



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 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, Archimandrite Lev, Father Taras Naumenko, Father Nestor Kowal, Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike Holupka, Eva Malesnick, 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, 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, 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, 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, Mary Ann Musial, Mary Pelino, Martin Kapusta, Donna Tickerhoof, 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.

NOTE: Most of you know that we had to have the Church's rear oil furnace replaced, at a cost of over \$2600. We would appreciate any donations to help defray the cost—please see John Paouncic if you would like to make a donation towards this necessary replacement. **THANK YOU and GOD BLESS YOU!**

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, November 14 Divine Liturgy of Saint John Chrysostom 10:30 AM
TWENTY-FIFTH SUNDAY AFTER PENTECOST
HOLY WONDERWORKERS & UNMERCENARIES COSMAS & DAMIAN OF
MESOPOTAMIA & THEIR MOTHER VENERABLE THEODOTA; HIEROMARTYRS JOHN
THE BISHOP & JAMES THE PRESBYTER OF PERSIA; MARTYRS CYRENIA & JULIANA
OF CILICIA; MARTYR HERMENINGILDA THE GOTH OF SPAIN; MARTYRS CAESARIUS,

**DACIUS, SABBAS, SABINIAN, AGRIPPA, ADRIAN, & THOMAS AT DAMASCUS;
MARTYRS JAMES OF MOUNT ATHOS & HIS 2 DISCIPLES JAMES & DIONYSIUS**

Tone 8

Ephesians 4:1-6; I Corinthians 12:37-13:8

Luke 8:26-39; Matthew 10:1, 5-8

Litany in Blessed Memory of All Deceased Veterans—Fr. Bob

Parastas in Blessed Memory of Hilda Holupka—Stanley & Rose Mary Kavel

Sunday, November 21 Divine Liturgy of Saint John Chrysostom 10:30 AM

TWENTY-SIXTH SUNDAY AFTER PENTECOST

**SYNAXIS OF ARCHANGELS MICHAEL, RAPHAEL, URIEL, SALAPHIEL, JEGUDIEL,
BARACHIEL, JEREMIEL; RIGHTEOUS MARTHA-PRINCESS OF PSKOV; NEW-MARTYR
MICHAEL THE BLESSED OF CHERNIHIV**

Tone 1

Ephesians 5:9-19, Hebrews 2:2-10

Luke 8:41-56, Luke 10:16-21

Litany in Blessed Memory of Paul Popichak—Fr. Bob

Parastas in Blessed Memory of Maxine Kitch—Anna Tranchine

Monday, November 22 Thanksgiving Ecumenical Service 7:00 PM

Holy Ghost Orthodox Church—Host—Pastor Tom Holmes Speaking

Sunday, November 28 Divine Liturgy of Saint John Chrysostom 10:30 AM

TWENTY-SEVENTH SUNDAY AFTER PENTECOST

NATIVITY FAST—SAINT PHILIP'S FAST BEGINS

**HOLY MARTYRS & CONFESSORS GURIAS, SAMONAS, & ABIBUS OF EDESSA;
MARTYR DEMETRIUS OF THRACE; MARTYRS ELPIDIUS, MARCELLUS, &
EUSTOCHIUS—UNDER JULIAN THE APOSTATE; SAINT QUINCTIAN-BISHOP OF
SELEUCIA; VENERABLE PHILIP-ABBOT OF RABANG/VOLOGDA; VENERABLE PAISIUS
VELICHKOSKY OF MOLDOVA & MOUNT ATHOS**

Tone 2

Ephesians 6:10-17

Luke 10:25-37

BULLETIN INSERT FOR 14 NOVEMBER 2010

TWENTY-FIFTH SUNDAY AFTER PENTECOST

**HOLY WONDERWORKERS & UNMERCENARIES COSMAS & DAMIAN OF
MESOPOTAMIA & THEIR MOTHER VENERABLE THEODOTA;
HIEROMARTYRS JOHN THE BISHOP & JAMES THE PRESBYTER OF
PERSIA; MARTYRS CYRENIA & JULIANA OF CILICIA; MARTYR
HERMENINGILDA THE GOTH OF SPAIN; MARTYRS CAESARIUS, DACIUS,
SABBAS, SABINIAN, AGRIPPA, ADRIAN, & THOMAS AT DAMASCUS;
MARTYRS JAMES OF MOUNT ATHOS & HIS 2 DISCIPLES JAMES &
DIONYSIUS**

TROPARION—TONE 8

Thou didst descent from on high, O Merciful One!
Thou didst accept the three-day burial to free us from our sufferings!
Our Lord, our Life and Resurrection, 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 8

By rising from the tomb,
Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,
And the world celebrates Thy Rising from the dead,
O greatly Merciful One!

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!

PEOPLE: Pray and make your vows before the Lord our God!

