



## 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: Metropolitan Constantine, Patriarch Pavle, Metropolitan Theodosius, Bishop Robert, Father Peter Natishan, Father Gerald Olszewski, Father Jakiw Norton, Father Dragan Filipović, Father Elias Katras, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Michael Mihalick [MS], Father Gregory [Wolfenden], Father Joseph Kopchak, Father Charles Mezzomo, Ollie Pendylshok, Walt & Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike and Hilda Holupka, Eva Malesnick, Helen Likar, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Maria Balo, Linda Mechtly, Mary Mochnick, Mary Pekich, Mildred Manolovich, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Sandy Gamble, Glen Lucas Burlack, Bernie Vangrin, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Stella Cherepko, Sam Wadrose, Cameron [a boy in Matt's class], Faith—a 7-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 3-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Nick Malec [Maxine's brother], Erin, Jim Markovich, Jeff Walewski [thyroid cancer], Carol [Lotinski] Rose, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Gary Zurasky, Michael Horvath, Patti Sinecki, David Genshi, Rita Very & family, Sue Segeleon, Mike Gallagher, Mildred Walters, Michael Miller, Jim Logue—throat cancer, Liz Stumpf, Ester Tylavsky, Ed Jamison, Theodore Nixon, Charles Johnson, Amy Forbeck, Michelle Corba Kapeluck, Gloria Prymak [Liz's niece], Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, Sabrina, George & Mika Rocknage, Elizabeth Mitchell, Robert McKivitz, Cliff Dow, Marjorie Pershing, Amy Kemerer, Tom Marriott, Joe Farkas, Liz Obradovich, Liz, Helen Pytlak, Halyna Zelinska [Bishop Daniel's mother], Mary Ann, Charlotte, Peter Natishan, Michael Spak, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, and Daria Masur. **ARNOLD:** Stefania Lucci, Steve Sakal, Homer Paul Kline, and Steve Ostaffy. We pray that God will grant them all a speedy recovery.

**Please remember especially in your prayers: Walter Burlack & Liz Obradovich.**

Please remember David Weaver in Mosul, James John Logue & George Senita assigned to Iraq, Matthew Machak, and ALL American servicemen and women in the Middle East in your prayers. May God watch over them and all American servicemen and women—and bring them all home safely!

PLEASE REMEMBER TO BRING YOUR “BOXTOPS FOR EDUCATION” AND CAMPBELL’S SOUP LABELS TO CHURCH. There is a shoebox in the basement for Alex’s Sixth Grade and Matt’s Fourth Grade collections. THANK YOU ALL FOR YOUR HELP! Love, ALEX AND MATT

**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 call 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, November 16**                      **Divine Liturgy**                      **10:30 AM**  
**22<sup>ND</sup> SUNDAY AFTER PENTECOST, MARTYRS ACEPSIMAS-BISHOP, JOSEPH-PRESBYTER, & AEITHALAS-DEACON OF PERSIA, DEDICATION OF CHURCH OF GREAT-MARTYR GEORGE IN LYDDA, MARTYRS ATTICUS, AGAPIUS, EUDOXIUS, CARTERIUS, ISTUCARIUS, PAXCTOBIUS, & NICTOPOLION AT SEBASTE, VENERABLE ACEPSIMUS-HERMIT OF CYRRHUS IN SYRIA, VENERABLE SNADULIA OF PERSIA, SAINT ELIAS OF EGYPT, SAINT ACEMONIDIES-CONFESSOR OF PERSIA, BLESSED ANNA-DAUGHTER OF PRINCE VSEVOLOD I YAROSLAVICH**  
*Tone 5*  
Galatians 6:11-18  
Luke 8:41-56  
*Litany in Blessed Memory of All Deceased Veterans*

