



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 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 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, 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.

THANK YOU to Alex, Matt, and Pani Gina for the wonderful Pancake Breakfast that they prepared last week for everyone's enjoyment. The food was great, the company pleasant, and the treat well appreciated. Thank you also for the cleanup of the kitchen!

No one can pass through life, any more than he can pass through a bit of country, without leaving tracks behind, and those tracks may often be helpful to those coming after him in finding their way. Sir Robert Baden-Powell

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, November 15 Divine Liturgy 10:30 AM

23RD SUNDAY AFTER PENTECOST

MARTYRS ACINDYNUS, PERGASIUS, 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 EPHESUS, 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

Saturday, November 28

Nativity Fast/Saint Philip's Fast/Advent Begins

Sunday, November 29

Divine Liturgy

10:30 AM

25TH SUNDAY AFTER PENTECOST

HOLY APOSTLE AND EVANGELIST MATTHEW, VENERABLE FULVAINUS-PRINCE OF ETHIOPIA-IN HOLY BAPTISM
MATTHEW, VENERABLE SERGIUS-ABBOT OF MALOPINEGA

Tone 8

Ephesians 4:1-6, I Corinthians 4:9-16

Luke 10:25-37, Matthew 9:9-13

Parastas in Blessed Memory of Charlie & Tillie Pawlyshyn—Fran Ferlin & Jean Stutchell

BULLETIN INSERT FOR 15 NOVEMBER 2009

TWENTY-THIRD SUNDAY AFTER PENTECOST

MARTYRS ACINDYNUS, PERGASIUS, APHTHONIUS,

ELPIDEPHORUS, & ANEMPODISTUS OF PERSIA, VENERABLE

MARCAIN OF CYPRUS, BLESSED CYPRIAN OF STOROZHEV-

FORMERLY THE OUTLAW OLONETSK

TROPARION—TONE 6

The angelic powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, Seeking Thy most pure body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord who didst rise from the dead: 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 6

When Christ God, the Giver of Life,
Raised all of the dead from the valleys of misery with His might hand,
He bestowed resurrection on the human race.
He is the Savior of all,
The Resurrection, the Life, and the God of all!

PROKEIMENON—TONE 6

READER: O Lord, save Thy people and bless Thine inheritance.

PEOPLE: O Lord, save Thy people and bless Thine inheritance.

READER: To Thee, O Lord, will I call. O my God, be not silent to me.

PEOPLE: O Lord, save Thy people and bless Thine inheritance.

READER: O Lord, save Thy people.

PEOPLE: And bless Thine inheritance.

ALLELUIA VERSES—TONE 6

He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.

He will say to the Lord: My Protector and my Refuge; my God, in whom I trust.

**ECUMENICAL PATRIARCH BARTHOLOMEW MEETS WITH THE
ORTHODOX PRIMATES OF THE U.S.A.**

NEW YORK – His All Holiness, Ecumenical Patriarch Bartholomew gave an audience yesterday Tuesday, Oct. 27, to the Orthodox Primates of the USA, most of whom were present the previous evening for the Ninth Annual Orthodox Prayer Service for the United Nations Community. Present at the audience were Archbishop Demetrios of America (Greek Orthodox Archdiocese); Metropolitan Philip (Antiochian Orthodox Archdiocese); Metropolitan Christopher (Serbian Orthodox Archdiocese); Metropolitan Nicholas (Carpatho- Russian Diocese); Archbishop Nicolae (Romanian Orthodox Archdiocese); Metropolitan Jonah (Orthodox Church in America), Metropolitan Constantine (Ukrainian Orthodox Church in the USA); Bishop Ilia (Albanian Orthodox Diocese) and Archpriest Alexander Abramov (Representation of the Moscow Patriarchate in the USA). Archbishop Demetrios welcomed His All Holiness on behalf of the Primates.

The remarks of His All Holiness follow:

"We bring to you the greeting, the blessing, and the love of the Apostolic, Patriarchal and Ecumenical Throne of the First-Called Andrew, and we express as well our appreciation to the Most Reverend Chairman of the Standing Conference of the Canonical Orthodox Bishops in the Americas, His Eminence Archbishop Demetrios of America, for bringing you together today so that we may have this opportunity for fellowship in the Holy Spirit and for a dialogue of love.

"For nearly fifty years, the Standing Conference has served as a place for the Primates of the various jurisdictions that are present in North America

to gather and discuss common concerns and issues. Also, through the many agencies that have been formed under your aegis, you have been able to activate pan-Orthodox ministries that extend beyond the confines of your particular Churches, so that your united effort might be brought to bear in common interests.

“The success of SCOBA has always been based in the true sense of cooperation, of synergy, between the Orthodox ecclesiastical entities here in North America. You have been successful at providing a common witness to all the Orthodox Faithful, even as you have maintained your ties to the Mother Churches and sought to establish yourselves in the countries and culture within which you live.

