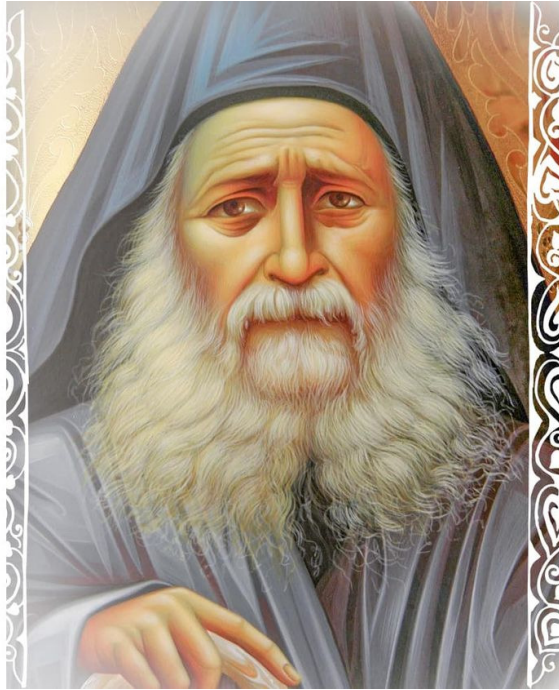
God is our King before the ages; He has worked salvation in the middle of the earth.

From the Saint Elisabeth Convent

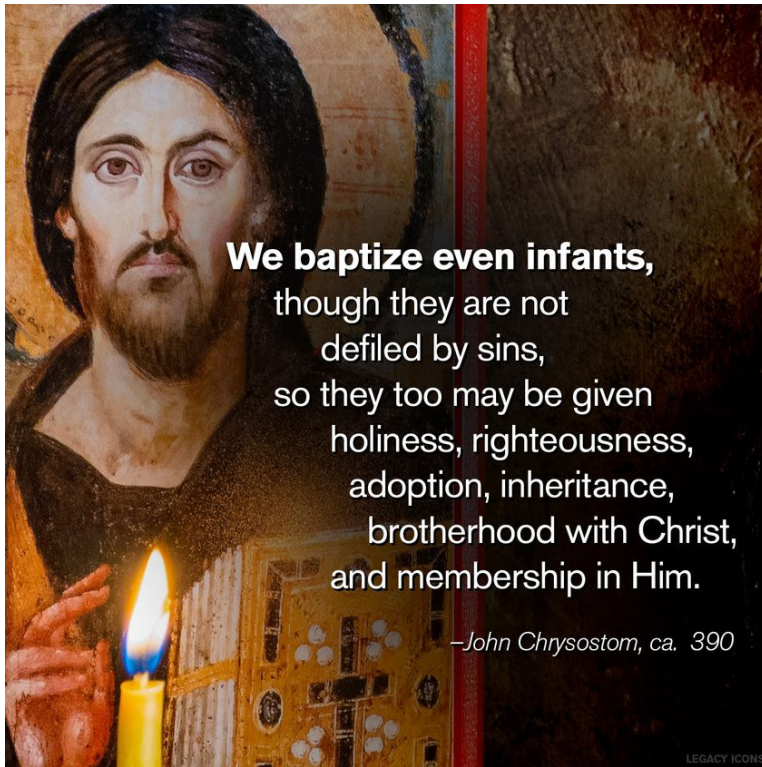
Christ does not ask too much of you in order to give you His holy gifts: only admit that all your merits are really His.

Have compassion on the poor. Do not condemn a poor person for what he does not have, no matter how sinful, evil, cunning, garrulous, thievish, promiscuous, or deceitful he may be. If you acquire this knowledge, you will never condemn anyone, even if you see them commit a mortal sin, because you will immediately say, "He does not have Your grace, my Christ, this is why he is sinning.

If You forsake me, I will do even worse. If I am still standing, It is only because You support me. My brother acts according to what he sees. He is blind. How can you expect him to see with no eyes? He is poor. How can you require him to be rich? Give him wealth to possess. Give him eyes so he can see."



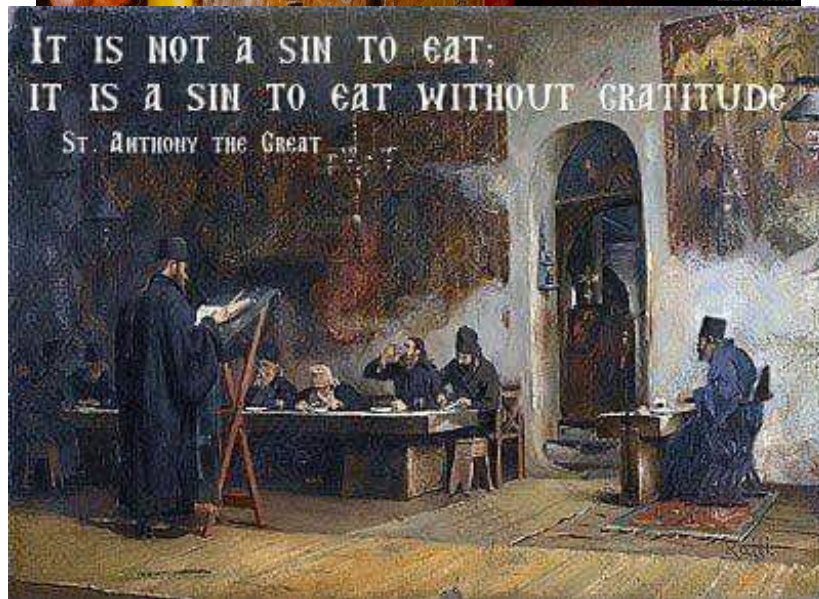
Spiritual Instructions of Elder Joseph the Hesychast



We baptize even infants,
though they are not
defiled by sins,
so they too may be given
holiness, righteousness,
adoption, inheritance,
brotherhood with Christ,
and membership in Him.

—John Chrysostom, ca. 390

LEGACY ICONS



**IT IS NOT A SIN TO EAT:
IT IS A SIN TO EAT WITHOUT GRATITUDE**
ST. ANTHONY THE GREAT

No matter how
stressed you are,
remember how
Blessed
you are.



Metropolitan Anthony Bloom (1914-2003) was once asked, "What shall we do with children in church? They interfere with our prayers."

He replied, "When you begin to pray, they will stop bothering you."



To my dear Brothers and Sisters in Christ,

THANK YOU ALL from the bottom of my heart for the cards, calls, and especially the prayers before, during, and after my surgery.

I am recovering and plan to be in Church for the Adoration of the Most Holy Cross—the Third Sunday of the Great Fast.

God has been wonderful to me and my family—guiding the surgeon, doctors, nurses, aids, and everyone who took amazing care of me!

I will continue to pray for each and every one of you...and humbly ask for your prayers as well!

God Bless and Keep you all!

With His Love, Fr. Bob, Pani Gina, Alex, and Matt