

**Parish Offerings – Sunday of Meat-Fare — Feb. 16, 2020**

“Everyone must give according to whatever he has inwardly decided; not sadly, not grudgingly, for God loves a cheerful giver.” (2 Cor 9:7)

**Holy Ghost Church, McKees Rocks**

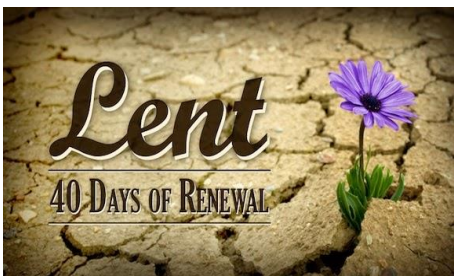
Regular Offering (\$1,996) YP (\$10) .....	\$2,006.00
Eastern European .....	1,042.00
B.C.W. ....	14.00
Décor Candles (\$13) Votive Candles (\$104.50) .....	117.50
	<hr/>
	\$3,179.50

**Holy Ghost Church, Northside**

Regular Offering .....	\$368.00
Utilities .....	25.00
Votive Candles .....	66.50
	<hr/>
	\$459.50

**Church Attendance Last Week**

Sat (MR), 4:00 p.m. (35); Sun., (MR) 9:00 a.m. (83); (NS) 11:00 a.m. (41)



**Valerian F. Szal**  
 238 Helen St.,  
 McKees Rocks, PA 15136  
 Phone: (412) 331-9713  
 Fax: (412) 331-6688  
**Michael P. Ferrell,**  
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**This space available for ads for wishing someone birthday or anniversary greetings, get-well wishes, etc.**  
**Call the office (412) 771-3324**

**Please patronize our fabulous sponsors! They make it possible to bring you this weekly & informative S.O.T. without an added expense to the Church. New Sponsors please contact Church 9 tile 1:00 p.m. Mon-Fri!**

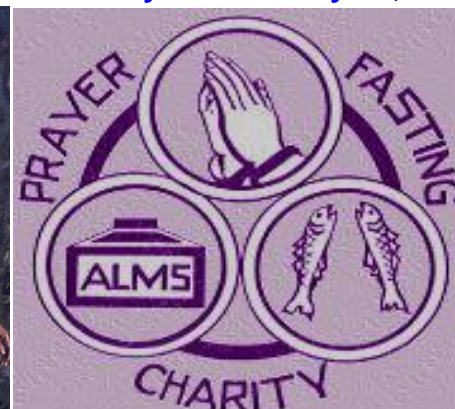
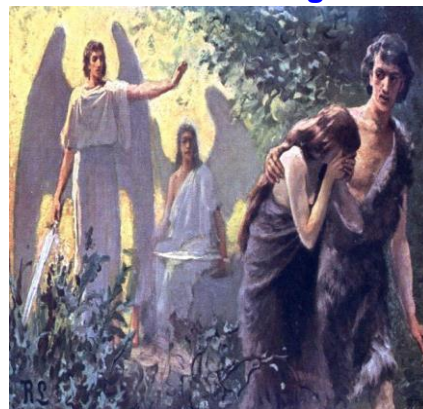
**HOLY GHOST BYZANTINE CATHOLIC CHURCH**

225 OLIVIA STREET  
 McKEES ROCKS, PA 15136

1437 SUPERIOR AVENUE  
 PITTSBURGH, PA 15212

**THE SUNDAY OF CHEESE-FARE**

The 5<sup>th</sup> & Final Pregreat Fast Sunday — February 23, 2020



Catholics of the Ruthenian – Byzantine Rite in full communion with the Pope of Rome

**The Very Reverend Father Frank A. Firko**  
 Pastor, Administrator & Protopresbyter  
**The Reverend Deacon Michael Meaders (NS)**

Rectory: (412) 771-3324; Church Fax: (412) 331-1870  
 MR School Hall Kitchen: (412) 331-5155