READER: In Judah, God is known; His name is great in Israel!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows.

PEOPLE: Before the Lord our God!

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to
Him with psalms.

From the sayings of Abba Poemen:
"The beginning of evil is heedlessness."

a word from the desert: **He who is humble in his thoughts, and engaged in spiritual work, when he reads the Holy Scriptures, will apply everything to himself and not to his neighbor.** *St. Mark the Ascetic, 5th/6th century*

How To Drive In Jersey

Seriously, there are only two things needed to drive effectively in NJ: A horn and a middle finger. Everything else is superfluous, including knowing where you are going.

For those of you who live in Jersey or have lived there, these things may come as no surprise. For those who haven't travelled there before, Beware, Be Prepared and Be Afraid...Be Very Afraid.

1. You must first learn to pronounce the city name, it is Nork - rhymes with Fork, not New-ark. Also, Trenton is not pronounced Tren-ton, it is Trent-in.
2. The morning rush hour is from 5 AM to NOON. The evening rush hour is from NOON to 7 PM. Friday's rush hour starts on Thursday morning.
3. The minimum acceptable speed on the turnpike is 85 mph. On the parkway it's 105 or 110. Anything less is considered "Sissy"...(Just ask the former Governor of NJ)
4. Forget the traffic rules you learned elsewhere. Jersey has its own version of traffic rules. For example, cars/trucks with the loudest muffler go first at a four-way stop; the trucks with the biggest tires go second; However, in Monmouth and Burlington counties, SUV-driving, cellphone-talking moms ALWAYS have the right of way.
5. If you actually stop at a yellow light, you will be rear ended, cussed out, and possibly shot.
6. Never honk at anyone. EVER! Seriously. It's another offense that can get you shot.
7. Road construction is permanent and continuous in all of Jersey. Detour barrels are moved around for your entertainment pleasure during the middle of the night to make the next day's driving a bit more exciting.
8. Watch carefully for road hazards such as drunks, skunks, dogs, cats, barrels, cones, celebs, rubber-neckers, shredded tires, cell-phoners, deer and other road kill, and the homeless feeding on any of these items.
9. MapQuest does NOT work here—none of the roads are where they say they are or go where they say they do and all the Turnpike EZ Pass lanes are moved each night once again to make your ride more exciting.
10. If someone actually has their Turn Signal ON, wave them to the shoulder immediately to let them know it has been "accidentally activated."
11. If you are in the left lane and only driving 70 in a 55-65mph zone, you are considered a road hazard and will be "flipped off" accordingly. If you return the flip, you'll be shot.
12. Do not try to estimate travel time—just leave Monday afternoon for Tuesday appointments, by noon Thursday for Friday appointments, and right after church on Sunday for anything on Monday morning.

SAFE (and HAPPY) DRIVING !!!

[Best bus paint job ever](#)



Fight always with your thoughts and call them back when they wander away. God does not demand of those under obedience that their thoughts be totally undistracted when they pray. And do not lose heart when your thoughts are stolen away. Just remain calm, and constantly call your mind back.

a word from the desert: Repentance has been given to mankind as a grace beyond grace. Repentance is a second birth from God, of which we have received an earnest in baptism; we receive it as a gift by means of repentance. Repentance is the gateway to mercy which is open to all who seek it. By way of this gate we enter into the divine mercy, and apart from this entrance one cannot find mercy. *St. Isaac the Syrian*

"Jesus Knows You're here"

A burglar broke into a house one night. He shined his flashlight around, looking for valuables when a voice in the dark said, 'Jesus knows you're here.'

He nearly jumped out of his skin, clicked his flashlight off, and froze. When he heard nothing more, after a bit, he shook his head and continued. Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard 'Jesus is watching you.'

Freaked out, he shined his light around frantically, looking for the source of the voice. Finally, in the corner of the room, his flashlight beam came to rest on a parrot.

'Did you say that?' he hissed at the parrot.

'Yep', the parrot confessed, then squawked, 'I'm just trying to warn you that he is watching you.'

The burglar relaxed. 'Warn me, huh? Who in the world are you?'

'Moses,' replied the bird.

'Moses?' the burglar laughed. 'What kind of people would name a bird Moses?'

'The same kind of people that would name a Rottweiler Jesus.'

From the sayings of St. John Chrysostom: "The Cross, is wood which lifts us up and makes us great ... The Cross uprooted us from the depths of evil and elevated us to the summit of virtue."

From the sayings of St. Augustine: "God resists the proud, but gives grace to the humble."

From the sayings of Evagrius the Solitary: "Fast before the Lord according to your strength, for to do this will purge you of your iniquities and sins; it exalts the soul, sanctifies the mind, drives away the demons, and prepares you for God's presence."