**Sunday, November 23**                      **Divine Liturgy**                      **10:30 AM**  
**23<sup>RD</sup> SUNDAY AFTER PENTECOST, APOSTLES ERASTUS, OLYMPAS, HERODION, SOSIPATER, QUARTUS, & TERTIUS OF THE 70, MARTYR ORESTES THE PHYSICIAN OF CAPPADOCIA, HIEROMARTYR MILOS-BISHOP OF PERSIA & TWO DISCIPLES, VENERABLE THEOCTERISTUS-ABBOT OF SYMBOLA ON MOUNT OLYMPUS, MARTYR CONSTANTINE-PRINCE OF GEORGIA, SAINT NONNUS-BISHOP OF HELIOPOLIS**  
*Tone 6*  
Ephesians 2:4-10  
Luke 10:25-37  
*Litany in Blessed Memory of Paul Popichak—Fr. Bob*  
*Parastas in Blessed Memory of Agnes Rossi—Mr. & Mrs. Chester Debick*

**Monday, November 24**                      **Ecumenical Thanksgiving Service**                      **7:00 PM**  
**Saint Sylvester RC Church—Pastor Linda Steward speaking**

**Friday, November 28**                      **Nativity Fast-Advent Begins**

**Sunday, November 30**                      **Divine Liturgy**                      **10:30 AM**  
**24<sup>TH</sup> SUNDAY AFTER PENTECOST, SAINT GREGORY THE WONDERWORKER—BISHOP OF NEO-CAESAREA, VENERABLE LAZARUS-ICONOGRAPHER OF CONSTANTINOPLE, MARTYR GORBRON & 133 SOLDIERS OF**

GEORGIA, SAINT NIKON-ABBOT OF RADONEZH-DISCIPLE OF VENERABLE SERGIUS, SAINT LONGINUS OF EGYPT,  
SAINT GENNADIUS OF VATOPEDI—MOUNT ATHOS, SAINT MAXIMUS-PATRIARCH OF CONSTANTINOPLE, SAINT  
GREGORY-BISHOP OF TOURS & WITH HIM SAINT AREDIUS-ABBOT OF LIMOGES & SAINT VULFOLIAC-STYLITE  
OF TRIER

*Tone 7*

Ephesians 2:14-22

Luke 12:16-21

*Parastas in Blessed Memory of Charlie & Tillie Pawlyshyn—Fran Letter & Family*

**BULLETIN INSERT FOR 16 NOVEMBER 2008**

**TWENTY-SECOND SUNDAY AFTER PENTECOST**

**MARTYRS ACEPSIMAS-BISHOP, JOSEPH-PRESBYTER, & AEITHALAS-  
DEACON OF PERSIA, DEDICATION OF CHURCH OF GREAT-MARTYR  
GEORGE IN LYDDA, MARTYRS ATTICUS, AGAPIUS, EUDOXIUS,  
CARTERIUS, ISTUCARIUS, PAXCTOBIUS, & NICTOPOLION AT SEBASTE,  
VENERABLE ACEPSIMUS-HERMIT OF CYRRHUS IN SYRIA, VENERABLE  
SNADULIA OF PERSIA, SAINT ELIAS OF EGYPT, SAINT ACEMONIDIES-  
CONFESSOR OF PERSIA, BLESSED ANNA-DAUGHTER OF PRINCE  
VSEVOLOD I YAROSLAVICH**

**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 Sack Lunches

I put my carry-on in the luggage compartment and sat down in my assigned seat. It was going to be a long flight. 'I'm glad I have a good book to read Perhaps I will get a short nap,' I thought.

Just before take-off, a line of soldiers came down the aisle and filled all the vacant seats, totally surrounding me. I decided to start a conversation. 'Where are you headed?' I asked the soldier seated nearest to me.

'Chicago - to Great Lakes Base. We'll be there for two weeks for special training, and then we're being deployed to Iraq'

After flying for about an hour, an announcement was made that sack lunches were available for five dollars. It would be several hours before we reached Chicago, and I quickly decided a lunch would help pass the time.

