



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.

Please remember James John Logue George Senita, John Kirkowski, 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 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

Sunday, December 05 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
TWENTY-EIGHTH SUNDAY AFTER PENTECOST—NATIVITY FAST
AFTERFEAST OF THE ENTRY INTO THE TEMPLE; APOSTLES PHILEMON &
ARCHPPUS OF THE 70, MARTYR APPHIA-WIFE OF PHILEMON, & SAINT ONESIMUS-
DISCIPLE OF SAINT PAUL; MARTYRS CECELIA, VALERIAN, TIBURTIUS, & MAXIMUS
AT ROME; MARTYR PROCOPIUS THE READER AT CAESARAEA IN PALESTINE;
VENERABLE AGABBAS THE ISHMAELITE OF SYRIA; RIGHTEOUS MICHAEL THE
SOLDIER OF BULGARIA; SAINT YAROPOLK-IN BAPTISM PETER-PRINCE OF
VOLODYMYR IN VOLYN; BLESSED PRINCE MICHAEL OF TVER; MARTYR MENIGNUS
AT PARIUM; MARTYRS STEPHEN, MARK, & MARK AT PISIDIA; MARTYR AGAPION OF
GREECE; SAINT CALLISTUS II-PATRIARCH OF CONSTANTINOPLE AT MOUNT ATHOS;
SAINT CLEMENT OF OCHRID-BISHOP OF GREATER MACEDONIA

Tone 3
Colossians: 1:12-18
Luke 12:16-21

Litany in Blessed Memory of Thomas Bryan, John Hanczar, Mary Blitzkan, Marjorie Yarmek, Mary Sharon, Frank Barankovich, Mary Krevanich, Katherine Holowaty, Helen Pytlak, Robert Vetosky, and Rose Pynch—Fr. Bob
Parastas in Blessed Memory of Daniel Chicka—40 Days—Fr. Bob

BULLETIN INSERT FOR 21 NOVEMBER 2010

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

TROPARION—TONE 1

When the stone had been sealed by the Jews;
While the soldiers were guarding Thy most pure Body;
Thou didst rise on the third day, O Savior,
Granting life to the world.
The powers of heaven therefore cried to Thee, O Giver of life:
Glory to Thy Resurrection, O Christ!
Glory to Thy Kingdom!
Glory to Thy Dispensation, O Thou who lovest mankind.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.

KONTAKION—TONE 1

As God, Thou didst rise from the tomb in glory, raising the world with Thyself.
Human nature praises Thee as God, for death has vanished!
Adam exults, O Master!
Eve rejoices, for she is freed from bondage and cries to Thee:
Thou are the Giver of Resurrection to all, O Christ!

PROKEIMENON—TONE 1

READER: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Rejoice in the Lord, O you righteous! Praise befits the just!

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Let Thy mercy, O Lord, be upon us.

PEOPLE: As we have set our hope on Thee.

ALLELUIA VERSES

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

St. George New Kensington, PA, Sacred Arts Festival

Masters, Fathers, and brothers in Christ,
Greetings in the name of our Lord Jesus Christ.

Along with Father Meletios Zafaran, the Sacred Arts Festival Committee invites you and your parishioners to attend our Third Annual Sacred Arts Festival on Saturday, December 4, 2010 from 11 A.M. to 4 P.M.

Iconographers from the area will display their works, books and devotional items will be available, and a discussion of iconography will be held at 4 P.M., led by iconographer Nicholas Pappas. Following the displays, a choir concert, including the Byzantine Choir of Pittsburgh will take place. The day will conclude with Vespers at 6 P.M.

The Fellowship of St. John will have food for purchase, prepared from a fasting menu. There is no charge for admission.

If you have any questions, or if your choir or local iconographers wish to participate, please contact the church office at 724 335-9988.

In Christ,
Sacred Arts Festival Committee

**UKRAINIAN ORTHODOX CHURCH OF THE USA
CONSISTORY OFFICE OF PUBLIC RELATIONS**

PRESS RELEASE

Veterans Day-2010!

**STATEMENT OF THE COUNCIL OF BISHOPS OF THE UKRAINIAN
ORTHODOX CHURCH OF THE USA**

"Their memory remains with us from generation unto generation!"

On this Veterans' Day 2010, the Council of Bishops, clergy and laity of the Ukrainian Orthodox Church of the USA, express profound gratitude to Ukrainian American Veterans and all those veterans, whose service in the military preserved the foundation of freedom, justice and equality, upon which this country was founded and remains anchored.

Mindful of our Lord's words, "greater love than this has no man, than to give up his life for His friend" [John 15:13] we prayerfully commend to the loving eternal care of Him Who is our Resurrection, Life and Repose – Christ our true God, the noble souls of those sons and daughters "who feared not the terror of the night, nor the arrow that flies by day" [Psalm 90/91], but sacrificed their lives in the defense of others during the various wars and conflicts, which this God-protected country was compelled to wage.