Web-site: [www.holyghost-byzantinecatholic.org](http://www.holyghost-byzantinecatholic.org) – E-Mail: [ffaf334@verizon.net](mailto:ffaf334@verizon.net)

**SUNDAY RADIO (9:00 am WEDO 810 AM) & INTERNET DIVINE LITURGY**  
**Liturgical Services LIVE: [www.Youtube.com](http://www.Youtube.com) then type: Holy Ghost Church Live Stream**

Sunday Divine Liturgies Saturday (MR) 4:00 pm Sunday (MR) 9: 00 am Holy Ghost (NS) 11:00 a.m.
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Holy Day Divine Liturgies w/Great Vespers (Oblig) (MR): 7:00 pm - Vigil Holy Days (MR) 9:00 am; (NS) 6:00 pm
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Daily Divine Liturgy M-F (MR) 8:00 am Sat. (NS) 9:00 am
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Holy Mystery of Reconciliation: Sat (MR): 3:15 to 3:40 pm & Sun (MR) 8:15 to 8:40 am.; (NS) 10:30 am  
Holy Mysteries of Initiation: Contact Church Office for Baptism, Chrismation and Eucharist.  
Holy Mysteries of Anointing: Ask especially prior to surgery or any other time.  
Holy Mystery of Matrimony: Contact pastor one year in advance; Pre-Cana Classes required.  
Sponsor of Christian Initiation: Godparents must be practicing Catholics.  
Religious Education Classes: (MR) Coordinator: Steve Puluka (412) 897- 4650.  
GCU Northwest Pittsburgh Lodge: (MR) Contact Randy Baden (412) 973-1085 for membership requirements.  
Slavjane Folk Ensemble: (MR) Membership requirements contact Bob Bartko: (412) 779-0195.  
Carpatho-Rusyn Radio Broadcast: Every Sunday from 2:30 p.m. to 3:00 p.m. WPIT 730 AM.  
Social Hall Rental: (MR) Contact Church Office.  
New & Returning Parishioners: Welcome! Please register by phoning the Church Office.  
**Remember the Church in Your Will:** Please be so kind as to remember the Church in your last will and testament. This helps to secure its future & a Byzantine Catholic witness to all!

# THE SPIRIT OF TRUTH

When the Most High descended and confused tongues, He scattered the people; but when He distributed the tongues of fire, He called all men to unity. Therefore, with one voice, let us glorify the Most Holy Spirit (Matins of Pentecost Sunday).

February 23, 2020

Seasonal Greeting

Volume X, Number 8



Glory to Jesus Christ — Glory Forever!  
Slava Isusu Christu! — Slava Na Viki!



## Liturgical Services for the Week

Date                      Intention                      Requested By



## The Sunday of Cheese-Fare

The 5<sup>th</sup> & Final Pregreat Fast Sunday


The Expulsion from the Garden of Eden




**SUN, Feb 23**    9:00 a.m. (MR) + Leslie + Steve Masaros    Julia Haluska  
                     11:00 a.m. (NS) + Agnes + Anthony Knoll        Son: William.  
 2:00 p.m. (MR) Forgiveness Vespers w/anointing of Oil of Gladness Initiating the Great Fast Season.

## BEGINNING THE HOLY & GREAT 40 DAYS FAST


**REQUIRED Day of STRICT ABSTINENCE — NO MEAT OR DAIRY PRODUCTS PERMITTED**

**PURE MON, Feb 24, (1)** 9:00 a.m. (MR) 1<sup>st</sup> & 3<sup>rd</sup> Penitential Greatfast Hours  
 6:00 p.m. (NS) Great Penitential Canon of St. Andrew with Great Metanies  
**PURE TUE, Feb 25 (2)** 8:00 a.m. (MR) + Mary K. Krisko (33<sup>rd</sup> ann of pass. 2/22) Theresa Kundrat

