



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 Joseph Kopchak, Father Charles Mezzomo, Father Anthony Dimitri, Father Frank Estocin, 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, 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, Halyna Zelinska [Bishop Daniel's mother], Mary Ann, Charlotte, Peter Natishan, Michael Spak, Andrew Mark Olynik, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Ben Bonifield—a classmate of Alex, Peter Special, Amy Boe, Doris Artman, Maureen Sams, Nancy Barylak, Patrick Keenan, 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.

Happy Birthday to our February babies: **David Shirley on the 1st, Kyle James Weiser on the 12th, and Michael Horvath on the 14th. May God grant them all Many Happy, Healthy, and Prosperous Years!**

2009 Church Icon Wall Calendars & Envelopes are available downstairs.

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!

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, February 1 Divine Liturgy 10:30 AM
33RD SUNDAY AFTER PENTECOST, ZACCHAEUS SUNDAY, VENERABLE MACARIUS THE GREAT OF EGYPT, VIRGIN-MARTYR EUPHRASIA OF NICOMEDIA, VENERABLE MACARIUS OF ALEXANDRIA, SAINT ARSENIUS-BISHOP OF KERKYRA IN CYPRUS, TRANSLATION OF THE RELICS OF SAINT GREGORY THE THEOLOGIAN, SAINT MARK-ARCHBISHOP OF EPHESUS, VENERABLE MACARIUS THE SYTLITE OF PERCHEVSKY LAVRA, VENERABLE MACARIUS-DEACON OF PERCHEVSKY LAVRA, BLESSED THEODORE OF NOVGOROD-FOOL-FOR-CHRIST, SAINT ANTHONY THE HERMIT OF GEORGIA, VENERABLE MACARIUS THE ROMAN OF NOVGOROD

Tone 8

1 Timothy 4:9-15

Luke 19:1-10

Litany in Blessed Memory of Milton G. Chicka, Daniel Pysh, Sara Chicka, & Mary Lokie—Fr. Bob

Sunday, February 8 Divine Liturgy 10:30 AM
SUNDAY OF THE PUBLICAN AND THE PHARISEE, VENERABLE XENOPHON & WIFE MARY & SONS SAINTS ARCADIUS & JOHN OF CONSTANTINOPLE, MARTYRS ANANIAS-PRESBYTER, PETER & 7 SOLDIERS IN PHOENICIA, VENERABLE SYMEON “THE ANCIENT” OF MOUNT SINAI, SAINT JOSEPH-BISHOP OF THESSALONICA-BROTHER OF SAINT THEODORE OF THE STUDION, TRANSLATION OF THE RELICS OF VENERABLE THEODORE-ABBOT OF THE STUDION

Tone 1

2 Timothy 3:10-15

Luke 18:10-14

Litany in Blessed Memory of Robert Vetosky—40 Days—Fr. Bob

Sunday, February 15 Divine Liturgy 10:30AM
SUNDAY OF THE PRODIGAL SON, THE MEETING OF OUR LORD AND SAVIOR JESUS CHRIST

Tone 2

Hebrews 7:7-17

Luke 2:22-40

BULLETIN INSERT FOR 01 FEBRUARY 2009

THIRTY-THIRD SUNDAY AFTER PENTECOST—ZACCHAEUS SUNDAY

VENERABLE MACARIUS THE GREAT OF EGYPT, VIRGIN-MARTYR
EUPHRASIA OF NICOMEDIA, VENERABLE MACARIUS OF ALEXANDRIA,
SAINT ARSENIUS-BISHOP OF KERKYRA IN CYPRUS, TRANSLATION OF THE
RELICS OF SAINT GREGORY THE THEOLOGIAN, SAINT MARK-ARCHBISHOP
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BLESSED THEODORE OF NOVGOROD-FOOL-FOR-CHRIST, SAINT ANTHONY
THE HERMIT OF GEORGIA, VENERABLE MACARIUS THE ROMAN OF
NOVGOROD

TROPARION—TONE 8

Thou didst descent from on high, O Merciful One!
Thou didst accept the three-day burial to free us from our sufferings!
Our Lord, our Life and Resurrection, Glory to Thee

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

KONTAKION—TONE 8

By rising from the tomb,
Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,
And the world celebrates Thy Rising from the dead,
O greatly Merciful One!

