



## **Holy Ghost Orthodox Church**

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**Rev. Father Robert Popichak, Pastor**

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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 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, Father Robert Holet, Archimandrite Lev, Father Taras Naumenko, Father Nestor Kowal, 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 8-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 4-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Erin, Jeff Walewski [thyroid cancer], 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, Theodore Nixon, Charles Johnson, Amy Forbeck, Michelle Corba Kapeluck, Gloria Prymak [Liz's niece], Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, George & Mika Rocknage, Robert McKivitz, 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, Doris Artman, Maureen Sams, Nancy Barylak, Henry & Shirley Tkacik, Carol Kowalcheck, Martin Golofski, Anthony Yerace, Khrystyna Chorniy, Anthony Cormier [3-year-old with cancer], Nathan Forbeck, Sarah Doyle, Samuel Peters, Jean Stutchell, Bonnie Blair [Pani Gina's mother], Charles & Esther Holupka, Wanda Mefford, Lynn (Bush) Gill, David Vallor, Henry Faraly, Betty O'Masta, Julie Eiler, Glenn Miller, Vince Ferro, Gregory Repa, Michael Pawlyshyn, Dorothy Lednovich, Wally Burlack, Kristin Batch

Vaughn, Bob C., Allie—young girl with leukemia, Heather Kramer, Pete Dimperio, Jane Wartinbee, Steven Sheakley [Pani Gina's cousin], Carmen Talmonti, Tom Fuller, Matthew—20-year-old with cancer, Nicholas Orlando, Constantine Hanczar, Mary Ann Kuzniak, Michael Woloschak, Michael Pryhodzenko, Joseph Mollica, Sonia Luciw, Nellie Patsko, Theresa Ditto, Glen Burlack, 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.

The man who still loves empty fame or is attached to some material thing is the one who is offended at men for the sake of temporal goods, who bears them grudges or hate, who is a slave of shameful thoughts; to the God-loving soul all these things are foreign.  
*St. Maximus the Confessor, (c. 580-662) The Four Centuries on Charity, 41*

Please remember James John Logue George Senita, John Kirkowski, Steve Brittain, Matthew Machak, Michael Repasky, and ALL American service men and women in your prayers. May God watch over them and all American service men 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 Eighth Grade and Matt’s Sixth 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, October 10**                      **Divine Liturgy of Saint John Chrysostom**                      **10:30 AM**  
**TWENTIETH SUNDAY AFTER PENTECOST**  
**MARTYR CALLISTRATUS & 49 WITH HIM; APOSTLES MARK, ARISTARCHUS, &**  
**ZENAS OF THE 70; MARTYR EPICCHARIS OF ROME; VENERABLE IGNATIUS IN ASIA**  
**MINOR; VENERABLE SABBATIUS-WONDERWORKER OF SOLOVSKI; NEW-MARTYR**  
**AQUILINA OF THESSALONICA**

*Tone 3*

Galatians 1:11-19

Luke 5:1-11

*Parastas in Blessed Memory of Catherine Behun—Behun Family*

**Sunday, October 17                      Divine Liturgy of Saint John Chrysostom                      10:30 AM**

**TWENTY-FIRST SUNDAY AFTER PENTECOST**

**HIEROMARTYR HIEROTHEUS-BISHOP OF ATHENS; MARTYRS GAIUS, FAUSTUS, EUSEBIUS, & CHAEREMON OF ALEXANDRIA; MARTYR PETER OF CAPETOLIS; MARTYRS DONMINA & DAUGHTERS BERENICE & PROSDOCE OF SYRIA; VENERABLE AMMON & PAUL-THE-SIMPLE OF EGYPT; MARTYR ADAUCTUS & DAUGHTER SAINT CALLISTHENE OF EPHESUS; BLESSED PRINCE VLADIMIR OF NOVHOROD-WONDERWORKER & HIS MOTHER ANNA; BLESSED PRINCE VOLODYMYR-SON OF YAROSLAV THE WISE-WONDERWORKER; VENERABLE HELLADIUS & ONESIMUS OF PERCHEVSKY LAVRA; VENERABLE AMMON-RECLUSE OF PERCHEVSKY LAVRA; MARTYR STEPHEN SHCHILIANOVIC OF SERBIA; UNCOVERING OF THE RELICS OF SAINTS GURIAS-FIRST ARCHBISHOP OF KAZAN & BARSANUPHIUS-BISHOP OF TVER**

