



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, 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, Jill

Paha, 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.

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 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 & +Patriarch Pavle—Fr. Bob

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

Monday, November 23 Ecumenical Thanksgiving Service 7:00PM

Parkview Baptist Church-Greensburg, Father Sam Lamendola speaking

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

Sunday, December 6

Divine Liturgy

10:30 AM

26TH SUNDAY AFTER PENTECOST

SAINT AMPHILOCIUS-BISHOP OF ICONIUM, SAINT GREGORY-BISHOP OF AGRIGENTUM, MARTYR SISINIUS-BISHOP OF CYZICUS & THEODORE OF ANTIOCH, BLESSED GREAT-PRINCE ALEXANDER NEVSKY-IN MONASTICISM ALEXIUS, VENERABLE AMPHILOCIUS OF PERCHEVSKY LAVRA, SAINT METROPHANES-IN MONASTICISM MACARIUS-BISHOP OF VORONEZH, SAINT ISCHYRION-BISHOP IN EGYPT & HERMIT OF SCETE

Tone 1

Ephesians 5:9-19

Luke 12:16-21

Litany in Blessed Memory of Thomas Bryan, John Hanczar, Mary Blitzkan, Marjorie Yarmeak, Mary Sharon, Frank Barankovich, Mary Krevanich, Katherine Holowaty, Helen Pytlak, Robert Vetosky, & Rose Pynch--Fr. Bob Parastas in Blessed Memory of Walter & Victor Burlack--Evelyn

BULLETIN INSERT FOR 22 NOVEMBER 2009

TWENTY-FOURTH 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

TROPARION—TONE 7

By Thy Cross, Thou didst destroy death!
To the thief, Thou didst open Paradise!
For the Myrrhbearers, Thou didst change weeping into joy.
And Thou didst command Thy disciples, O Christ God,
To proclaim that Thou art 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 7

The dominion of death can no longer hold men captive,
For Christ descended, shattering and destroying its powers!
Hell is bound, while the prophets rejoice and cry:
The Savior has come to those in faith!
Enter, you faithful, into the Resurrection!

PROKEIMENON—TONE 7

READER: The Lord shall give strength to His people! The Lord shall bless His people with peace!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

READER: Offer to the Lord, O you sons of God! Offer young rams to the Lord!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

READER: The Lord shall give strength to His people!

PEOPLE: The Lord shall bless His people with peace!

ALLELUIA VERSES—TONE 7

It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!

To declare Thy mercy in the morning, and Thy truth by night!

Swine flu causes surge of garlic sales in Serbia

By DUSAN STOJANOVIC (AP) – 3 days ago

BELGRADE, Serbia—Belgrade's open-air markets were a welter of busy customers on Friday, pushing and shoving to buy one item—garlic.

In Serbia, garlic has long been regarded as a good luck charm and a guard against many ailments. As far as the public is concerned, that includes the swine flu pandemic, which recently has spread in Serbia and triggered near panic among the local population.

That is now evident in Belgrade's produce markets, where the price of garlic has shot up, thanks to a sudden increase in demand. The smell of the little white cloves also has become prevalent in public places as people munch on them as if eating apples.

Health officials have publicly urged the population not to take garlic's healing properties so seriously. Instead, they recommend opting for more conventional precautions, such as washing hands, wearing face masks, or eventually getting vaccinated.

But those calls seem to have been in vain.

"Garlic is the best, forget the vaccines," said Marko Jankovic, an elderly Belgrader, with the pungent smell of garlic obvious as he spoke at the crowded Kaleniceva Pijaca market. "From the vaccine, you can get sick. From garlic, you can only get bad breath."

Facing a surge of swine flu cases, Serbia's Health Ministry on Friday ordered 3 million vaccines from Swiss pharmaceutical company Novartis AG.

The authorities said Serbia has about 270 proven swine flu cases and eight deaths — up from about 130 cases and two deaths at the beginning of November.

In many parts of the world, the distinct taste and smell of garlic are considered essential in many meals. But in Serbia — as elsewhere in the Balkans — many people consider it more important than that.

Garlic is kept on doorsteps or in pockets to keep vampires away, and under babies' pillows to ensure a healthy and prosperous life. Serbs often consume garlic as a snack together with slivovitz, a strong plum brandy.