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!
PEOPLE: **Pray and make your vows before the Lord our God!**
READER: In Judah, God is known; His name is great in Israel!
PEOPLE: **Pray and make your vows before the Lord our God!**
READER: Pray and make your vows.
PEOPLE: **Before the Lord our God!**

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to Him with psalms.

You ask by what path to go towards God. Go by the path of humility; by humbly enduring the difficult circumstances of life, by humbly enduring the sicknesses that are sent by the Lord, by humbly hoping that you will not be abandoned by the Lord, by the Quick Helper and by the loving Heavenly Father; by humble prayer for help from on high, for the driving away of despondency and feelings of hopelessness by which the enemy of salvation endeavors to bring us to despair, which is ruinous for a man and deprives him of divine grace, and which withdraws God's mercy from him. +Elder Nektary of Optina

SHORT PEOPLE

Short People got no reason / Short People got no reason / Short People got no reason / To live.

They got little hands / Little eyes / They walk around / Tellin' great big lies / They got little noses / And tiny little teeth / They wear platform shoes / On their nasty little feet.

Well, I don't want no Short People / Don't want no Short People / Don't want no Short People / `Round here.

This Randy Newman song from a few years ago always makes me think of today's Gospel lesson. We read about short Zacchaeus who "sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. " (Lk. 19: 3.) He was a despised man among his neighbors and fellow Jerichonians, because he worked for the enemy, the Roman occupiers, and collected taxes—"one for Rome, two for me; one for Rome, three for me!" I am sure his cheating and his betrayal of the Jewish nation made others think that he's got "no reason to live."

Zacchaeus, however, "sought to see who Jesus was" probably out of curiosity. "So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way." (Lk 19:4.) Whatever Zacchaeus' motives were, whether supremely spiritual or just human, Jesus accepted him, loved him, redeemed and gave him a chance to live a holy life. Jesus not only came to visit Zacchaeus' physical home that day, but he came to dwell under the roof of the tax collector's soul by grace, because he received Jesus joyfully. (Lk. 19: 6.)

Every time we are restored to grace after sin, repentance and restitution in Confession, or receive the Body and Blood of Jesus in Holy Communion,

Jesus stays in the house of our soul and the words of today's Gospel are fulfilled: "Today salvation has come to this house . . . For the Son of man came to seek and to save the lost." (Lk. 19:10.)

--Archpriest Charles A. Mezzomo

A word from the desert

Wishing to open my mouth, O brethren, and speak on the exalted theme of humility, I am filled with fear, even as a man who understands that he is about to discourse concerning God with the art of his own words. For humility is the raiment of the Godhead. The Word Who became man clothed Himself in it, and therewith He spoke to us in our body. Everyone who has been clothed with it has truly been made like unto Him Who came down from His own exaltedness, and hid the splendor of His majesty, and concealed His glory with humility, lest creation should be utterly consumed by the contemplation of Him. Creation could not look upon Him unless He took a part of it unto Himself, and thus conversed with it, and neither could it hear the words of His mouth face to face... Now, when He poured out His grace upon the world through His own Coming, He has descended not in an earthquake, not in a fire, not in a terrible and mighty sound, but 'as the rain upon a fleece, and rain drops that fall upon the earth' (Ps 71:6) softly, and He was seen conversing with us after another fashion. This came to pass when, as though in a treasury, He concealed His majesty with the veil of His flesh, and among us spoke with us in that body which His own bidding wrought for Him out of the womb of the Virgin, even Mary the Theotokos.

St. Isaac the Syrian, Homily 77

a word from the desert

The bread you do not use is the bread of the hungry. The garment hanging in your wardrobe is the garment of the person who is naked. The shoes you do not wear are the shoes of the one who is barefoot. The money you keep locked away is the money of the poor. The acts of charity you do not perform are the injustices you commit.