“Nevertheless, SCOBA has always been an organization that lacks authorization from the Mother Churches, being a self-started and volunteer body. This reality reflects both strengths and weaknesses – strengths in that SCOBA was free to find creative solutions to issues and problems, without seeking approval from a higher authority – and weaknesses, because without authorization from the Mother Churches, there has been no methodology to effectuate decisions and policies that prepare for the future.

“Given these considerations, it was logical for the status quo to evolve, as it did at the Synaxis of the Heads of the universally recognized Autocephalous Churches last October at the Ecumenical Patriarchate. At that time, the common will of the universally recognized Autocephalous was expressed as follows:

As Primates and the Representatives of the Most Holy Orthodox Churches, fully aware of the gravity of the aforementioned problems, and laboring to confront them directly as “servants of Christ and stewards of God’s mysteries” (1 Cor. 4:1), we proclaim from this See of the First-throne among the Churches and we re-affirm:

i) our unswerving position and obligation to safeguard the unity of the Orthodox Church in “the faith once for all delivered to the saints” (Jude 3), the faith of our Fathers, in the common Divine Eucharist and in the faithful observance of the canonical system of Church governance by settling any problems that arise from time to time in relations among us with a spirit of love and peace.

ii) our desire for the swift healing of every canonical anomaly that has arisen from historical circumstances and pastoral requirements, such as in the so-called Orthodox Diaspora, with a view to overcoming every possible influence that is foreign to Orthodox ecclesiology. In this respect we welcome the proposal by the Ecumenical Patriarchate to convene Panorthodox Consultations within the coming year 2009 on this subject, as well as for the continuation of preparations for the Holy and Great Council.

“As you all know and are well aware, the Fourth Pre-Conciliar Pan-Orthodox Conference did take place in June of this year, at the Center of the Ecumenical Patriarchate in Chambésy, Switzerland. The Decision, and the Regulations promulgated by the Pre-Conciliar Conference establish a modus operandi by which the Bishops, in the regions of the world defined by the Conference, may progress institutionally toward the solutions that we all seek in the forthcoming Great and Holy Council.

“This is not to say that there will not be difficulties along the way. The region defined for this portion of the Western Hemisphere is quite extensive, including Spanish-speaking Mexico and Central America, together with the rest of Anglophone and Francophone North America. There are many bishops who have never been represented in SCOBA, and who will now participate through their Mother Churches in the Assembly of Bishops. There are also the issues of so-called “autonomies” and “autocephalies” that are not recognized by the Church Universal, and for which solutions must be found in order allow for full participation on every level in the processes of the Assembly of Bishops. All of the issues and problems that require resolution first require willing hearts and minds, study and careful consideration, and the unfailing loving application of the canonical tradition of our Holy Orthodox Church.

“As the convener of the Pan-Orthodox world, the Ecumenical Patriarchate stands ready to be of assistance through guidance and an ongoing dialogue based in the truth of Gospel. We welcome positive suggestions and, as it said in our modern world, “thinking outside the box,” so that we may construct models of ecclesiastical polity and governance with foundations sunk deep in the venerable tradition of our One, Holy, Catholic and Apostolic Church – and at the same time are relevant to the spiritual needs and societal conventions of the world within which our faithful live.

“Here, we do not reference compromise nor conformity to the world, but, following the exhortation of the Holy Apostle Paul – that we be ‘transformed

by the renewing of our minds,' we speak of transformative and transformational models that are faithful to the history of the Church, for this history is that of the Holy Spirit Who infuses and guides the Church in every generation – in times of weakness and in times of strength, in times of persecution and in times of triumph, in times war and in times of peace. And in whatever time the Church finds her incarnate presence through the grace, operation and inspiration of the Holy Spirit, we know that the Church lives in accordance with the Apostle's injunction: "that everything be done decently and in good order."

"Therefore, beloved brothers in the Lord, let the order of the Church be observed perfectly among you, beginning and ending always with the commandment – new and divine – that we have received from our Lord and Savior Jesus Christ: Love one another. Everything else that we attempt – even with all our skill and might – will come to naught if love does not reign supreme among us all. With these words we leave each of you with our Patriarchal and paternal blessing, invoking upon you the grace of God and His infinite mercy."

Following the remarks of His All Holiness, there was an exchange of gifts, including a presentation by the Metropolitan Philip of an "engolpion" (Episcopal medallion) with the icon of Sts. Peter and Paul. The Ecumenical Patriarch presented gifts to all the Members, and departed the meeting. Metropolitan Emmanuel of France, accompanying the Ecumenical Patriarch throughout America and who is the Chairman of the already functioning Episcopal Assembly of France (Inter-Episcopal Committee from 1967 and full Episcopal Assembly since 1997), remained to engage in a brief dialogue with the Members.

Immediately following the Patriarchal Audience, Archbishop Demetrios hosted a luncheon in honor of His All Holiness for fifty Ecumenical and Interfaith leaders from New York and around America.

More information about His All Holiness, the Ecumenical Patriarchate, the environmental work of the Church and the Apostolic Visit to the United States may be found at: < <http://www.usvisit2009.org/> > and < <http://www.patriarchate.org/> > .