These days, Serbian media often compare what happened at two popular music festivals as proof of the alleged medicinal virtues of garlic.

That's because Serbia's first swine flu cases were confirmed after the annual Exit rock music festival in July in the town of Novi Sad, where authorities say the mostly young audience indulged in beer and marijuana.

By contrast, the media say, no swine flu cases resulted from the equally popular folk music festival in Guca, central Serbia, where the generally older, more tradition audience gorged on meat dishes heavily spiced with garlic, and drank slivovitz.

For centuries, garlic has been regarded by many people around the world as a successful medical treatment for everything from indigestion to respiratory problems. Recent medical studies also have shown that garlic can reduce a person's blood pressure.

But in Serbia, doctors are telling the public to stop considering it as a swine flu defense.

"People must take this pandemic more seriously and focus on real prevention and medicine," not garlic, said Zoran Djordjevic, a virology doctor at a Belgrade hospital.

Helena, the emperor (Constantine's) mother - from whose name having made Drepanum, once a village, a city, the emperor called it Helenopolis-, being divinely directed by dreams went to Jerusalem. Finding that which was once Jerusalem, desolate `as a Preserve for autumnal fruits,' according to the prophet, she sought carefully the sepulchre of Christ, from which he arose after his burial; and after much difficulty, by God's help she discovered it. What the cause of the difficulty was I will explain in a few words. Those who embraced the Christian faith, after the period of his passion, greatly venerated this tomb; but those who hated Christianity, having covered the spot with a mound of earth, erected on it a temple to Venus, and set up her image there, not caring for the memory of the place. This succeeded for a long time; and it became known to the emperor's mother. Accordingly she having caused the statue to be thrown down, the earth to be removed, and the ground entirely cleared, found three crosses in the sepulchre: one of these was that blessed cross on which Christ had hung, the other two were those on which the two thieves that were crucified with him had died. With these was also found the tablet of Pilate, on which he had inscribed in various characters, that the Christ who was crucified was king of the Jews. Since, however, it was doubtful which was the cross they were in search of, the emperor's mother was not a little distressed; but from this trouble the bishop of Jerusalem, Macarius,

shortly relieved her. And he solved the doubt by faith, for he sought a sign from God and obtained it. The sign was this: a certain woman of the neighborhood, who had been long afflicted with disease, was now just at the point of death; the bishop therefore arranged it so that each of the crosses should be brought to the dying woman, believing that she would be healed on touching the precious cross. Nor was he disappointed in his expectation: for the two crosses having been applied which were not the Lord's, the woman still continued in a dying state; but when the third, which was the true cross, touched her, she was immediately healed, and recovered her former strength. In this manner then was the genuine cross discovered. The emperor's mother erected over the place of the sepulchre a magnificent church, and named it New Jerusalem, having built it facing that old and deserted city. There she left a portion of the cross, enclosed in a silver case, as a memorial to those who might wish to see it: the other part she sent to the emperor, who being persuaded that the city would be perfectly secure where that relic should be preserved, privately enclosed it in his own statue, which stands on a large column of porphyry in the forum called Constantine's at Constantinople.

I have written this from report indeed; but almost all the inhabitants of Constantinople affirm that it is true. Moreover the nails with which Christ's hands were fastened to the cross (for his mother having found these also in the sepulchre had sent them) Constantine took and had made into bridle-bits and a helmet, which he used in his military expeditions. The emperor supplied all materials for the construction of the churches, and wrote to Macarius the bishop to expedite these edifices. When the emperor's mother had completed the New Jerusalem, she reared another church not at all inferior, over the cave at Bethlehem where Christ was born according to the flesh: nor did she stop here, but built a third on the mount of his Ascension. So devoutly was she affected in these matters, that she would pray in the company of women; and inviting the virgins enrolled in the register of the churches to a repast, serving them herself, she brought the dishes to table. She was also very munificent to the churches and to the poor; and having lived a life of piety, she died when about eighty years old. Her remains were conveyed to New Rome, the capital, and deposited in the imperial sepulchres. *Socrates Scholasticus, Historia Ecclesiastica 1.17*

Abba Cronius said that Abba Joseph of Pelusium told him the following story: When I was living in Sinai, there was a brother who was good, ascetic, and handsome. He came to church for the Liturgy dressed in a little old mafort patched and darned all over. Once when I saw him coming to the Liturgy I said to him, "Brother, do you not see the brothers, looking like angels for the Liturgy in church? How can you always come here in that garb?" He said to me, "Forgive me, abba, but I have nothing else." So I took him in to my cell and gave

him a tunic and whatever else he needed. After that he wore them like the other brethren and was like an angel to look at.

