



Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

[724] 468-5581

www.holyghostorthodoxchurch.org

Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

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 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 & Karen Special, Amy Boe, Doris Artman, Maureen Sams, Nancy Barylak, Shirley Tkacik, Carol Kowalcheck, Martin Golofski, Joe Pauncic, 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 Pauncic, Bonnie Blair [Pani Gina's mother], Charles & Esther Holupka, 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.

FREE BREAKFAST ALERT! TODAY, after the Obednitza, Alex and Matt will be serving a FREE BREAKFAST as part of their Scout Religious Award projects. Please stay and enjoy fellowship, pancakes, sausage, scrambled eggs, and other goodies. Everyone is welcome, and IT'S FREE!

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*

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 08 Obednitza 10:30 AM

22ND SUNDAY AFTER PENTECOST

HOLY & GLORIOUS GREAT-MARTYR DEMETRIUS THE MYRRH-BEARER OF THESSALONICA, MARTYR LUPUS, VENERABLE ATHANASIOS OF MEDIKION MONASTERY, VENERABLE THEOPHILUS OF PERCHEVSKY LAVRA-ARCHBISHOP OF NOVGOROD, COMMEMORATION OF THE GREAT EARTHQUAKE AT CONSTANTINOPLE-740 AD, MARTYR IOASAPH-MONK OF MOUNT ATHOS-DISCIPLE OF SAINT NIPHON OF CONSTANTINOPLE, VENERABLE DEMETRIUS OF BASARBOV IN BULGARIA, SAINT ANTHONY-BISHOP OF VOLOGDA

Tone 5

Galatians 6:11-18

Luke 16:19-31

*Litany in Blessed Memory of All Deceased Veterans—Fr. Bob
Parastas in Blessed Memory of Charles Yakim—Ollie Pendlyshok*

Sunday, November 15 Divine Liturgy 10:30 AM

23RD SUNDAY AFTER PENTECOST

MARTYRS ACINDYNUS, PERGASIOS, APHTHONIUS, ELPIDEPHORUS, & ANEMPODISTUS OF PERSIA, VENERABLE MARCAIN OF CYPRUS, BLESSED CYPRIAN OF STOROZHEV-FORMERLY THE OUTLAW OLONETSK

Tone 6

Ephesians 2:4-10

Luke 8:26-39

Litany in Blessed Memory of Mary Pekich—Millie Kerr

Sunday, November 22

Divine Liturgy

10:30 AM

24TH SUNDAY AFTER PENTECOST

MARTYRS ONESIPHORUS & PORPHYRIUS OF EPHEBUS, VENERABLE MATRONA-ABBESS OF CONSTANTINOPLE, VENERABLE THEOCISTE OF THE ISLE OF LESBOS, MARTYR ALEXANDER OF THESSALONICA, MARTYR ANTHONY OF APAMEA, VENERABLE JOHN THE SHORT OF EGYPT, VENERABLE EUSTOLIA & SOSIPATRA OF CONSTANTINOPLE, SAINT SIMON METAPHRASTES, VENERABLE ONESIPHORUS THE CONFESSOR OF PERCHEVSKY LAVRA, VENERABLE EUTHYMIUS & NEOPHYTUS THE SERBIANS OF MOUNT ATHOS, SAINT NECTARIUS KEPHALAS-METROPOLITAN OF PENTAPOLIS

Tone 7

Ephesians 2:14-22

Luke 8:41-56

Litany in Blessed Memory of Paul Popichak—Fr. Bob

Parastas in Blessed Memory of Agnes Rossi—John & Sue Zerebnick

BULLETIN INSERT FOR 08 NOVEMBER 2009

TWENTY-SECOND SUNDAY AFTER PENTECOST, HOLY & GLORIOUS GREAT-MARTYR DEMETRIUS THE MYRRH-BEARER OF THESSALONICA, MARTYR LUPUS, VENERABLE ATHANASIUS OF MEDIKION MONASTERY, VENERABLE THEOPHILUS OF PERCHEVSKY LAVRA-ARCHBISHOP OF NOVGOROD, COMMEMORATION OF THE GREAT EARTHQUAKE AT CONSTANTINOPLE-740 AD, MARTYR IOASAPH-MONK OF MOUNT ATHOS-DISCIPLE OF SAINT NIPHON OF CONSTANTINOPLE, VENERABLE DEMETRIUS OF BASARBOV IN BULGARIA, SAINT ANTHONY-BISHOP OF VOLOGDA

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.

