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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, 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 Cuthbert Jack, 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, 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, Sue Segeleon, Mike Gallagher, 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, Marjorie Pershing, Tom Marriott, Joe Farkas, Liz Obradovich, Liz, Halyna Zelinska [Bishop Daniel's mother], Mary Ann, Charlotte, Peter Natishan, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Peter Special, Amy Boe, Doris Artman, Maureen Sams, Nancy Barylak, Shirley Tkacik, Carol Kowalcheck, Martin Golofski, Joe Paouncic, Anthony Yerace, Joanne Brodrick, Khrystyna Chorniy, Anthony Cormier [2-year-old with cancer], Diane Waryanka, Nathan Forbeck, Joseph Baloga, Andy Torick, Sarah Doyle, Carmella Berardesca, Samuel Peters, Jean Stutchell, Pearl Hanczar, Joe Paouncic, 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 SEPTEMBER BABIES: Debbie Paouncic on the 4th, Liz Obradovich on the 5th, Stella Peanoske on the 5th, Nickolas Andrew Davis on the 12th, Mark Brunermer on the 13th, and Troy Scott on the 22nd. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years!

Please remember James John Logue George Senita, & John Kirkowski assigned to Iraq, Matthew Machak, Tonia Dec, Michael Repasky, 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 Seventh Grade and Matt's Fifth 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, September 06 Divine Liturgy 10:30 AM

13TH SUNDAY AFTER PENTECOST

HIEROMARTYR EUTYCHIUS-DISCIPLE OF SAINT JOHN THE THEOLOGIAN, MARTYR TATION AT CLAUDIOPOLIS, VIRGIN-MARTYR CYRA OF PERSIA, VENERABLE GEORGE LIMNIOTES THE CONFESSOR OF MOUNT OLYMPUS, TRANSLATION OF THE RELICS OF SAINT PETER-METROPOLITAN OF KIEV, VENERABLE ARSENIUS-ABBOT OF KOMEL, NEW HIEROMARTYR COSMAS OF AITILIA-EQUAL-TO-THE-APOSTLES, SAINT DIONYSIUS-ARCHBISHOP OF AEGINA, ICON OF THE THEOTOKOS "PETROVSKAYA"—"OF SAINT PETER OF MOSCOW"

Tone 4

I Corinthians 16:13-24

Matthew 21:33-42

*Litany in Blessed Memory of Josephine Roman & Susie Pelczar—Fr. Bob
Parastas in Blessed Memory of Robert Vetosky—Cindy Vetosky & Family*

Sunday, September 13 Divine Liturgy 10:30 AM

14TH SUNDAY AFTER PENTECOST

PLACING OF THE CINCTURE OF THE MOST HOLY THEOTOKOS, HIEROMARTYR CYPRIAN-BISHOP OF CARTHAGE, SAINT GENNADIUS-PATRIARCH OF CONSTANTINOPLE, SAINT GENNADIUS SCHOLARUS-PATRIARCH OF CONSTANTINOPLE, SAINT JOHN-METROPOLITAN OF KIEV

Tone 5

II Corinthians 1:21-2:4
Matthew 22:1-14

Parastas in Blessed Memory of Michael Holupka—Mike Holupka

Sunday, September 20

Divine Liturgy

10:30 AM

15TH SUNDAY AFTER PENTECOST

SUNDAY BEFORE THE EXALTATION OF THE MOST HOLY CROSS

FOREFEAST OF THE NATIVITY OF THE MOST HOLY THEOTOKOS, MARTYR SOZON OF CILICIA, APOSTLES
EVODUS & ONESIPHORUS OF THE 70, MARTYR EUPSYCHIUS OF CAESAREA IN CAPPODOCIA, VENERABLE
LUKE-ABBOT NEAR CONSTANTINOPLE, SAINT JOHN-ARCHBISHOP & WONDERWORKER OF NOVGOROD,
VENERABLE SERAPION OF PSKOV, MARTYRDOM OF VENERABLE MACARIUS-ARCHIMANDRITE OF KANIV, SAINT
CLAUDE-ABBOT-FOUNDER OF NOGENT-SUR-SEINE NEAR PARIS