**REQUIRED SIMPLE ABSTINENCE (no meat)**

**PURE WED, Feb 26 (3)** 8:00 a.m. (MR) 1<sup>st</sup> & 3<sup>rd</sup> Penitential Greatfast Hours  
 6:30 p.m. (MR) Sorrowful Mysteries of the Holy Rosary  
 7:00 p.m. (MR) Presanctified Divine Liturgy  
**PURE THRS, Feb 27 (4)** 8:00 a.m. (MR) + Cantor John Fejka (birthday 2/28) Dgtr: Susie

**REQUIRED SIMPLE ABSTINENCE (no meat)**

**PURE FRI. Feb 28 (5)** 8:00 a.m. (MR) 6<sup>th</sup> & 9<sup>th</sup> Penitential Greatfast Hours  
 6:00 p.m. (NS) Presanctified Divine Liturgy

**Commemoration of the Miracle of the Holy Great-Martyr Theodore Tyro**

**PURE SAT, Feb 29 (6)** 9:00 a.m. (NS) For the Parishioners of Both Parishes

**Sunday anticipated Divine Liturgy of the Triumph of True Worship — First Sunday of The Great Fast**

4:00 p.m. (MR) + Margaret Dubensky (2<sup>nd</sup> ann of pass 2/26) Son: Thomas

## THE SUNDAY OF THE TRIUMPH OF TRUE WORSHIP

1<sup>st</sup> Sunday of The Great Fast — St. Basil Divine Liturgy

**SUN, Mar 1 (7)** 9:00 a.m. (MR) + Jennie + George Timulak Dgtr: Bernadette Gunkel & Family  
 11:00 a.m. (NS) + Andrew + Joseph + John Hrivnak Nephew: Fr. Firko  
 4:00 p.m. Deanery Penitential Vespers at St. Andrew Church, Gibsonia

# General Announcements

All Birthdays will be published in SOT each week so that prayers may be offered on these special occasions. Please advise the Church office if your special day does not appear or if you wish your date not be published.

**Note: Capitalized Names designate North Side parishioners.**

**Birthdays: Feb 23** – Harper Kovacs, Sawyer Kovacs; **Feb 26** – Helen Best, ALICE SLAGLE, Joanne Stilwell; **Feb 28** – William Culan.

## Pray for the Ill, Infirm & Shut-ins of Our Parishes

**HOME:** Margaret Beliuнас, Helen Best, Irene Bordas, Florence Charochak, Margaret Cifrulak, MARY ANN CONTI, Ilona Goyda, Beverly Harsh, MARTHA LUCAS, OLGA MANFREDO, Irene Muha, Irene Palahunik, MARLENE PFEIFFER, Lisa Plutto, Betty Spisak, EVELYN VENTO, SHIRLEY YANOSKO.

**MAPLEWOOD PC HOME** (461 Maplewood Ave. Ambridge, PA 15003): Doris Naughton.  
**HIGHLAND PARK CARE CENTER** (745 North Highland Ave., Pgh, PA 15206): Linda Reiger.  
**BRIGHTON REHAB & WELLNESS CENTER** (246 Friendship Circle, Beaver, PA 15009): Mary Susan Dragosh.

**MARIAN MANOR** (2695 Winchester Dr., Pittsburgh, PA 15220): Irene Bednar.  
**CHIPPEWA PLACE** (7005 Stadium Dr., Apt 427, Brecksville, OH 44141): Stephen Katrenich.  
**FAIR OAKS ASSISTED LIVING** (2200 W. Liberty Ave., Pgh, 15226): ANNA MARIE DEMIANCZYK.