May their service and sacrifices of love inspire us and generations of Americans of diverse heritages to always act as God's responsible agents of freedom, justice and equality and be courageous in the defense of the God-given rights of others.

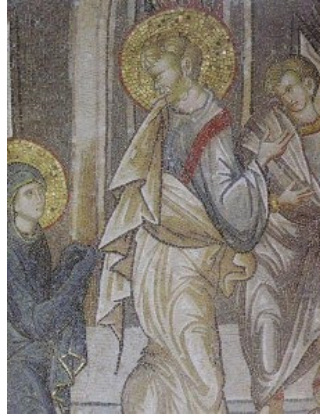
May the Lord God accept the service of those living Veterans on His heavenly altar!

May the memory of those who have fallen asleep remain and be cherished from generation unto generation!

+Constantine, Metropolitan
+Antony, Archbishop
+Daniel, Bishop

"We must change boys from a 'what can I get' to a 'what can I give' attitude." Lord Baden-Powell

Why the Nativity Fast Has Been Established



The Orthodox Church prepares its faithful to welcome the Nativity of Christ in a worthy manner by means of a 40-day Nativity fast, which lasts from November 15th to December 25. [November 28 to January 7]

Besides generally known reasons, the Nativity fast is also undertaken by Orthodox Christians in order to venerate the suffering and sorrow undergone by the Holy Mother of God at the hands of the scribes and the Pharisees just prior to the sacred event of Christ's Nativity.



Holy Tradition tells us that shortly before the righteous Joseph and the Holy Virgin set off for Bethlehem, they were subjected to the following tribulation. A certain scribe by the name of Ananias, entering their home and seeing the Virgin pregnant, was severely distressed and went to the High Priest and the entire Jewish council, saying: "Joseph the carpenter, who has been regarded as a righteous man, has committed an iniquity. He has secretly violated the Virgin Who was given to him from the temple of God for safekeeping. And now She is with child." Then the High Priest's servants went to Joseph's house, took Mary and Joseph, and brought them to the High Priest, who began to denounce and shame the Most-blessed Virgin Mary.

But the Holy Virgin, crying in deep sorrow, replied: “The Lord God is My witness that I am innocent and have known no man.” Then the High Priest accused the righteous Joseph, but the latter swore on oath that he was not guilty of this sin. Yet the High Priest did not believe them and subjected them to the trial that was customary in those times, (when a woman suspected of violation was given to drink bitter water that had been cursed by the High Priest). However, the trial just served to confirm the innocence of the Holy Virgin and the righteous Joseph. All those present were amazed at this, unable to understand how a Virgin could simultaneously be with child and yet remain inviolate.



After that the High Priest allowed the holy couple to go home in peace. The righteous Joseph took the Virgin Mary and went to his house, joyously glorifying God. But this was not the end of the Holy Theotokos' trials. It is well known that afterwards she shared with Joseph the toil of a three-day journey from Nazareth to Bethlehem. And in Bethlehem there was no place for the Holy Virgin either in an inn, or in some home, and since night was already approaching, She was forced to seek shelter in a cave which served as a resting place for cattle. In this humblest of shelters the Most-blessed Virgin remained in prayer and divine contemplation. It is here that She painlessly gave birth to our Lord Jesus Christ, Saviour of the world.



We can see from all of the above that the days immediately preceding the Nativity were not days of rest and comfort for the Holy Mother of God. In those days She suffered various sorrows and trials, but did not leave off her prayers and contemplation. The Holy Church appeals to the faithful to participate, at least to some small degree, in the Holy Theotokos' spiritual labor, constraining one's flesh during the Nativity fast and nourishing one's soul with prayer. However, the Church warns us that external fasting only is not enough. We must also apply ourselves to internal fasting, which consists of shunning malice, deceit, wrath, worldly bustle, and other vices.

During this fast, as at all times, we must show works of love and mercy to our fellow beings, doing all we can to help those in need and in sorrow. Only then will our fasting be genuine and not hypocritical, only then will it be God-pleasing, and only then will we know the true joy of the bright feast of Christ's Nativity.



Source: "Orthodox Russia", No. 21, 1999.

Related Links:

[The Nativity Fast and Orthodox Tradition](#)
[The Nativity Fast, Otherwise Known As Advent, Has Begun](#)

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A brother asked an old man, "How does the fear of God come into the soul?"

And the old man said, "If a man has humility and poverty, and if he does not judge anyone, the fear of God comes to him."

We went to an estate which was six miles from Rossos (in Cilicia) and there, two elders living in the world received us as their guests in the church on their property. This estate lay at the foot of a mountain. They showed us some gravestones in the church and told us: "Christians, a great anchorite lies in this tomb." We asked them how they knew this. "Seven years ago," they replied "one night, we who belong to this estate saw a light which looked like a fire on the summit of the mountain. We thought it was because of the wild beasts that someone had lit a fire there, but we saw it for many days. One day we went up there but we saw no evidence; no lights or anything whatsoever that had been burnt in the woods. Again, the following night we saw the same lights, and for three months after that. Then one night we took some local men armed with weapons and climbed up the mountain towards the light. We stayed there

where the light was until dawn. At daybreak we noticed a little cave where the lights had appeared and found the anchorite dead. He was wearing a hair shirt and a tunic of sackcloth.