St. Basil the Great, 4th century

a word from the desert

A brother said to an old man, "I see no warfare in my heart." The old man said to him, "You are a building open on all sides, and whoever wishes can pass through you and you are unaware of it. If you have a door, you should shut it, and not allow evil thoughts to enter through it; for then you will see them standing outside, banging on the door, and attacking you."

PRICELESS!

For those of you old enough to remember Red Skelton, I think you will enjoy this. For those of you not old enough you will see what you missed. Either way, his humor was always clean and he was a great entertainer. A rerun of great one liner's from the man who was known for his clean humor. I hope you get a chuckle or two reading them once more.

RED SKELTON'S RECIPE FOR THE PERFECT MARRIAGE

1. Two times a week we go to a nice restaurant, have a little beverage, good food and companionship. She goes on Tuesdays; I go on Fridays.
2. We also sleep in separate beds. Hers is in California and mine is in Texas.
3. I take my wife everywhere.... but she keeps finding her way back.
4. I asked my wife where she wanted to go for our anniversary. "Somewhere I haven't been in a long time!" she said. So I suggested the kitchen.
5. We always hold hands. If I let go, she shops.
6. She has an electric blender, electric toaster and electric bread maker. She said 'There are too many gadgets and no place to sit down!' So I bought her an electric chair.
7. My wife told me the car wasn't running well because there was water in the carburetor. I asked where the car was. She told me, 'In the lake.'
8. She got a mud pack and looked great for two days. Then the mud fell off.
9. She ran after the garbage truck, yelling, 'Am I too late for the garbage?' The driver said, 'No, jump in!'
10. Remember: Marriage is the number one cause of divorce.
11. I married Miss Right. I just didn't know her first name was Always.
12. I haven't spoken to my wife in 18 months, I don't like to interrupt her.
13. The last fight was my fault though. My wife asked, 'What's on the TV?' I said, 'Dust!'

Can't you just hear him say all of these? I love it...these were the good old days when humor didn't have to start with a four letter word. It was just clean and simple fun. And he always ended his programs with the words, 'God Bless.'

****Barbara Cain Deaver, Crafton HS '69, West Chicago, Illinois*

Tuesday conversation: Troy Polamalu

By Jason Cole—*Jason Cole is a national NFL writer for Yahoo! Sports.*

PITTSBURGH - Strong safety Troy Polamalu has become known around the Pittsburgh Steelers as the last guy out of the locker room on Sundays after home games. All of his teammates are long gone and even most of the equipment guys have cleared out by the time he emerges. Polamalu goes through a detailed process, including a dip in a cold tub and a lengthy shower to relax after a hard-hitting afternoon. However, for a guy who doesn't seem to be in a hurry to leave, Polamalu does put a serious priority on his time away from the field with his wife, Theodora, the sister of Polamalu's former USC teammate Alex Holmes.

Polamalu took some after Sunday's win over the San Francisco 49ers to engage in a Q&A with Yahoo! Sports.

Cole: Do you have a routine you follow on your day off?

Polamalu: We work out together because that's our only day off together. It's a pretty decent workout. She does a lot of running and I do a lot of stretching. Tuesday is also our only opportunity to go to church together, so we do that.

Cole: When and where do you go?

Polamalu: It starts at 8:30 (a.m.). It's the Nativity of the Theotokos monastery (in Saxonburg, Pa.).

Cole: I know you're devoutly Christian (Polamalu has a carefully arranged series of religious items in his locker at Heinz Field), but exactly which denomination?

Polamalu: Greek Orthodox. Theotokos literally means the Mother of God.

Cole: How long are you in services?

Polamalu: They usually go to about 12:30.

Cole: That's a four-hour service. Is that a normal service?

Polamalu: Pretty much, especially at a monastery.

Cole: Can you describe it?

Polamalu: What's really neat about the Orthodox church is that it's like walking back in time 2,000 years to the time of the Apostles, when they created these services. You walk into that and it's really like living it. They have maintained the truth ever since the beginning.

Cole: You're Polynesian. How did you end up at a Greek Orthodox church?

