



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, 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 Anthony Dimitri, Father Cuthbert Jack, Father Elias Warnke, 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—an 7-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 4-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], 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 [3-year-old with cancer], Diane Waryanka, Nathan Forbeck, Joseph Baloga, Andy Torick, Sarah Doyle, Carmella Berardesca, Samuel Peters, Jean Stutchell, Joe Paouncic, and Daria Masur. **ARNOLD:** Stefania

Tone 2
II Corinthians 11:31-12:9
Luke 6:31-36

Litany in Blessed Memory of Archimandrite Anastasije—Fr. Bob
Parastas in Blessed Memory of George Luciw—Sonia

Sunday, October 25

Divine Liturgy

10:30 AM

20TH SUNDAY AFTER PENTECOST

HOLY FATHERS OF THE 7TH ECUMENICAL COUNCIL, MARTYRS PROBUS, TARACHUS & ANDRONICUS AT TARSUS IN CILICIA, VENERABLE COSMAS THE HYMNOGRAPHER-BISHOP OF MAIUMA & AUTHOR OF CANONS, MARTYR DOMNICA OF ANAZARUBS, SAINT MARTIN THE MERCIFUL-BISHOP OF TOURS, VENERABLE AMPHILOCIUS, MACARIUS, & TARASIU-ABBOTS-& THEODOSIU-MONK-OF GLUSHETSK MONASTERY

Tone 3
Galatians 1:11-19
Luke 7:11-16

BULLETIN INSERT FOR 11 OCTOBER 2009

EIGHTEENTH SUNDAY AFTER PENTECOST

**VENERABLE CHARITON THE CONFESSOR—ABBOT OF PALESTINE,
PROPHET BARUCH, MARTYRS ALEXANDER ALPHIUS, MARK, NICON,
NEON, HELIODORUS, & 24 OTHERS IN PISIDIA & PHRYGIA,
MARTYRDOM OF BLESSED WENCESLAUS-PRINCE OF THE CZECHS,
SYNAXIS OF THE VENERABLE FATHERS OF THE PERCHEVSKY LAVRA
WHO REPOSE IN THE CAVES OF VENERABLE ANTHONY**

TROPARION—TONE 1

When the stone had been sealed by the Jews;
While the soldiers were guarding Thy most pure Body;
Thou didst rise on the third day, O Savior,
Granting life to the world.
The powers of heaven therefore cried to Thee, O Giver of life:
Glory to Thy Resurrection, O Christ!
Glory to Thy Kingdom!
Glory to Thy Dispensation, O Thou who lovest mankind.

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

KONTAKION—TONE 1

As God, Thou didst rise from the tomb in glory, raising the world with Thyself.
Human nature praises Thee as God, for death has vanished!
Adam exults, O Master!
Eve rejoices, for she is freed from bondage and cries to Thee:
Thou are the Giver of Resurrection to all, O Christ!

PROKEIMENON—TONE 1

READER: Let Thy mercy, O Lord, be upon us as we have set our hope on
Thee.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Rejoice in the Lord, O you righteous! Praise befits the just!

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Let Thy mercy, O Lord, be upon us.

PEOPLE: As we have set our hope on Thee.

ALLELUIA VERSES

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

Titled 7%

This is the best advice you may ever receive.

Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone...
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first pay check.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful, or joyful.
18. Whatever doesn't kill you really does make you stronger.

19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion, today is special.
22. Over prepare—then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone and everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give it time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative—dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up, and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."

Don't break the elastic!

In April, Maya Angelou was interviewed by Oprah on her 70th birthday. Oprah asked her what she thought of growing older.

And, there on television, she said it was 'exciting.' Regarding body changes, she said there were many, occurring every day...like her breasts. They seem to be in a race to see which will reach her waist, first.

The audience laughed so hard they cried. She is such an honest woman, with so much wisdom in her words!

Maya Angelou said this:

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow.

"I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights.

"I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

"I've learned that making a 'living' is not the same thing as 'making a life.'

"I've learned that life sometimes gives you a second chance.

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back.

"I've learned that whenever I decide something with an open heart, I usually make the right decision.

"I've learned that even when I have pains, I don't have to be one.

"I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back.

"I've learned that I still have a lot to learn.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Please send this to your special women today...

If you do, something good will happen: You will boost another woman's self-esteem.

If you don't...the elastic will break and your underpants will fall down around your ankles! Believe me, I didn't take any chances on MY elastic breaking.... I sent it to a lot of special women I care for.

From the sayings of St. John Climacus: "God belongs to all free beings. He is the life of all, the salvation of all—faithful and unfaithful, just and unjust, pious and impious, passionate and dispassionate, monks and laymen, wise and simple, healthy and sick, young and old -- just as the effusion of light, the sight of the sun, and the changes of the seasons are for all alike; 'for there is no respect of persons with God."

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.