Interesting Reading—WW II bomber story for all—especially veterans

Charlie Brown was a B-17 Flying Fortress pilot with the 379th Bomber Group at Kimbolton, England. His B-17 was called 'Ye Old Pub' and was in a terrible state, having been hit by flak and fighters. The compass was damaged and they were flying deeper over enemy territory instead of heading home to Kimbolton.

After flying the B-17 over an enemy airfield, a German pilot named Franz Steigler was ordered to take off and shoot down the B-17. When he got near the B-17, he could not believe his eyes. In his words, he 'had never seen a plane in such a bad state'. The tail and rear section was severely damaged, and the tail gunner wounded. The top gunner was all over the top of the fuselage. The nose was smashed and there were holes everywhere.

Despite having ammunition, Franz flew to the side of the B-17 and looked at Charlie Brown, the pilot. Brown was scared and struggling to control his damaged and blood-stained plane.

Aware that they had no idea where they were going, Franz waved at Charlie to turn 180 degrees. Franz escorted and guided the stricken plane to, and slightly over, the North Sea towards England. He then saluted Charlie Brown and turned away, back to Europe. When Franz landed he told the CO that the plane had been shot down over the sea, and never told the truth to anybody.

Charlie Brown and the remains of his crew told all at their briefing, but were ordered never to talk about it.

More than 40 years later, Charlie Brown wanted to find the Luftwaffe pilot who saved the crew. After years of research, Franz was found. He had never talked about the incident, not even at post-war reunions.

They met in the USA at a 379th Bomber Group reunion, together with 25 people who are alive now—all because Franz never fired his guns that day.

When asked why he didn't shoot them down, Stigler later said, "I didn't have the heart to finish those brave men. I flew beside them for a long time. They were trying desperately to get home and I was going to let them do that. I could not have shot at them. It would have been the same as shooting at a man in a parachute."

Both men died in 2008: Franz Stigler on 22 March and Charlie Brown on 24 November.

This is a true story <http://www.snopes.com/military/charliebrown.asp>

The Ride of your life—George Carlin-worth reading every day—A keeper. Enjoy the ride; there is no return ticket!

George Carlin on aging (absolutely brilliant)

IF YOU DON'T READ THIS TO THE VERY END, YOU HAVE LOST A DAY IN YOUR LIFE.

George Carlin's Views on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. 'How old are you?' 'I'm four and a half!' You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. 'How old are you?' 'I'm gonna be 16!' You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life! You become 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!!

But then you turn 30. Ooooh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone. But wait!!! You MAKE it to 60. You didn't think you would! So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday! You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; 'I Was JUST 92.' Then a strange thing happens. If you make it over 100, you become a little kid again. 'I'm 100 and a half!' May you all make it to a healthy 100 and a half!!

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them.'
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take your breath away. And if you don't send this to at least 8 people - who cares? But do share this with someone. We all need to live life to its fullest each day!

In Memory of George

I once related to him (St. Herman of Alaska) how the Spaniards in California had taken fourteen of our Aleuts prisoner, and how the Jesuits (more likely Franciscans - CJH) had tortured one of them to try and force them all to take the Catholic faith. But the Aleuts would not submit, saying, "We are Christians, we have been baptized," and they showed them the crosses they wore. But the Jesuits objected, saying, "No, you are heretics and schismatics; if you do not agree to take the Catholic faith, we will torture you." And they left them shut up two to a cell until the evening to think it over.