**LUTHERAN SENIORLIFE** (500 Wittenberg Way, Mars PA 16046): William Zavidny.  
**LITTLE SISTERS OF THE POOR** (1028 Benton Ave., PGH 15212): MARY SAHAYDA.  
**VETERANS HOSPITAL** (1010 Delafield St., Pittsburgh, PA 15215): JOHN VEREB.  
**VANADIUM WOODS VILLAGE** (50 Vanadium Rd, Apt 230 Bridgeville, PA 15017): Helen Hopey.  
**TAPESTRY SENIOR LIVING** (550 Cherrington Parkway, Room 136, Coraopolis, PA 15108): Mike Muska.  
**VINCENTIAN HOME** (111 Perrymount Road, Pittsburgh, P 15237): TAMARA HARDING.

### Public questions on Catholic spirituality, moral & spiritual problems

**Q.** What kind of sin is cursing? **A. Answer by a Catholic Apologist:** Also known as vulgarity, cussing or swearing, is a sin against the second commandment, "Thou shall not take the Name of the Lord thy God in vain" (Ex. 20:7; CCC 2162). This means that we should never use the names of God or Jesus to express surprise (like, "O my God!") or anger. Nor should we use words to degrade people, who are made in God's image. Curse words are like little knives that pierce the heart of the Lord. When we say it with full understanding of their sinfulness, with sufficient reflection, and with full consent of our wills, they are mortal sins (Jas. 1:26; 2:7; Lk. 6:45). But cursing is usually only venially sinful, because most people do not understand the gravity of their words or because they say them without sufficient reflection (that is they say them without thinking or as a bad habit). We may be desensitized by the harsh things that the modern world presents to us, and we might think it absurd to reverence the name of God. It is not. We are commanded to reverence His name (Lk. 1:49; Lev 22:32)

## This Week's Sanctuary Lamps

Continue to burn before the real presence of our Lord, God & Savior Jesus

**Feb. 23, 2020 — Feb. 29, 2020**

(MR) **In memory of John Chambers** (9<sup>th</sup> ann of passing 2/26))

offered by Wife: Julia & Dgtrs.

(NS) **In memory of Andrew, Joseph & John Hrivnak**

(MR) NONE AVAILABLE FOR 2020    offered by Nephew. Firko    (NS) NONE AVAILABLE FOR 2020

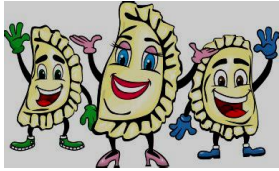


## Holy Ghost, McKees Rocks

**GYM NOW HAS LED LIGHTING FIXTURES** — Since a new heating and cooling system had been installed in the gym, and the scissor lift was available from Gravener Heating & Cooling at no cost, the lighting fixtures have been converted to LED fluorescent units. Many burned-out bulbs needed replaced. Since the conventional bulbs have a short life span, it was decided to make a change to longer lasting fixtures. The only way to reach these lights would be with scaffolding or a scissor lift which would be an expensive cost for rental. Although the initial conversion is slightly costly, we saved capital by Gravener gifting us with the use of the scissor lift which we would have had to pay if done at a later date. The total cost totaling 20 hours of labor from AW Electrical LLC, Pittsburgh, was \$1,900.00; and 20 LED Kits including bulbs from Cardello Electrical Supply Co. was \$1,600.00. This purchase was tax-exempt. Your weekly sacrificial contributions have made this project possible. God bless you!



**MARK THE DATES: PIROHI PROJECT RESUME THIS WEEK** — We are marching forward with this six-week project. Here are the Friday dates: **Feb. 28, Mar. 6, 13, 20, 27 & Apr. 3.** Starting prep and phone-in order dates: Feb. 26 (morning) & Feb. 27 (evening). There will be a large 90 dozen Pirohi order in March. April 3 will be the busiest day; pinchers and kitchen help will be needed. We would appreciate more volunteers to keep us ahead with the demand!