Now once it was necessary for the fathers to send ten brethren to the emperor about something or other, and he was chosen as one of the group to go. When he heard this, the brother made a prostration before his abba saying, "In the Lord's name, excuse me, for I am the slave of a great man there, and if he recognizes me, he will deprive me of my habit and force me to serve him again." The brothers were convinced and left him behind. But later, they learned from someone who had had known him well when he was in the world that he had been the head of imperial administration and that he had spoken as he did as a ruse, so that no one would know this or bother him about it. So great, amongst the fathers, was their concern to flee from glory and the peace of this world!

Serb Patriarch Pavle dies, spoke for Balkan peace

AP Associated Press



AP – FILE - Patriarch Pavle, the head of the Serbian Orthodox church is seen in this August 4, 2005, file ...

By DUSAN STOJANOVIC, Associated Press Writer Dusan Stojanovic, Associated Press Writer – Sun Nov 15, 1:50 pm ET

BELGRADE, Serbia – Serbian Orthodox Church Patriarch Pavle, who called for peace and conciliation during the Balkan ethnic wars of the 1990s but failed to openly condemn extreme Serb nationalism, died Sunday. He was 95.

There have been reports of an internal struggle over who would succeed Pavle, a respected theologian and linguist known for personal humility and modesty. The favorite is influential Bishop Amfilohije, a hard-liner known for his anti-Western and ultra-nationalist stands.

The seven-million member church said its highest body, the Holy Synod, could announce Monday when Pavle's successor will be chosen. At least 40 days must pass after Pavle's death before a new patriarch can be elected.

Pavle took over the church in 1990 just as the collapse of communism ended years of state policy of repressing religion. He often spoke against violence in the ethnic wars Orthodox Serbs fought against Catholic Croats and Bosnian Muslims during the bloodiest conflict in Europe since World War II.

"God help us understand that we are human beings and that we must live as human beings, so that peace would come into our country and bring an end to the killing," Pavle had appealed—mostly in vain—in 1991 as fighting raged between Serbs and Croats over disputed territories in Croatia.

"It is only the will of the devil that is served by this war," the patriarch was quoted as saying in 1992 but stopped short of naming names, notably not going explicitly against former President Slobodan Milosevic's ultra-nationalist policies, which triggered the wars.

The Serbian Church eventually broke with its tradition of formal neutrality in 2000, openly urging the Serbian strongman to step down after the regimes humiliating defeat in 1999 following NATO bombing that ended Milosevic's crackdown against ethnic Albanian separatists in Kosovo.

The church's demand for Milosevic's resignation—which he ignored—helped lead to the popular revolt that eventually ousted the autocratic president in October 2000. Milosevic died in 2006 during his trial on war crimes charges at a U.N. tribunal in The Hague, Netherlands.

Pavle had been hospitalized for two years with heart and lung problems and died of cardiac arrest in his sleep, the church and the Belgrade Military Hospital said. The news of patriarch's death was first announced by Amfilohije, who has served as acting head of the church during most of Pavle's hospitalization. State TV showed Amfilohije breaking into tears as he held a prayer.

Bells tolled from Serbian churches after the news of Pavle's death and the state-run television aired documentaries about his life. Serbia's government proclaimed three days of national mourning starting Monday.

Pavle's body was displayed in an open coffin at Belgrade's main Saborna Church, with top officials and clergy attending the prayers. Thousands of people lined up to pay their last respects to the highly popular patriarch.

The church said Pavle's funeral will be held Thursday at a monastery in the Belgrade suburb of Rakovica.

President Boris Tadic said Patriarch Pavle's death was a "huge loss" for the nation. Tadic said Pavle was "one of those people who by their very existence bring together the entire nation.