Polamalu: There are different ethnicities, like Russian Orthodox. My wife is Greek. I was a non-denomination Christian before we got married. So we sit around there and meet with our spiritual mother and then we go home, maybe take a nap, work out and then go home and have dinner.

Cole: Who's making dinner?

Polamalu: My wife; I cannot cook at all. I've tried. I'm terrible. When I cook, it's something nobody else would enjoy.

Cole: You only cook specialty things for yourself?

Polamalu: No, it's not that nobody else will make it for me, it's that I'm the only one who is going to enjoy it. I'll look at the other people and say, "Did you like it?" They say, "Noooooooooo."

Cole: Do you have any other hobbies or things you do away from the field? Maybe bowling?

Polamalu: No, not really. The single guys go bowl. The guys who are married go home, mostly. I really focus on spending time with my wife.

Cole: How hard is it to get time at home during the season? I know guys like (Miami Dolphins linebacker) Zach Thomas stay at the facility until very late studying film and (Indianapolis Colts quarterback) Peyton Manning is watching film at home.

Polamalu: First of all, I'm a Christian so my prayer life really comes first. Second of all, I'm a husband so my wife comes before anything else. If I have time to do anything else after that, I do it, but I don't sacrifice any time with her.

Cole: A lot of guys do it the other way around. Football comes first. They say family and faith come first, but they really do the football first. How do you reconcile it?

Polamalu: It's really easy for me. I love my faith and I know that's first...I really think I know what's important in my life and that's my faith and my wife.

Cole: So football is a really focused activity. There's no wasted time, right?

Polamalu: Actually, it's a lot of fun and it's something I enjoy. It's not like when I'm here it's business time and then there's family time. Football is, for me, it's something I do. It's like for you, you're a reporter. It's what you do, not who you are. Football does not define me. How I am with my faith and how I treat my wife is what truly defines you as a man. That is my goal in life to live that way and believe in it. It would be cowardly of me to say that I enjoy my time with my faith and my wife if I really didn't spend that time with them.

Cole: How long have you been married?

Polamalu: Two years now.

Cole: Kids?

Polamalu: God willing, someday. But three dogs counts for one kid, I think.

Cole: Um, no.

Polamalu: Three English bulldogs count for one kid.

Cole: No.

Polamalu: No?

Cole: I have two kids. No.

Polamalu: Come on, it has to count for one kid.

Cole: I respect and admire your beliefs and your stands on many things, but I'm not buying the three dogs-to-one kid ratio.

Polamalu: OK, you win this one.

Cole: Wait till you have a child waking up at 3 a.m., hungry and then he's got colic and he's screaming and you have no idea why.

Polamalu: (laughing) Yeah, it's probably like, "Talk to me, tell me what's wrong. Oh, that's right, you can't talk to me." Yeah, with the dogs it's if they pee in the house you say, "Go to the kennel."

Put up with that person who grieves you and creates temptations. Put up with him joyfully. Pray for him every day. Always try to do good to him, to commend him, to speak to him with love, and God will work His miracle and he will reform. Then our Christ will be glorified and the devil, who sets up all the stumbling-blocks, will be foiled. Force yourself especially to stop criticizing and lying. Your penance is to do one prayer-rope every day for this person who hates you, so that God may enlighten him to repent and do ten more metanoias daily for one month.

If this person does something against you, overlook it, be patient. Let yourself be wronged, but do not wrong; let yourself be slapped, but do not slap; let yourself be criticized, but do not criticize. When you do all this, then the Son of God, along with the Father and the Holy Spirit, will dwell in your soul. Fight the good fight; overlook the deeds of this person, just as our Christ has overlooked your sins.

Counsels from the Holy Mountain, Elder Ephraim of the Holy Mountain (Athos)

When Grandma Goes To Court

Lawyers should never ask a Mississippi grandma a question if they aren't prepared for the answer.

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, 'Mrs. Jones, do you know me?' She responded, 'Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.'

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, 'Mrs. Jones, do you know the defense attorney?'

She again replied, 'Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him.'

The defense attorney nearly died.

The judge asked both counselors to approach the bench and, in a very quiet voice, said, 'If either of you idiots asks her if she knows me, I'll send you both to the electric chair.'