As I reached for my wallet, I overheard soldier ask his buddy if he planned to buy lunch. 'No, that seems like a lot of money for just a sack lunch. Probably wouldn't be worth five bucks. I'll wait till we get to Chicago '

His friend agreed.

I looked around at the other soldiers. None were buying lunch. I walked to the back of the plane and handed the flight attendant a fifty dollar bill. 'Take a lunch to all those soldiers.' She grabbed my arms and squeezed tightly. Her eyes wet with tears,

she thanked me. 'My son was a soldier in Iraq ; it's almost like you are doing it for him.'

Picking up ten sacks, she headed up the aisle to where the soldiers were seated. She stopped at my seat and asked, 'Which do you like best - beef or chicken?'

'Chicken,' I replied, wondering why she asked. She turned and went to the front of plane, returning a minute later with a dinner plate from first class. 'This is your thanks.'

After we finished eating, I went again to the back of the plane, heading for the rest room. A man stopped me. 'I saw what you did. I want to be part of it. Here, take this.' He handed me twenty-five dollars.

Soon after I returned to my seat, I saw the Flight Captain coming down the aisle, looking at the aisle numbers as he walked, I hoped he was not looking for me, but noticed he was looking at the numbers only on my side of the plane. When he got to my row he stopped, smiled, held out his hand, and said, 'I want to shake your hand.'

Quickly unfastening my seatbelt I stood and took the Captain's hand. With a booming voice he said, 'I was a soldier and I was a military pilot. Once, someone bought me a lunch. It was an act of kindness I never forgot.' I was embarrassed when applause was heard from all of the passengers.

Later I walked to the front of the plane so I could stretch my legs. A man who was seated about six rows in front of me reached out his hand, wanting to shake mine. He left another twenty-five dollars in my palm.

When we landed in Chicago I gathered my belongings and started to deplane. Waiting just inside the airplane door was a man who stopped me, put something in my shirt pocket, turned, and walked away without saying a word. Another twenty-five dollars!

Upon entering the terminal, I saw the soldiers gathering for their trip to the base. I walked over to them and handed them seventy-five dollars. 'It will take you some time to reach the base. It will be about time for a sandwich. God Bless You.'

Ten young men left that flight feeling the love and respect of their fellow travelers. As I walked briskly to my car, I whispered a prayer for their safe return. These soldiers were giving their all for our country. I could only give them a couple of meals.

It seemed so little...

*A veteran is someone who, at one point in his life, wrote a blank check made payable to 'The United States of America' For an amount of 'up to and including my life.' That is Honor, and there are way too many people in this country who no longer understand it.'*

The sun gives forth light; it cannot help doing so. Animals breathe in and out; they cannot help doing so. Fish swim in rivers and the seas; they cannot help doing so. What, then, are the things which a Christian cannot help doing?

First of all, a Christian cannot help praying. To be a Christian is to regard God as a loving Father; and it is natural to talk and listen to one's parents.

Second, a Christian cannot help praising God and giving praise to Him. To be a Christian is to affirm God as Creator of the universe; and when a Christian looks at the beauty and glory of what God has made, praise and thanksgiving pour from the lips.

Third, a Christian cannot help being generous. To be a Christian is to acknowledge that everything belongs to God and the human beings are merely stewards of what they possess; so they naturally want to share their possessions with those in need.

Fourth, a Christian cannot help reading the Scripture and also studying the insights of other Christians. To be a Christian is to rejoice in the power of the Holy Spirit; and the Spirit speaks to us through the Scriptures and through the insights of our spiritual brothers and sisters. *St. John Chrysostom*

a word from the desert

Athanasios the Egyptian, who was connected with the civil authorities, said that Abba Brocha found a spot in the wilderness outside the city of Seleucia near Antioch and tried to build a small cell there. As his building progressed, he needed wood to build the roof. One day he went into the city and found Anatolios, known as "the hunchback," an important man of Seleucia, sitting outside his house. He went up to him and said, "Of your charity, give me a little wood to roof my house with." The magnate replied testily, "Look, there is wood over there; take it and go," and he indicated a large mast which he had lying in front of his house and which he had made for a vessel of fifty-thousand bushels. Abba Brocha said, "The Lord bless you; I will take it." Still in a bad humor, Anatolios said, "Blessed be God." The elder grasped the mast, lifted it from the ground all by himself and put it on his shoulders. In this way he took it away to his cell. Anatolios was so taken aback by this extraordinary miracle

that he granted him as much wood as he required for his needs. With this, Abba Brocha was able, not only to roof his cell of which we spoke, but to do many other things for the brethren in his monastery.