**LADIES GUILD NOW AN ACTIVE ORGANIZATION OF OUR PARISH** — A surprising number of approximately 15 women gathered for an organizational meeting last Sunday following the morning Divine Liturgy. The first major event will be hosting the Deanery Penitential Vespers on Sunday, March 29, 2020 @ 4:00 p.m. The Guild Members will be making several meatless soups serving it with bread following the event. Thank you ladies for coming to the liturgical and social demands of our parish. If you would like to be a member of the Ladies Guild, please phone the Church Office during the week from 9:00 a.m. to 1:00 p.m.

## Holy Ghost, Northside

**SYMPATHY EXTENDED** — The *Spirit Of Truth* announces the passing of **Ann (Kost) Tovcimak, 100**, formally of Pittsburgh (Woods-Run) residing in Sebastia, Florida on Wednesday, November 27, 2019. She was the mother of Shirley Marks and her sister, Georgia Tovcimak. She was also the sister of parishioner, Mary Sahayda. A Funeral service will be offered at Union Dale Cemetery, Pittsburgh on Saturday, May 16, 2020 @ 2:00 p.m. Along with the burial of the cremains of Ann will also be her daughter, **Paula**, who previous passed away. In blessed repose grant O Lord eternal rest to your servants, Ann & Paula, and remember them forever! Vicnaja Jim Pamjat'.



## General Announcements (cont.)

**ATTACHED GREAT FAST CALENDAR** — This Great Fast Calendar page has been prepared by illustrator Lydia Grace Kadar-Kallen (found on Facebook). It begins at the bottom of the page. The idea is to color one space each day as we get closer to Pascha. Parishes can print it out for their parishioners. Also, additional title of days have been alternately applied as a didactic understanding of the catechesis to our particular parishes in MR & NS. We are grateful to Lydia.

# TODAY'S GOSPEL MEDITATION

*The 5<sup>th</sup> & Final Pregreat Fast Sunday — Beginning the Penitential Journey with the right Attitude & Disposition (Matthew 6: 14-21)*

## What do we mean by “Cheese-fare” and to “Give Up?”

**Cheese-fare Sunday** indicates a farewell to dairy products just as last week's Meat-Fare said farewell to meat products until Resurrection Sunday. As in the early Christian Church dairy products and meat were no longer eaten throughout The Great Fast Season and throughout Holy Week. Although mandatory Church laws have been abrogated as to its obligatory nature, it still encourages us to do penance on the days prescribed (Pure Monday & Great Friday); and NO MEAT on Wednesdays and Fridays. Most importantly, we are all called to Fast from SIN and GIVE UP negativity by PUTTING ON virtue and being positive. Today, the Church invokes us



to remember what participation in sin did — expelling Adam and Eve from Paradise. It will also keep us from entering the heavenly kingdom.

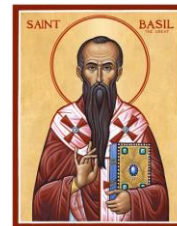
## Our Holy Father's General Audience

### Vatican City State on the 'BEATITUDES' — February 26, 2020

Dear Brothers and Sisters: In our continuing catechesis on the Beatitudes, we now consider the third Beatitude: **“Blessed are the meek, for they shall inherit the earth” (Mt 5:5).** Scripture uses the term “meek” for the poor and the dispossessed of the land. Jesus' statement that the meek will inherit the earth can thus seem contradictory. Yet the Lord tells us that the meek will inherit the earth. The Beatitude ultimately points us to the heavenly homeland promised to the children of God. For Jesus, the meek are those who have learned to guard the territory of their relationship with God and preserve his gifts of peace, mercy and fraternity. Sin can destroy this inheritance, for the hatred and division that flow from sin are destructive. Meekness, on the other hand, preserves this inheritance, enables it to grow and wins the hearts of others by love, kindness and friendship. By imitating the meekness of Christ, may we help to extend his kingdom and come to receive the inheritance promised to us by the Beatitude.