Tone 6

Galatians 6:11-18

John 3:13-17

Litany in Blessed Memory of David Yenni—40 Days—Fr. Bob

Parastas in Blessed Memory of Milos Pekich—Millie Kerr & Family

BULLETIN INSERT FOR 06 SEPTEMBER 2009

THIRTEENTH SUNDAY AFTER PENTECOST

**HIEROMARTYR EUTYCHIUS-DISCIPLE OF SAINT JOHN THE
THEOLOGIAN, MARTYR TATION AT CLAUDIOPOLIS, VIRGIN-MARTYR
CYRA OF PERSIA, VENERABLE GEORGE LIMNIOTES THE CONFESSOR
OF MOUNT OLYMPUS, TRANSLATION OF THE RELICS OF SAINT PETER-
METROPOLITAN OF KIEV, VENERABLE ARSENIUS-ABBOT OF KOMEL,
NEW HIEROMARTYR COSMAS OF AITILIA-EQUAL-TO-THE-APOSTLES,
SAINT DIONYSIUS-ARCHBISHOP OF AEGINA, ICON OF THE THEOTOKOS
“PETROVSKAYA”-“OF SAINT PETER OF MOSCOW”**

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, 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.

No Water in the Village—Maria C. Khoury, Ed. D.

Today is indeed another very holy day in the Christian world especially remembering the Holy Mother of God, the Virgin Mary, where the Orthodox Church in the Holy Land will celebrate this particular feast thirteen days from now on the old Julian calendar. I am sending my sincere good wishes to all who honor this special day. It's good it was not a church day for me since I did not even have a drop of water to brush my teeth never mind take a shower.

You wake up in the morning and when you cannot get any water out of the faucet and you are part of the privileged less than 10% that can afford the extra water reserve from additional water tanks and two wells, it really reflects a water shortage. A few years ago our water in Taybeh was turned off just two days a week but due to the lack of water and extra illegal Israeli settlement expansion all around us, the water is currently turned off four days during the week. This is devastating when the four days are consecutive days of "no water" since even the well dries up.

Some morning conversations with my daughter home from college usually go like this: "Elena, you look so nice, did you manager ok without water?" Although I know she used half of bottle of Este Lauder, I am just trying to make a little breakfast conversation before she heads out to her internship

at Birzeit University where she will call me to complain at the first checkpoint.

"Yea, mom, I used the bottle to throw water on my face and some on my toothbrush and I am never coming back here again." In the mean time my husband comes to the kitchen to empty out a few bottles of water in a bucket and Elena forgets this is how we flush the toilet. Well, it's another day where you cannot turn on the dishwasher or the washing machine. And if I did have the water, the electricity went off five times today; probably my appliances might have an electric shock. I think it's good that I have only blown up four computers in the last ten years so I continue to have one good one working, Compaq, by the way.

In the middle of the day when the dishes are piled up in the sink and the husband forgets "there is no water" he begins to scream and yell. Well, I say to myself, which part of "I don't have any water" you do not understand.

I have a beautiful crystal clear view of the illegal Israeli settlement across from my kitchen window and I have to practice "love thy neighbor...love thy enemy" commandment and not be jealous since the settlements have water seven days a week and twenty-four hours a day. If everyone was cut off from the water it would be more balanced and fair because you feel everyone is trying to pro-long the water usage. The bias and unjust policies are directed at Palestinians only. But, the illegal settlements all over the West Bank come first in controlling the natural resources and are a huge obstacle to peace.

In very rare occasions when I have special guests that stay with me and they do not realize about our water shortage, they will bring the reserve bottle of water from their bathroom to the kitchen: "I think someone forgot this in the bathroom?" And I think it's hard to explain that some days even the water coming out of the faucet sounds violent on this side of the world because when the water is running low it comes out with a loud gushing off and on noise that you actually feel like throwing a bottle of water on your face than listen to the water making these terrible pressure sounds early in the morning.