When I say good morning I mean to say:
G-od
O-ffers us His
O-utstanding

D-evotion to
M-ake us
O-bedient &
R-eady for a
N-ew day with Him.
I-nspire others please, and
N-ever forget
G-od loves you!

From the sayings of St. John Cassian: **"For the duty of fasting is then rendered acceptable to God, when it is made perfect by the fruits of charity."**

Another day, Theodore (of Tabennesi) went off to a monastery to visit the brothers, and straightway they brought him a brother they accused of having stolen something, that he should expel him from among the brothers for this reason. The culprit, however, was not this brother, but another who passed for a faithful man among all the brothers. But they were accusing the former because he was somewhat negligent in their view.

When the thief realized that he had not only committed the first fault but that, moreover, because of him they were going to drive the other brother away from the monastery, he went to see Theodore privately and said to him, "Forgive me, my father; I am the one who committed the theft." Theodore said to him, "The Lord has forgiven you the fault you have committed, for clearing the innocent in our presence."

Then he called the one who had been falsely accused and said to him, "I know that you are not the perpetrator of this fault. But even if the brothers afflicted you a little for the fault you have not committed, nevertheless do not be proud of your innocence in this case. For you are doubtless indebted to the Lord for other faults you have committed. Therefore, give Him thanks and be in fear of Him all your life long." Then he said to the brothers about this matter, "Have you not entrusted me with judgment so that I might pass sentence? Well, it is God's will that he should be absolved. Indeed, we are all in need of God's mercy."

from the Bohairic Life of Pachomius, fourth century

Just as night succeeds day, winter eventually succeeds summer, spring succeeds winter, and so on, similarly one spiritual state succeeds another.

Today, for example, I am in a good state in terms of purity of thoughts, and my soul glides like a dolphin in a tranquil sea. Everything is peaceful, and you think that it will continue like this forever. But the road which the wisdom of God has mapped out does not change its course. And behold, in a corner of the sky little clouds, simply unhealthy ideas, arise in the horizon and gather in the sky, in the mind. Soon afterwards, the wind begins; thunder follows; the sea becomes rough, and before long a tempest of thoughts is formed. Thus a state of bitter thoughts, etc., succeeds the purity, and various disturbances follow the calm.

If those who fear God lacked the various trials and temptations, some of us would have ended up in satanic pride; others in debauchery worse than Sodom; others in the darkness of unbelief and impiety, and so forth. So then, it is to afflictions that we owe this little piety of ours, as well as our hope of salvation. *Elder Ephraim of the Holy Mountain (Athos)*

I have to relate a small story, Ioannis. In 2003, Vladika Varlaam and I went to Constantinople with two colleagues, and iconographer and a professor from Alberta. Vladika and I decided that we wanted to have Holy Communion in the Great Church, The Divine Wisdom. We had taken particles of the Holy Gifts with us in a small ***darokranityel*** (the vessel in which reserved Gifts are carried for communion of the ill -- I think is called an artophorion in Greek). Early one morning, we placed each an epitrachilion under our street clothing and went to 'Aghia Sophia, The Divine Wisdom. We stood at the very edge of the solea and, in a low whisper, read the prayers of preparation, hoping the museum guards would not notice how long we stood there in one place. At the end, we gave each other Communion from the "reserved gifts" that we had taken. We moved to a different place to read the prayers after Communion. Somehow, it meant something very deep and special to us, as it is The Great Church of Christianity. Anyway, just a note. Some people may be horrified, others edified. For us, The Divine Wisdom is still a holy place, sanctified by centuries of the prayers of Orthodox Christians, and the scene of a great martyrdom. *In Christ, Archbishop Lazar.*

Cautions from the Better Business Bureau:

For years, Better Business Bureau has educated consumers about not giving out personal information over the telephone or to anyone who shows up at their front door. With the U.S. Census process beginning, BBB advises

people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft.

The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

Most people are rightfully cautious and won't give out personal information to unsolicited phone callers or visitors, however the Census is an exception to the rule, said Steve Cox, BBB spokesperson. Unfortunately, scammers know that the public is more willing to share personal data when taking part in the Census and they have an opportunity to ply their trade by posing as a government employee and soliciting sensitive financial information.

The Census data will be used to allocate more than \$300 billion in federal funds every year, as well as determine a State's number of Congressional representatives. Households are actually required by law to respond to the Census Bureau's request for information.

During the U.S. Census, households will be contacted by mail, telephone or visited by a U.S. Census worker who will inquire about the number of people living in the house. Unfortunately, people may also be contacted by scammers who are impersonating Census workers in order to gain access to sensitive financial information such as Social Security, bank account or credit card numbers. Law enforcement in several states have issued warnings that scammers are already posing as Census Bureau employees and knocking on doors asking for donations and Social Security numbers.

The big question is - how do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S.

Census. While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account or credit card numbers nor will employees solicit donations.

Eventually, Census workers may contact you by telephone, mail or in person at home. However, they will not contact you by e-mail, so be on the look out for e-mail scams impersonating the Census. Never click on a link or open any attachments in an e-mail that are supposedly from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit <http://www.bbb.org>