"His departure is my personal loss too," Tadic said, explaining he had often consulted with the patriarch about crucial national decisions.

Tadic added that Patriarch Pavle was respected worldwide by both the Orthodox Christian churches and the Pope.

After Milosevic's departure the patriarch then launched a damage-control campaign for Kosovo, struggling to rally international support for protection of

ancient Serbian churches and monasteries that came under attacks by Kosovo's mostly Muslim ethnic Albanians.

Critics, however, faulted him and other Serbian religious leaders for failing to be equally vocal when Serb troops previously destroyed Catholic churches and Muslim mosques in Croatia and Bosnia, or launched major ethnic-cleansing campaigns against non-Serbs in the Balkans.

Pavle was also against a papal visit to Serbia—because of a long-standing schism between the Catholics and the Orthodox. Serbia is one of the rare European countries not visited by the Roman Catholic Pope.

Pavle was born as Gojko Stojcevic on Sept. 11, 1914, in the village of Kucani, which was part of the Austro-Hungarian Empire at the time and is now in Croatia. From 1944 to 1955, he was a monk at the Raca Monastery in central Serbia. From 1950, he lectured at the Prizen Seminary in Kosovo — the position which he retained until his election as the patriarch on Dec. 1, 1990.

Bishop Lavrentije said the Patriarch's death is no reason to be sad because the Patriarch always had sought to reach out to God. Lavrentije said Pavle "has been more in heaven" than on earth.

"The Serbian people now have someone to represent them before God better than anyone else," Lavrentije said.

Associated Press Writer Jovana Gec contributed to this report.

"Singing and acting are excellent for training in self-expression. Also they mean good team work, everybody learning his part and doing it well, not for applause for himself but for the success of the whole show."

Lord Baden-Powell

Ortho Thoughts for the Day (on trials and temptations #2)

One who is physically ill abhors the bitter medicines and painful operations. However, he endures patiently, knowing that the physician affects his health through these things. And when he gets well, he renders many thanks to the physician for the good which he did, and no longer remembers the pain because it has passed.

We should also understand spiritual matters in the same way. All the various afflictions make the one afflicted abhor them, but they result in the cure of the soul's spiritual members. And if those afflictions had not been sent by God, the great Physician, that sickly member of the soul would have constantly grown worse, and then the soul would have been poisoned and suffered spiritual death, which is separation from God. Therefore, we ought to thank God in every situation so that we do not fall away from piety.

The Apostle James teaches us beautifully concerning this matter: "My brethren, count it all joy when you fall into various trials, knowing that the testing of your

faith produces patience." (Jas 1:2-3). *Elder Ephraim of the Holy Mountain (Athos)*

From the Paradise of the Fathers: **"As Abba Macarius was returning to his cell from the marsh carrying palm-leaves, the devil met him with a sharp sickle and would have struck him but he could not. He cried out, "Great is the violence I suffer from you, Macarius, for when I want to hurt you, I cannot. But whatever you do, I do and more also. You fast now and then, but I am never refreshed by any food; you often keep vigil, but I never fall asleep. Only in one thing are you better than I am and I acknowledge that." Macarius said to him, "What is that?" and he replied, "It is because of your humility alone that I cannot overcome you."**

a word from the desert: The hermit father Philaretos from Karoulia was taken (from Mt. Athos) to Thessaloniki to appear in court, where he was unjustly accused of taking an ancient book which had been stolen by a tourist. He had no money to pay the fine.

"Either you pay, Father, or you go to jail," the judge said to him.

"I prefer to go to prison. I have no money. Besides, this way, I will remember the eternal prison," he replied.

When finally some of the faithful paid the fine, he said, "I have been freed from the earthly prison. I wonder if I will be set free from the eternal one?"

Someone asked him, "How was it in Thessaloniki, Elder Philaretos, how were the people?" He had not been there for fifty years, and he replied, "What can I say, Fathers? They were all rushing about for their salvation. I am the only negligent and lazy one." from *An Athonite Gerontikon*

a word from the desert: As a man whose head is under water cannot inhale pure air, so a man whose thoughts are plunged into the cares of this world cannot absorb the sensation of the world to come. *St. Isaac the Syrian*