And, it's really wonderful to have solar energy to get the water hot but the problem is that the tank is sometimes empty so nothing in there to make hot. And, don't bother asking what is in my swimming pool.

While I am battling the water problems in my little Christian village there was a bloody shoot out last night between Palestinians in Gaza. It seems that Hamas is not strict enough or Islamic enough so even more fanatic radical groups want to take Gaza over so the Islamic cleric that declared all of Palestine "An Islamic Emirate" was shot to death. Islamic what? And here I am in the middle of the wilderness working for a free Palestine...a democratic and modern Palestine...a moderate Palestine...and to top it off...the Taybeh Oktoberfest, October 3 & 4, 2009 to boost the collapsed economy. If I have not asked for your prayers before, I seriously need them for a peaceful passing of this particular event among crazy circumstances.

However, cold water or hot, some days there is absolutely no water available in my house so I am just drinking up a lot of Taybeh Beer and thinking of some Bible quotes to gain inner peace: "I will hear what God the Lord will speak: for He will speak peace unto His people, and to His saints: but let them not turn again to foolishness. Surely His salvation is near them that fear him; that glory may dwell in our land." Psalm 85:8-9

Randy and Melanie Bordelon

Different drug problem.....

Editor's note:
The following letter has appeared on the internet and was viewed by many readers. Many felt it would be appropriate for the readers of Avoyelles Parish.

The other day, someone at a store in our town read that a Methamphetamine lab had been found in an old farmhouse in the adjoining county and he asked me a rhetorical question, "Why didn't we have a drug problem when you and I were growing up?"

I replied, I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was drug out to pull weeds in mom's garden and flower beds and cockleburs out of dad's fields. I was drug to the homes of family, friends and neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood, and, if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins and they affect my behavior in everything I do, say, or think. They are stronger than cocaine, crack, or heroin; and, if today's children had this kind of drug problem, America would be a better place.

God bless the parents who drugged us.

Submitted by concerned citizen

REMINDER: We are still updating information for our Parish Directory. See Alex downstairs after Divine Liturgy to correct any errors in the information we presently have. Most important is an emergency contact number—we would also love to have e-mail addresses if you have one! See Alex, Pani Gina, or Father Bob with any questions.

Saint Sylvester Roman Catholic Church has set its Fall Tea for Sunday, September 20, 2009, beginning at 12:30 PM. There will be Basket Raffles, food, refreshments, and LOTS of door prizes. Advanced Tickets Only. Adults—\$10.00, ages 6-12—\$7.00. Hat and gloves are optional. If you have any questions, please call Bridget at 724-468-4094.

The Mane Man

By **Gina Mazza**

Polamalu with his wife, Theodora, and their son, Paisios, on the field at Raymond James Stadium in Tampa, Fla., after the Steelers won Super Bowl XLIII. Photo by Mike Fabus, Pittsburgh Steelers



On this sunny So-Cal day, Pittsburgh Steelers safety Troy Polamalu graciously postpones his morning workout to ruminate about not just football - but life and what's most important in it. I narrow our chat to three topics.

Football is a given: How was this year's Super Bowl experience versus XL? Tomlin versus Cowher? Goals for the coming season?

Fatherhood is new in Polamalu's life since the birth of his son, Paisios, named after a beloved contemporary Greek Orthodox monastic, Elder Paisios, on Oct. 31, 2008. Has daddy-dom been life-changing? Will he encourage his son to play professional sports? How's that beautiful new mom doing?

And last but not least: **Faith.** In order to properly meet Polamalu where he lives, this is the requisite, the grounding force that gives meaning to everything he does, every play he makes. Polamalu's evident gratitude to the one who made him is marbled throughout our talk - from his training regime to his travels to Mount Athos, a monastic site in Greece, a place he calls "heaven on earth."