*Tone 4*

Galatians 2:16-20

Luke 6:31-36

*Parastas in Blessed Memory of Walter & Victor Burlack—Mary Bosky*

**Sunday, October 24                      Divine Liturgy of Saint John Chrysostom                      10:30 AM**

**TWENTY-SECOND SUNDAY AFTER PENTECOST**

**FATHERS OF THE SEVENTH ECUMENICAL COUNCIL; HOLY APOSTLE PHILIP OF THE 70 & OF THE 7 DEACONS; SAINT THEOPHANES THE CONFESSOR & HYMNOGRAPHER-BISHOP OF NICAIA; MARTYR ZEDAIDA & PHILONILLA OF TARSUS IN CILICIA; VENERABLE THEOPHANES THE FASTER OF PERCHEVSKY LAVRA; SAINTS NECTARIUS, ARCADIUS, & SINISIUS-PATRIARCHS OF CONSTANTINOPLE; ICON OF OUR LORD JESUS CHRIST IN BERET OF PHOENICIA**

*Tone 5*

Galatians 6:11-18

Luke 7:11-16

*Litany in Blessed Memory of Archimandrite Anastasije—Fr. Bob*

## **BULLETIN INSERT FOR 10 OCTOBER 2010**

**TWENTIETH SUNDAY AFTER PENTECOST**

**MARTYR CALLISTRATUS & 49 WITH HIM; APOSTLES MARK, ARISTARCHUS, & ZENAS OF THE 70; MARTYR EPICCHARIS OF ROME; VENERABLE IGNATIUS IN ASIA MINOR; VENERABLE SABBATIUS-WONDERWORKER OF SOLOVSKI; NEW-MARTYR AQUILINA OF THESSALONICA**

### **TROPARION—TONE 3**

Let the Heavens rejoice! Let the earth be glad!  
For the Lord has shown strength with His arm!  
He has trampled down death by death!  
He has delivered us from the depths of hell,

And has granted 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 3**

On this day Thou didst rise from the tomb, O Merciful One!  
Leading us from the gates of death.  
On this day Adam exults as Eve rejoices;  
With the prophets and patriarchs  
They unceasingly praise the divine majesty of Thy power!

**PROKEIMENON—TONE 3**

**READER:** Sing praises to our God, sing praises! Sing praises to our King,  
sing praises!

**PEOPLE:** **Sing praises to our God, sing praises! Sing praises to our King,  
sing praises!**

**READER:** Clap your hands, all peoples! Shout to God with loud songs of joy!

**PEOPLE:** **Sing praises to our God, sing praises! Sing praises to our King,  
sing praises!**

**READER:** Sing praises to our God, sing praises!

**PEOPLE:** **Sing praises to our King, sing praises!**

**ALLELUIA VERSES—TONE 3**

In Thee, O Lord, have I hoped; let me never be put to shame!

Be Thou a God of protection for me, a house of refuge, in order to save me!

An old man said, "Every time a thought of superiority or vanity moves you, examine your conscience to see if you have kept all of the commandments, if you love your enemies and are grieved at their sins, if you consider yourself as an unprofitable servant and the greatest sinner of all. Even then, do not pretend to great ideas as though you were perfectly right, for this thought destroys everything.

**On the Victory of the Cross**

The sword of flame no longer guards the gate of Eden, for a strange bond came upon it: the wood of the Cross. The sting of Death and the victory of Hades were nailed to it. But you appeared, my Saviour, crying to those in Hades: "Be brought back again to Paradise."

O most high and glorious, God of fathers and of youths, Your willing outrage has become our honor. For, in Your Cross, we may all boast. To it

we have nailed our hearts, that on it we may hang our instruments and sing to You, the Lord of all, from the songs of Zion. The ship from Tarshish once upon a time brought gold to Solomon, as it is written. To us Your Tree gives back, every day and moment, wealth beyond all price, for it brings us all again to Paradise.

*St. Romanos the Melodist, 6th century, Kontakion on the Victory of the Cross, 1, 18, trans. Archimandrite Ephrem Lash*

*St. Romanos the Melodist, commemorated 1 October icon and troparion at: <http://comeandseeicons.com/r/jfl30.htm>*

Abba Moses said, "If a man's deeds are not in harmony with his prayer, he labors in vain." The brother said, "What is this harmony between practice and prayer?" The old man said, "We should no longer do those things against which we pray. For when a man gives up his own will, then God is reconciled with him and accepts his prayers." The brother asked him, "In all the affliction which the monk gives himself, what helps him?" The old man said, "It is written, `God is our refuge and strength, a very present help in trouble.'" (Ps. 46:1)

There was once a layman who went to the Skete of Kavsokalyvia to become a monk. The fathers of the skete, however, wouldn't accept him, because apart from being idle and negligent, he was mischievous and always causing trouble. Since he felt at ease in the skete, he asked the fathers to allow him to remain there as a layman and do a little work.

So, he spent his life in idleness and neglect until the hour of his death, when he finally took to his bed awaiting his death. The fathers stood by him and were continuously at his side.