In the evening they came back with a lantern and lighted candles, and began again to try and persuade them to become Catholics. But the Aleuts were filled with God's grace, and firmly and decisively answered, "We are Christians and we would not betray our faith." Then the fanatics set about torturing them.

First they tortured one singly while the others were made to watch. First they cut off one of the joints from one foot, and then from the other, but the Aleut bore it all continued to say, "I am a Christian and I will not betray my faith." Then they cut a joint off each finger - first from one hand, then the other; then they hacked off one foot at the instep, then one hand at the wrist. The blood poured, but the martyr bore it all to the end, maintaining his stand, and with this faith he died, from loss of blood. On the following day it was planned to torture the others, but that same night an order was received from Monterey that all the captured Russian Aleuts were to be sent under guard to Monterey. And so in the morning those remaining alive were sent away. This was related to me by an Aleut who was an eyewitness - a colleague of the man put to death - and who later escaped from the Spaniards. At the time I reported all this to the Head Office in St. Petersburg.

When I finished telling him this, Father Herman asked me, "What was the name of this tortured Aleut?" "Petr," I replied, but I cannot remember the other name."

Then the Elder stood before the icon, devoutly crossed himself and said, "Holy, newly-martyred Petr, pray to God for us!"

from a letter of Simeon Ianovskii to Igumen Damascene of Valaam,
11/22/1865 St. Peter the Aleut, commemorated 24 September—for St. Peter's troparion and an icon of him, go to:

<http://www.comeandseeicons.com/p/cap27.htm>

Two short shipping anecdotes today:

When the liners used to traverse the Suez Canal, an enthusiast local gentleman came aboard with the hope of cutting the crew's hair. He proudly carried what he thought was a good reference from a P&O captain which read 'If you want a good haircut, I recommend that you give this man a wide berth.'

and another from John Emery, Cedar Hill, Texas

Anecdote from Admiral Lord Fisher's Memories and Records. He had crossed to America for the wedding of his son, and recounted this episode.

"The American barber on board the "Baltic" told me a good story. He was a quaint man, clean shaved and wore black alpaca throughout. Halfway across the Atlantic I was waiting to have my hair cut, when a gentleman bounced in on him, kicking up a devil of a fuss about wanting to something at once! The barber, without moving a muscle, calmed him by saying: "Are you leaving to-day, Sir?"

Saint Dymphna—Patron of the Mentally Ill—15/28 June

How a relic of Saint Dymphna came to be in the Canadian Orthodox Monastery of All Saints of North America is a fascinating story. The monastery had long accepted mentally ill "street people" who had no place to sleep in winter. The brotherhood looked after and cared for these people. The Monastery also became a refuge for people with various problems.

A few years ago a teenager who was suffering from periods of severe depression and anxiety was walking along when suddenly he had an impulse to stop and look at the ground around him. There, he found a medallion with something encased in the centre. On one side was an inscription "relic" while the other side had "Saint Dymphna" engraved on it. He had never heard of such a saint and, not knowing what to do with it, brought it to the Monastery. After it was ascertained that Saint Dymphna was a saint of the Orthodox Church, the relic was placed in a reliquary for venerating together with the other relics. The young man's depression and anxiety disorder ceased from the first day that the relic was venerated in the Monastery Church. Where it came from and how it came to be found in Chilliwack, B.C., remains a mystery.

According to tradition, Saint Dymphna was the daughter of a pagan Irish king named Damon, and a Christian princess of stunning who beauty, whose name is unknown. Before the mother died, she had her daughter secretly baptized and gave her education over a competent and well known priest.

After the death of his beautiful wife, Damon became inconsolable and despondent. His counselors advised that he seek a second wife of noble rank, but he was unable to find anyone as beautiful as his departed wife. As Saint Dymphna matured, she so resembled her beautiful mother that Damon decided to marry her, his own daughter.