While he has a reputation for being one of the NFL's fiercest players, Polamalu would prefer "Tasmanian angel" over "Tasmanian devil" because his ball game is about glorifying God. "Football is part of my life but not life itself," he says. "Football doesn't define me. It's what I do [and] how I carry out my faith."

Whether shooting a Coke Zero commercial or running up the sand hills on Manhattan Beach to train - which he's probably off to do after this interview - Polamalu, 27, is refreshingly modest and introspective, choosing his words as precisely as he picks his spots on the gridiron. He's intense when the occasion calls for it, and reveals with ease the depth of his character while philosophizing about matters outside the huddle. At the same time, there's a lightness about Polamalu that gives you the impression that he's not taking himself or his high-profile lifestyle too seriously.

Even after the Steelers gave him the biggest contract in team history, more than \$30 million, extending him through 2011, nothing major has changed in the Polamalus' lives. They're still in the same house. He still trains with the same trainer. The number of commercial endorsements has increased as his popularity has soared, but Polamalu is cautious not to let this encroach on family time. The Polamalus live simply and quietly.

On Fatherhood...

Has becoming a father changed your life?

I think becoming a parent encourages people to change their lives, but even before I was a father, I had an interest in bettering myself as a husband and as a person. The intensity is greater when you have a child, but I've always tried to be conscious of myself. In that sense, not much has changed in how I view my life. Obviously there's another member of our family. The cool thing is that I'm able to bring my son when I work out, so training takes a lot longer!

Eight months old and already training?

Yeah, he sits and watches me. I think it's important for a child to see his parents work. One day, God willing, he'll be able to see a nice house, a nice car, good food - things that I didn't have growing up. It's important for him to realize that these things are obtained first of all through the grace of God but also through hard work. I come from [a childhood] where I would put every condiment imaginable on my cheeseburger just so I could feel more full. There's value in that struggle. Parents don't want their kids to experience that, but honestly I want my kid to experience that. I think parents have a tendency to give their kids everything they didn't have. In turn, they grow up lacking important qualities - like courage and

perseverance. If you grow up with any type of wealth or anything that is just given to you, you [may] lack these qualities. But first of all, it's most important for Paisios to have a spiritual foundation.

You view your parental role as being a role model spiritually as well?

As a parent, I don't want to talk out of both sides of my mouth; I don't want to act a certain way and be another way. Not everybody has a material struggle, but everyone has a spiritual struggle. So with my son, it's important for him to first understand the spiritual struggle and, as a result of that, know how to [deal with] the physical struggles that he has in his life - whether it's dealing with not enough or too much of something.

So it's a matter of being an example?

I think talking is overrated. Anybody in the world can talk about doing anything. The hardest thing is to do it. It's important for my son to understand, for example, why we pray, why we go to church. It's important for him to grow up in an atmosphere of watching us do it, to understand that nothing is given to you in life. Everything must be worked at in order to be obtained - whether it's something material or it's salvation.

If Paisios had the calling to become an Orthodox priest and not a fullback, you'd be elated?

Of course. Obviously the [athletic] pedigree is there in my family and my wife's [and] people give me a hard time: "Troy, man, what if your son's not a good athlete, or he grows up and he's not big?" But I say, "How big do you need to be in order to be a priest?"

You're not saying, "I want my son to grow up and be an athlete."

No, not at all. I would like him to play sports because there are important lessons to be learned through sports - those qualities of perseverance, courage, hard work and ethics.

How is your wife, Theodora, adjusting to being a mom?

Oh, she's the best. It's given me a whole new perspective on my wife. Obviously, she's had a lot of responsibility in dealing with me and my inadequacies. But now, to watch her wake up every night and feed him . . . you know, as a mother, you kind of give up your whole life. Obviously, I'm able to still do what I do. I play football. I do things that surround football. I get to train.

Some dads are naturals and others don't know how to react once the baby is home. Do you feel comfortable in this role?