One day, the man who was about to die was seized by ecstasy and started making signs. The fathers were wondering what was happening! When he came to himself again, he described an awesome event to them:

"I saw the archangel Michael with a piece of paper in his hands, with all my sins on it, and he told me, `You see? You did all that, so get ready to go to Hell.'

Then I said to him, `Just have a look. Among all those sins, does it mention the sin of judging others?'

The archangel looked and said to me, `No it doesn't.'

`In that case,' I told him, `it is not right for me to go to Hell, according to what the Lord said: `Do not judge and you will not be judged.' (Lk.6:37, Mt.7:1)

Then the archangel Michael tore up the paper with my sins on it. And so, fathers, I will go to Paradise. When you told me that I wouldn't do for a

monk in the skete and I was working as a layman and going to church on feast days, I heard the words of the Gospel, 'Do not judge and you will not be judged' and I said to myself, 'Wretched man, at least you can put that into practice.' And in this way, I was saved without any other effort."

As soon as he had said these words, he commended his soul to the archangel Michael.

*from Elder Paisios, \*Athonite Fathers and Athonite Matters\**

## **Ecumenical Patriarch Receives Officers of the Assembly of Canonical Orthodox Bishops of North and Central America**

**NEW YORK** – On Tuesday, Sept. 21, His All Holiness Ecumenical Patriarch Bartholomew received the Officers of the Assembly of the Canonical Orthodox Bishops of North and Central America at the Ecumenical Patriarchate in Istanbul. His All Holiness had invited the Officers through the cooperation of Archbishop Demetrios of America, the Chairman of the Assembly, who also led the delegation to the Phanar for a substantive meeting. The other Officers included Archbishop Justinian of Naro-Fominsk (*Moscow Patriarchate, Vice-Chairman*), **Archbishop Antony of Hierapolis, (Ecumenical Patriarchate – Ukrainian Orthodox Church of the USA, Treasurer)**, and Bishop Basil of Wichita and Mid-America (*Patriarchate of Antioch–Antiochian Archdiocese, Secretary*). Also in attendance at the meeting were Archimandrite Bartholomew Samaras, Deputy Secretary of the Holy and Sacred Synod of the Ecumenical Patriarchate, Archpriest Igor Vyzhanov of the Moscow Patriarchate, and Frs. Mark Arey and John Chryssavgis of the Greek Orthodox Archdiocese. Vice Chairman Metropolitan Philip (Patriarchate of Antioch–Antiochian Archdiocese) was unable to attend.

Following the greeting and paternal exhortation of His All Holiness (see this link: <http://www.goarch.org/news/patriarcgreetingtoassemblyofficers-9212010>), the officers engaged the Ecumenical Patriarch in a full and robust discussion of the work and prospects of the Assembly. Of particular note during the discussion, was the emphasis that His All Holiness put on the Committee structure and function, and his encouragement to commence the Committee work as soon as possible. He also noted both the size and the diversity of the Assembly.

Following the two-hour meeting, His All Holiness hosted the Hierarchs in the Patriarchal *Trapeza*, together with Hierarchs of the Ecumenical Throne. Following the meal, the Patriarchate arranged for the Officers to visit the famous Churches of *Chora* and *Agia Sophia*, before being hosted again in

the evening by His All Holiness for a farewell dinner. Archbishop Demetrios returned to the United States on Wednesday, Sept. 23.

One of the Fathers said: "If a hard-working monk lives in a place where there are no other hard-working monks, he cannot make progress—he can only struggle so as not to get worse. But if a lazy monk dwells with hard-working monks, he makes progress if he is vigilant, and if not, he does not get any worse.

Author Ralph Sidway will present a talk, "Facing Islam: What the Ancient Church Has to Say About the Religion of Muhammad," on Saturday, October 23rd at St Nicholas Orthodox Church, 320 Munson Ave., McKees Rocks, PA 15136. Mr. Sidway will speak on the history and doctrines of Islam, the main figure of Islam, Muhammad, as well as the Orthodox Christian response throughout the Church's history at 11:00 a.m.

The day will begin with the celebration of the Divine Liturgy at 9:30 a.m. followed by a light continental breakfast, and then the presentation will begin at 11:00 a.m. His book, "Facing Islam: What the Ancient Church Has to Say About the Religion of Muhammad," will be available for purchase and signing. A selection of Orthodox Christian religious items will also be available. This event is free and open to the public. People of all faiths and backgrounds are encouraged to attend.

For more information, write [info@stnicholas-oca.org](mailto:info@stnicholas-oca.org) or call 412-331-1053. For more information on the book, and for online ordering, see the Facing Islam website at [facingislam.org](http://facingislam.org).