**ST. BASIL THE GREAT ON FASTING:** There is both a physical and a spiritual fast. In the physical fast the body abstains from food and drink. In the spiritual fast, the faster abstains from evil intentions, words and deeds. One who truly fasts abstains from anger, rage, malice, and vengeance. One who truly fasts abstains from idle and foul talk, empty rhetoric, slander, condemnation, flattery, lying and all manner of spiteful talk. In a word, a real faster is one who withdraws from all evil. As much as you subtract from the body, so much will you add to the strength of the soul. By fasting it is possible both to be delivered from future evils and to enjoy the good things to come.



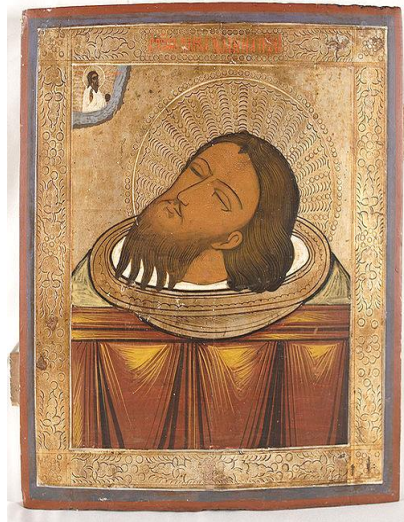
## Calendar of Upcoming Events

February 23 ..... (MR) Forgiveness Vespers initiating The Great Fast Season @ 2:00 p.m.  
February 24 ..... **PURE MONDAY: The Beginning of the Holy 40 Days Fast — NO MEAT AND DAIRY PRODUCTS.**  
(MR) 1<sup>st</sup> & 3<sup>rd</sup> Greatfast Hours @ 9:00 a.m.; (NS) Great Penitential Canon of St. Andrew with Great Metanies @ 6:00 p.m.  
February 26 ..... **PURE WED:** (MR) 1<sup>st</sup> & 3<sup>rd</sup> Greatfast Hours @ 8:00 am; (MR) Rosary @ 6:30 p.m.;  
(MR) Presanctified Divine Liturgy @ 7:00 p.m.  
February 28 ..... **PURE FRIDAY:** (MR) 1<sup>st</sup> & 3<sup>rd</sup> Greatfast Hours @ 8:00 am;  
(NS) Presanctified Divine Liturgy @ 6:00 p.m.  
Commencement of Pirohi Sales — Phone in orders on previous Wednesday from 9:00 am to 12:00 nn  
March 1 ..... Penitential Great Fast Vespers at St. Andrew Church, Gibsonia @ 4:00 p.m.  
March 2 ..... Bible Study: Session I: "Intro to the Bible and first covenant with Adam" @ 7:00 p.m.

## Saint of the Week — February 25

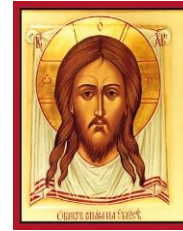
### 1<sup>st</sup> & 2<sup>nd</sup> Finding of St. John the Baptist's Head

The great and glorious Baptist John was beheaded according to the wish and instigation of the wicked Herodias, the wife of Herod. When John was beheaded, Herodias ordered that his head not be buried with his body for she feared that this awesome prophet, somehow, would resurrect. Therefore, she took his head and buried it deep in the ground in a secluded and dishonorable place. Her maidservant was Johanna, the wife of Chuza a courtier of Herod. The good and devout Johanna could not tolerate that the head of the Man of God remain in this dishonorable place. Secretly she unearthed it, removed it to Jerusalem and buried it on the Mount of Olives. After a considerable period of time, an eminent landowner believed in Christ, left his position and the vanity of the world and became a monk, taking the name, Innocent. As a monk, he took up abode on the Mount of Olives exactly in the place where the head of the Baptist was buried. Wanting to build himself a cell for himself, he dug deep and discovered an earthen vessel and in it a head, which was mysteriously revealed to him, to be the head of the Baptizer. He revered it and reburied it in the same spot. Later, according to God's Providence, this miracle-working relic [The head of St. John] traveled from place to place, sunk into the darkness of forgetfulness and again was rediscovered. Finally, during the reign of the pious Empress Theodora, the mother of Michael and the wife of Theophilus and at the time of Patriarch Ignatius it was translated to Constantinople. Many miraculous healings occurred from the relic of the Forerunner [Precursor]. It is important and interesting to note that while he was still alive, "John did no miracles" (John 10:41), however, his relics have been endowed with miraculous power.