Oh yeah. I want to feed him, play with him, do all those fun dad things. We go swimming in the ocean. He's crawling, but he's not surfing yet.

Do you do diapers?

Oh, I hand him off to Grandma for that.

What is your greatest wish for your child?

Without a question, my greatest wish would be for him to understand the spiritual struggle and to be a pious Orthodox Christian. That's what I want for myself, as well. Sometimes parents want their children to be what they never were. And that's one thing that I am gracious for Paisios to have: that he's able to grow up in the Orthodox church around monastics and priests that I was never able to experience as a kid - to grasp that, not take it for granted and really culture that.

Do you and Theodora still find time to garden, even with your new addition?

Yes, we're growing tomatoes, broccoli, sunflower seeds, oregano, basil, sage, peppermint.

Still growing orchids?

I've tried but I don't have enough patience for orchids. They're so sensitive. Here's what happened recently: It's funny, I spent all last year trying to nurse this orchid to health. Finally spring comes along and I thought, I give up, I'm putting it outside. A month later, I come back to Pittsburgh and guess what? I look outside and it's blooming like crazy! I can't do what only God can do.

God and the Spider

During World War II, a US marine was separated from his unit on a Pacific island. The fighting had been intense, and in the smoke and the crossfire he had lost touch with his comrades.

Alone in the jungle, he could hear enemy soldiers coming in his direction. Scrambling for cover, he found his way up a high ridge to several small caves in the rock. Quickly he crawled inside one of the caves.

Although safe for the moment, he realized that once the enemy soldiers looking for him swept up the ridge, they would quickly search all the caves and he would be killed. As he waited, he prayed, "Lord, if it be your will, please protect me. Whatever your will though, I love you and trust you. Amen."

After praying, he lay quietly listening to the enemy begin to draw close. He thought, "Well, I guess the Lord isn't going to help me out of this one." Then he saw a spider begin to build a web over the front of his cave.

As he watched, listening to the enemy searching for him all the while, the spider layered strand after strand of web across the opening of the cave. "Hah, he thought. "What I need is a brick wall and what the Lord has sent me is a spider web. God does have a sense of humor."

As the enemy drew closer he watched from the darkness of his hideout and could see them searching one cave after another. As they came to his, he got ready to make his last stand. To his amazement, however, after glancing in the direction of his cave, they moved on. Suddenly, he realized that with the spider web over the entrance, his cave looked as if no one had entered for quite a while.

"Lord, forgive me," prayed the young man. "I had forgotten that in you a spider's web is stronger than a brick wall."

We all face times of great trouble. When we do, it is so easy to forget what God can work in our lives, sometimes in the most surprising ways. And remember with God, a mere spider's web becomes a brick wall of protection.

Perspective

One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family.

On their return from their trip, the father asked his son, 'How was the trip?'

'It was great, Dad.'

'Did you see how poor people live?' the father asked.

'Oh yeah,' said the son.

'So, tell me, what did you learn from the trip?' asked the father.

The son answered:

'I saw that we have one dog and they had four.

We have a pool that reaches to the middle of our garden and they have a creek that has no end.

We have imported lanterns in our garden and they have the stars at night.

Our patio reaches to the front yard and they have the whole horizon.

We have a small piece of land to live on and they have fields that go beyond our sight.

We have servants who serve us, but they serve others.

We buy our food, but they grow theirs.

We have walls around our property to protect us, they have friends to protect them.'

The boy's father was speechless.

Then his son added, 'Thanks Dad for showing me how poor we are.'

Isn't perspective a wonderful thing?

Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have.

Appreciate every single thing you have, especially your friends!

Pass this on to family, friends, and acquaintances and help them refresh their perspective and appreciation. 'Life is too short and friends are too few.'

a word from the desert: **What we gain by fasting is not so great as the damage done by anger; nor is the profit from spiritual reading as great as the harm done when we scorn or grieve a brother.** *St. John Cassian*