He was holding a gospel-book enhanced with a silver cross. Beside him we found writing tablets inscribed thus: 'I, the unworthy John, died in the fifteenth indiction.' We calculated the time and discovered that he had been dead for seven years, yet it was as though he had died that very day. We carried him down and buried him in the church."

John Moschus, Leimonarion (The Spiritual Meadow) 87, early 7th century

In the Holy Trinity hut of St. Anne's Skete (on Mt. Athos) there lived, many years ago, five natural brothers. Because of Satan's envy, they started quarrelling among themselves in such a way that they became known as troublemakers. They did ask forgiveness of each other every night, however, and thus they were forgiven.

Many years were passed in this way. Then one day no noise was heard coming from their hut. That night the dikaios of the skete was informed in his sleep that all five brothers had reposed in the Lord. He went with some other fathers to the hut, and indeed they saw that it was true. All five of them had departed to the Lord in a position of prostration, while asking forgiveness of each other. The forgiving and merciful God had taken them away right after Vespers.

Thus God gave a sign of justification and salvation, a proof of correction and forbearance, and a sign that one should never judge his fellow men. *from An Athonite Gerontikon*

"Try to leave this world a little better than you found it and, when your turn comes to die, you can die happy in feeling that at any rate you have not wasted your time but have done your best." Lord Baden Powell

God's Grace

There once was a man named George Thomas, pastor in a small New England town. One Easter Sunday morning he came to the Church carrying a rusty, bent, old bird cage, and set it by the pulpit.

Eyebrows were raised and, as if in response, Pastor Thomas began to speak... "I was walking through town yesterday when I saw a young boy coming toward me swinging this bird cage. On the bottom of the cage were three little wild birds, shivering with cold and fright. I stopped the lad and asked, "What do you have there, son?"

"Just some old birds," came the reply.

"What are you going to do with them?" I asked.

"Take 'em home and have fun with 'em," he answered. "I'm gonna tease 'em and pull out their feathers to make 'em fight. I'm gonna have a real good time..."

"But you'll get tired of those birds sooner or later. What will you do then?"

"Oh, I got some cats," said the little boy. "They like birds. I'll take 'em to them."

The pastor was silent for a moment. "How much do you want for those birds, son?"

"Huh?? !!! Why, you don't want them birds, mister. They're just plain old field birds. They don't sing. They ain't even pretty!"

"How much?" the pastor asked again. The boy sized up the pastor as if he were crazy and said, "\$10?"

The pastor reached in his pocket and took out a ten dollar bill. He placed it in the boy's hand. In a flash, the boy was gone. The pastor picked up the cage and gently carried it to the end of the alley where there was a tree and a grassy spot. Setting the cage down, he opened the door, and by softly tapping the bars persuaded the birds out, setting them free. Well, that explained the empty bird cage on the pulpit, and then the pastor began to tell this story:

One day Satan and Jesus were having a conversation. Satan had just come from the Garden of Eden, and he was gloating and boasting. "Yes, sir, I just caught a world full of people down there. Set me a trap, used bait I knew they couldn't resist. Got 'em all!"

"What are you going to do with them?" Jesus asked.

Satan replied, "Oh, I'm gonna have fun! I'm gonna teach them how to marry and divorce each other, how to hate and abuse each other, how to drink and smoke and curse. I'm gonna teach them how to invent guns and bombs and kill each other. I'm really gonna have fun!"

"And what will you do when you are done with them?" Jesus asked.

"Oh, I'll kill 'em," Satan glared proudly.

"How much do you want for them?" Jesus asked.

"Oh, you don't want those people. They ain't no good. Why, you'll take them and they'll just hate you. They'll spit on you, curse you and kill you. You don't want those people!!"

"How much? He asked again.

Satan looked at Jesus and sneered, "All your blood, tears and your life."

Jesus said, "DONE!" Then He paid the price.

The pastor picked up the cage and walked from the pulpit.

Thomas Jefferson Quotes of the Week

"All tyranny needs to gain a foothold is for people of good conscience to remain silent."

"We in America do not have government by the majority. We have government by the majority who participate."

"If a nation expects to be ignorant and free, in a state of civilization, it expects what never was and never will be."

An elderly Athonite monk used to say: The foundation of all is to say, "Lord Jesus Christ, Son of God, have mercy on me." He also said that one "Lord have mercy" can shake heaven and earth. "We often hear the fathers of the Holy Mountain say that we became monks for no other reason than to pray."

"In all of this, it is the spirit that matters. Our Scout law and Promise, when we really put them into practice, take away all occasion for wars and strife among nations." Baden-Powell