John Moschos, *Leimonarion (The Spiritual Meadow)* 190



## Broker turned monk offers home truths on crisis

Wed Oct 1, 2008 8:14am EDT

By Anna Mudeva

TSURNOGORSKI MONASTERY, Bulgaria (Reuters) - Brother Nikanor, a Nasdaq broker turned monk, advises former colleagues to put a jar with soil on their desks to remind them where we are all heading and what matters in life.

As western banks fold into each other like crumpled tickets and commentators portray the current crisis as the last gasp of modern capitalism, Hristo Mishkov, 32, shares the pain -- and offers home truths.

His story partly resembles that of Brother Ty, the monk-tycoon protagonist of the 1998 satire "God is my Broker" by U.S. writers Christopher Buckley and John Tierney -- he failed on Wall Street and became a monk.

But 10 years later, the similarities are superficial: the Bulgarian had a successful broking career, does not write self-help manuals and aims to get happy, not rich. His interest in financial markets began under communism in the 1980s when he and other children created their own play stock exchange in their apartment block's basement in Sofia.

Five years ago, after failing to find happiness in the life he lived, the Christian Orthodox who hadn't practiced as a child quit the New York-based market for a dilapidated Bulgarian monastery that once served as a communist labor camp. Retaining one luxury -- a mobile phone, which connects him with both potential donors and former trading colleagues -- he has brought the rigor of his broking experience to his faith.

He has helped to raise hundreds of thousands of leva (dollars) to rebuild the monastery -- a hard task in a country where charity is not part of the mentality and building shopping malls and golf courses is a priority.

"Many people... in the world do not realize that they have not earned the food they eat, that they take without giving," Mishkov told Reuters. "But if someone consumes more than they have earned, it means someone else is starving.

"It is right to see people who consume more than they deserve shattered by a financial crisis from time to time, to suffer so that they can become more reasonable."

Being a trader has seldom been more traumatic: placing bets on political decisions about billion-dollar bank bailouts which, if they fail, could mean much more than a bad day for yourself or colleagues, but also jeopardize livelihoods.

Some have found solace in religion, others in humor, but a few fall. Surveys show traders reporting more stress and every news report of a trader suicide is accompanied by suggestions the pressure may have been too much.

## HAPPINESS

"We always search for happiness in the outside world, in material things, which makes us constantly unsatisfied, angry with ourselves and the world," said Mishkov, who exudes a sense of tranquility, intelligence, and humor.

Greed and the marketization of our lives have reached the point where people have been turned into a commodity -- even their health can be traded like a stock, he said. "We have so quickly lost our human appearance, we have become beasts ... There's no-one to count on and say 'hey neighbor come help me.' He will come but demand a payment."

His monastery, tucked among hills 50 km (31 miles) west of Sofia, was founded in the 12th century. The communist regime which banned religion turned it into a labor camp, then a children's pioneer camp and a livestock farm.

Now Mishkov works hard every day milking buffalo cows and building stone walls. He says he is not against rich people but can only respect those who contribute to the good of society -- pointing to Microsoft founder Bill Gates as an example.

As a younger man working for more than two years for Karoll, one of Bulgaria's leading brokerages, Mishkov was good at his job, former colleagues say.

"He was a religious person and that annoyed me sometimes," said Alexander Nikolov, head of international capital markets at Karoll. "There were occasions when he would not show up at work because of some religious holiday."