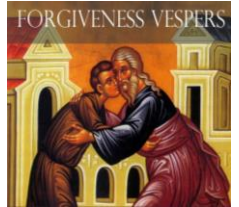


## General Announcements

**LENTEN REGULATION FOR THE BYZANTINE METROPOLITAN CHURCH** — The following are the Lenten Regulations for The Archeparchy.: The fasts of the liturgical year are to be kept....: **SIMPLE ABSTINENCE:** All the faithful of the Archeparchy who receive the Eucharist are bound to abstain from meat. *Simple Abstinence (no meat) is obligatory on all WEDNESDAYS & FRIDAYS of The Great Fast.* **STRICT ABSTINENCE** (No Meat or Dairy Products) is to be observed on the first day of The Great Fast — **PURE MONDAY, February 24 and on Holy & Great Friday, April 11.** If you are unable to keep either abstinence for a just cause, you are to **seek a dispensation** from the pastor.



**FORGIVENESS VESPERS TODAY** — This Afternoon, **February 23 @ 2:00 p.m.** in McKees Rocks, we will gather to bring in the Penitential Season of The Great Fast. **Anointing with blessed oil will be administered** (this is not the sacrament of Anointing) rather it's a sacramental to strengthen us on the Lenten Journey. Oil is a symbol of strength. Please set aside this time and join us as we embark in this season of penance. Also, this sacramental anointing will follow the liturgical services on Pure Monday.



**GREAT FAST ADULT ENRICHMENT CLASSES** — Our parish seminarian, Luke Iyengar, has expressed interest to offer these special classes on Monday's during the Great Fast. The subject will be from Sacred Scripture. If you are interested, please sign the sheet located in the side vestibule or phone the Church office. These classes are open to both parishes. The five-week classes are entitled, "From Promises to Pascha: The Bible and the Great Fast. It will cover important topics such as: (1) Introduction to the Bible and the First Covenant with Adam; (2) The covenants with Noah and Abraham; (3) The Mosaic Covenant; (4) The Davidic Covenant and the prophets; and (5) the New Covenant in Christ. These courses are open to the public.. Please signup today!



**DEANERY PENITENTIAL VESPERS FINALIZED SCHEDULE** — At this past Thursday's Deanery Meeting, the schedule had been finalized and will now be submitted to *The B.C.W.* for publication. The Great Fast Deanery Penitential Vespers will be celebrated each Sunday during the Lenten Season at 4:00 p.m. preceded by the **Holy Mystery of Reconciliation @ 3:30 p.m.** This year's theme is: "I preached that they should repent and turn to God and demonstrate their repentance by their deeds" (Acts 26:20). The following churches have been tentatively selected to host a different week: (1) **March 1 – St. Andrew Church, Gibsonia — Homilist: Fr. Thomas Schaefer;** (2) **SS. Peter & Paul Church, Duquesne — Homilist: Fr. Christiaan Kappes;** (3) **March 15 – SS. Peter & Paul Church, Braddock — Fr. Robert Karl;** (4) **March 22 – St. John the Baptist Cathedral, Munhall — Homilist: Fr. Frank Firko;** and (5) **March 29 – Holy Ghost Church, McKees Rocks — Homilist: Fr. Andrew Deskevich.** This will be a great penitential practice & self-denial if you wish to take it upon yourselves. Please make an effort to join us. Fellowship of meatless soups and bread will be served by the hosting parishes following the liturgical services.