Horrified at what her father proposed, Saint Dymphna, together with the priest and a few servants, fled to the continent on a ship which brought them to what is now Belgium. Because Saint Dymphna was wealthy from her mother's estate and jewelry, she was able to become established in her new environment. Since she desired to serve our Lord Jesus Christ, Dymphna decided that she would become a nun. One day, as she was reading from the Gospel of Matthew, she paused on chapter twenty-five. Her tender and loving heart was at once opened, and the saint decided to spend her life caring for the ill, including those who had mental illnesses.

It is ironic that her wealth enabled her father to eventually ascertain her whereabouts.

Damon and his guards followed Saint Dymphna to the continent but were unable to locate her. When an innkeeper refused to accept the king's money, claiming that it was too difficult to exchange, he realized that his daughter must have been there recently such Irish coins must have passed through the innkeeper's hands. He narrowed his search to that area and eventually found his daughter with the aged priest.

Once again Damon attempted to force his daughter into marriage but the old priest rebuked him for his unholy behavior. For speaking out against him, Damon had his guards behead the priest. Still convinced that his daughter would yield to his pressure, he again ordered her to return with him to their homeland to prepare for their wedding, but she adamantly refused. Furious at her refusals, he pulled out his sword and struck her dead. Thus, Saint Dymphna received the crown of martyrdom in 620 at the age of seventeen or eighteen.

As the centuries passed, her veneration spread all over Europe and she became the patroness of the mentally ill, of epileptics and of abused children.

Saint Dymphna is commemorated on 15 June. You may venerate a relic of the Saint in the church of the Monastery of All Saints of North America.

Holy Martyr Dymphna, pray for us sinners!

Around the clock Jesus Prayer

Without God, we cannot do anything. **Excessive** sorrow, and despair, are of the tempter. ... Always say, 'May Thy will be done.' Have joy and sorrow as guests, but not despair. No matter how much sorrow the evil one brings, say, 'I have my Christ. He was crucified for me and loves me.' +*Elder Ieronymos of Aegina*

From the writings of the Blessed Elder, IERONYMOS of Aegina +1966
Some guidelines on how to deal with the afflictions we face in the trenches of our daily lives [Part 1 of 2]

"We humans both grieve and rejoice. But grief should not overpower us, because great sorrow brings despair; which is the greatest sin --- it's a lack of trust in the power of God. You have many thoughts, and they tire your mind. Say the Creed, and the Supplicatory Canon to our Panaghia. Learn [this Canon] by heart, ... so that your mind adheres to it, and our Panaghia will help you. Our Panaghia, and our Lord's Cross, guard man from the snares of the devil."

Ortho Thought for the Day (endure sufferings with fortitude)

It is most necessary and helpful for the soul to endure with fortitude every tribulation, whether inflicted by men or by demons. We should recognize that our sufferings are no more than we deserve, and we should never blame anyone but ourselves. For whoever blames others for his own tribulations has lost the power of judging correctly what is to his own advantage. *St. John of Karpathos*

From the sayings of St. Ephraim the Syrian: "Virtues are formed by prayer. Prayer preserves temperance, suppresses anger, restrains pride and envy, draws down the Holy Spirit into the soul and raises man to heaven."

"If you make listening and observation your occupation you will gain much more than you can by talk." Lord Baden-Powell

Saint Sylvester Roman Catholic Church will host its annual Roast Beef Dinner today, from 11:30 AM to 3 PM. The meal will include roast beef, mashed potatoes & gravy, vegetable, salad, rolls, beverage, and dessert. Adults—\$9, children—\$4.50. A Bake Sale and Swan Creek Candle Sale will also take

place along with the dinner. Everyone is welcome. If you have any questions, please call the church office at 724-468-5794.

FREE BREAKFAST ALERT! **TODAY**, after the Obednitza, Alex and Matt will be serving a FREE BREAKFAST as part of their Scout Religious Award projects. Please stay and enjoy fellowship, pancakes, sausage, scrambled eggs, and other goodies. Everyone is welcome, and ***IT'S FREE!***