"God has given us a world to live in that is full of beauties and wonders and He has given us not only **eyes** to see them but **minds** to understand them, if we only have the **sense** to look at them in that light." Lord Baden Powell

Patricia Sheridan's Breakfast With ... Troy Polamalu
Monday, November 08, 2010
By Patricia Sheridan, Pittsburgh Post-Gazette



Peter Diana/Post-Gazette

Troy and Theodora Polamalu with son Paisios after the 2009 Super Bowl.

Although he's known for his soft-spoken ways, Steelers' five-time Pro Bowl safety Troy Polamalu last week spoke out against National Football League Commissioner Roger Goodell's crackdown on violent tackling and questioned whether the official had too much power. His comments came after Steelers linebacker James Harrison was fined \$75,000 for what the league called illegal hits.

Mr. Polamalu is also known for his big hair and big plays and has attracted legions of fans who love to watch him fly around the field and see his hair balloon in those Head & Shoulders commercials. In fact, Lloyd's of London has insured his lush locks for \$1 million. Born in California of Samoan decent, he lived with his single mother until he was 9. After that he was raised by his aunt and uncle in Oregon. Now at 29, No. 43 is the father of two young sons and a devout convert to Eastern (Greek) Orthodox Christianity. He and his wife, Theodora, welcomed their second child, Ephraim, in September. He joined his 2-year-old brother Paisios. The family lives in Pittsburgh and California.

He spoke to Patricia Sheridan before he made his comments about the NFL's handling of the violent tackling issue.

How is everyone adjusting to the new baby?

Everybody is doing well, thank God. My wife is struggling. Obviously she isn't getting any sleep [chuckle]. But, she's got help around the house with her mother and grandmother.

Would you call yourself a superstitious guy? The camera often catches you crossing yourself and praying on the sidelines.

No, not at all, I would say most religions (me being Greek Orthodox) are the antithesis of what superstition is. I would say I'm more traditional than I am superstitious. I don't, for example, have to do things ritually before the game in order to feel comfortable going to the game. But I don't think I'm naturally a football player. I don't have that grit and that killer instinct. In fact, I see a lot of fear and a lot of traps, spiritually, for me in football -- as in any other part of my life.

Whenever I do the sign of the cross, it always brings comfort in situations when you are faced with adversity and stress.

Do you use it as a way to concentrate or meditate?

I wouldn't call it meditation. People say prayer is a form of meditation. You can call it that, but no, it's just prayer.

Troy, how do you reconcile the Samoan warrior spirit you've talked about in other interviews, with your Christian, Greek Orthodox teachings?

Well, yeah that is a strange dichotomy. In one sense I do come from an ethnicity that is full of the warrior mentality. It is a struggle. But let's not separate what a physical warrior and a spiritual warrior can be. In one sense you can be a soldier. In another, you fight, as the Bible describes, bodiless powers. In one sense that's where my struggle is -- trying to be a valiant Christian warrior struggling against my own passions.

How did you come to Greek Orthodoxy? You and Theodora did it together, correct?

We did, yeah. I grew up as a kind of nondenominational Christian. I have two uncles who are Baptist ministers. I went to a Samoan church when I was younger. I went to a Catholic school, so I was actually able to experience a lot of different religions. Mormonism, as well. My father in-law, who I'm very close with, is a Muslim. I feel like that's been a huge gift. So I wasn't ignorant to a lot of other things that were out there. I went through a part of my spiritual journey, (my wife, I'm including in this) where I was like, there's just got to be one truth.

What triggered this? Was there something that happened?

There isn't, but if you want to talk about religion and one's existence, you can't really go into that gray area. You know? You can kind of try to be ignorant and say, "You know, I think God exists and I think I'm comfortable with where I'm at with God." But if you say you are a Christian and you really study what the Christian struggle is -- there is no gray area. There has to be the one truth and it has to be taken seriously. So I went in depth. What is Christianity? There are all these different religions -- where were they all founded? I wanted to get to the source, because if I saw there was a flaw in the source, then there's a flaw in the religion. I saw that Orthodoxy, without a shadow of a doubt, is a flawless religion.

Have you always been this focused and disciplined?

I guess in one sense I've kind of been obsessive compulsive. You know, if I fly fish, I want to be the best fly fisherman out there. I want to be able to get the best gear and do everything right. I've just never been a fan of just kind of dipping your toes into something and saying, "Ah, it's not for me." I've always tried to perfect everything I've been a part of. That's one thing that's beautiful about Orthodoxy, it's like an abyss of knowledge that just keeps getting deeper and deeper. It's endless.

Being a perfectionist, do you feel pressure from everyone's expectations?

I don't, because I never thought people could put higher expectations on me than I put on myself. Many times in my life people have said, "You had a good game." In my mind there are a lot of opportunities where, for example, I would say "I should have made this play and I didn't have the guts. I was too tentative. I was too scared to put myself out there and really make a play."