His colleagues were stunned when he decided to become a monk, but Mishkov felt the time had come to look after people's souls.

"Everybody can be a good broker but this does not bring much benefit for the world," he said. Religion can help people cope in today's stressful times and find answers, Mishkov added.

Churches in New York's financial district reported last month increased attendance at lunchtime meetings, with many more people in business attire than usual, when some of the world's biggest investment banks collapsed.

Steven Bell, chief economist of London hedge fund GLC, said keeping a sense of reality is what traders needed.

"It is very important to just remind yourself that there is a real world out there. In any job but particularly in financial markets, you need to try and keep your feet on the ground," Bell told Reuters by phone.

Mishkov says the crash should also help correct a dangerous global trend of an excessive outflow of labor to the service sectors, by people attracted by high pay and an easy life.

"Milk is not produced by computers, bread doesn't come from a good company PR. It is necessary to plow, sow and harvest before that," says the monk.

(Editing by Sara Ledwith)

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## a word from the desert

An Athonite hermit once was asked, "What should we do when we are praised and complemented?" With humility and self-knowledge he replied: "I will give you an example. When I carve on a piece of wood the face of a saint, after I have finished it I think it is good. After a while I look at it again and discover that some things were not done completely. If I use a magnifying glass, I see that it is not such marvelous

craftsmanship after all. The same thing can be done with one's hands. We think they are clean. But if we examine them again under a magnifying glass, we see some dirt and germs there. So we should examine ourselves closely and then we will realize that we are nothing in spite of many praises."

from An Athonite Gerontikon

Now Julian (II, "The Apostate" 360-363), with less restraint, or shall I say, less shame, began to arm himself against true religion, wearing indeed a mask of moderation, but all the while preparing traps which caught all who were deceived by them in the destruction of iniquity. He began by polluting with foul sacrifices the wells in the city and in Daphne (a suburb of Antioch), that every man who used the fountain might be partaker of abomination. Then he thoroughly polluted the things exposed in the Forum, for bread and meat and fruit and vegetables and every kind of food were aspersed. When those who were called by the Savior's name saw what was done, they groaned and bewailed and expressed their abomination; nevertheless they partook, for they remembered the apostolic law, "Everything that is sold in the shambles eat, asking no question for conscience sake."

Two officers in the army, who were shield bearers in the imperial suite, at a certain banquet lamented in somewhat warm language the abomination of what was being done, and employed the admirable language of the glorious youths at Babylon, "Thou hast given us over to an impious Prince, an apostate beyond all the nations on the earth." One of the guests gave information of this, and the emperor arrested these very worthy men and endeavored to ascertain by questioning them what was the language they had used. They accepted the imperial enquiry as an opportunity for open speech, and with noble enthusiasm replied "Sir we were brought up in true religion; we were obedient to most excellent laws, the laws of Constantine and of his sons; now we see the world full of pollution, meats and drinks alike defiled with abominable sacrifices, and we lament. We bewail these things at home, and now before thy face we express our grief, for this is the one thing in thy reign which we take ill."

No sooner did he whom sympathetic courtiers called most mild and most philosophic hear these words than he took off his mask of moderation, and exposed the countenance of impiety. He ordered cruel and painful scourgings to be inflicted on them and deprived them of their lives; or shall we not rather say freed them from that sorrowful time and gave them crowns of victory? He pretended indeed that punishment was inflicted upon them not for the true religion for sake of which they were really slain, but because of their insolence, for he gave out that he had punished them for insulting the emperor, and ordered this report to be published abroad, thus grudging to these champions of the truth the name and honor of martyrs. The name of one was Juventinus; of the other Maximinus. The city of Antioch honored them as

defenders of true religion, and deposited them in a magnificent tomb, and up to this day they are honored by a yearly festival. Other men in public office and of distinction used similar boldness of speech, and won like crowns of martyrdom.

Theodoret, *Historia Ecclesiastica* 3.11 martyrs Maximus and Juventinus,  
commemorated 9 October