But it doesn't cause you stress?

No it doesn't. It humbles me more than anything.

You are often described as being humble and respectful. Was that something you learned growing up?

Honestly, I wouldn't say I'm very humble. If people could hear my thoughts ... [laughing] But I guess it's something I learned growing up, being raised by a lot of different family members, from aunts and uncles, to parents, to friends' families. It was just always to be respectful to your elders. It's just something that is within the Samoan tradition.

From what I read, Troy, your parents separated and you lived with your aunt and uncle.

My parents separated before I was 1 year old. I moved in with my aunt and uncle when I was in fourth grade. I was like 8 or 9 years old. I was getting in a lot of trouble when I was in Southern California. My older sisters were in gangs. My older brother was in gangs. My cousins were all in gangs. Well, not all my cousins. We actually went to visit my aunt and uncle in Oregon. I was always close with them. So, when I went up there and I saw sheep and cattle, trees, mountains, creeks, I was honestly in awe. I loved it. I asked my mom, "Can I just stay here? I don't want to leave." She let me stay for a couple more weeks. When she called for me to come back I cried. I said, "No, this is my home. I gotta stay here." I'm only in fourth grade. My aunt and uncle agreed. I stayed there and it was just so beautiful. You know when the sun is shining in Oregon there's no better place. But then it rains [laughing].

That changed the trajectory of your life. Was your mom OK with it?

Yeah, she was OK with it. It's nothing I could ever do with my children, I know that. By God's grace everything worked out. What's amazing about it is to see the opportunities and experiences I've had playing football at U.S.C. (University of Southern California) and playing football here and being part of successful teams and organizations. Meeting great football players and wondering what my life would be like had I not gone. You know? I might have been the complete opposite.

Polamalu is your mother's maiden name. Did you take it out of respect for that side of the family?

Yeah, it was out of respect for my aunt and uncle, Salu and Shelley Polamalu, who raised me. My father wasn't in my life that much. My mother obviously raised me from birth to third grade.

With all the news and new information about concussions does it make you think twice about letting your sons play football when the time comes?

I honestly don't care what they would want to do. I would like them to play athletics because there are a lot of lessons in athletics, and it's better to make mistakes in athletics than in real life. I continue to learn as a 29-year-old father in sports, that I don't have to go out in real life and make mistakes. I would just hope they would give everything they have to try to perfect whatever it is that they are in, whether it's music, sports, being a teacher, being a garbage man, whatever it is I would just hope that they would apply perfection to their job.

Speaking of that, I understand you're a big surfer. How does that skill translate onto the field?

Honestly, surfing is awesome. I'm not a very good surfer at all. I enjoy surfing and I try to surf a lot. It's awesome. To me it is great training. Just getting out there and having the inner struggle with Mother Nature. Football is different. You are playing against other people and that's even a greater challenge. People are way more dynamic. I just love being around the water and being around the ocean.

Now what about your hair? You just started growing it in college and never stopped? What would it take for you to cut it?

I don't know. I already know that I won't cut my children's hair. [laughing] So you are right it was just kind of college and going through a grungy stage. You know, you don't shave and you don't cut your hair. It started to just become a part of my identity.

It would be headline [pun intended] news if you cut it. It must be weird knowing your hair is so famous.

[Laughing] It is kind of weird. There's a lot of guys with long hair in the NFL.

Well, you kind of started that. Recently you were described as being as fast as a bolt of lightning. How does that feel and how do you keep your ego in check?

[Laughing] I think you have to put things in perspective. Like my first year here, I had a really horrible rookie year. I was scrutinized pretty heavily and I was called a draft bust and all these different things. I've never forgotten that. And I've never picked up a paper since. It helped me understand you can't really believe what everybody tells you whether it's good or bad. It's important not to pay any attention to any of that.

Speaking of that you've done some very funny commercials. Are you comfortable in that role?

I'm starting to get more comfortable. At first I was really uncomfortable. This last off-season we shot three commercials and the previous off-season we shot two with Head & Shoulders. I've had an opportunity with Nike and Coke-a-Cola to do some commercials. It gives me a whole new respect for what actors and actresses go through. For a 15-second commercial I'm there for eight hours. Yeah! [Laughing] With the hair, the wind, you know all that stuff. [laughing]. It's pretty fun. You are babied and treated like you are a superstar. You get your own trailer. Honestly being on the football field is something I feel has been natural to my path in life. But when I'm on the set, and I look at all these people running around like caterers and acting coaches that's when it hits me -- where in the world am I right now? That's kind of been more of a slap of reality to me than, you know, walking off the field holding the Super Bowl trophy.

Patricia Sheridan can be reached at psheridan@post-gazette.com or 412-263-2613.

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