



## **Holy Ghost Orthodox Church**

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### **NATIVITY FAST—SAINT PHILIP'S FAST**

**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, Protodeacon Mykola Dilendorf, 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, 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, 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, Matthew—20-year-old with cancer, Nicholas Orlando, Mary Ann Kuzniak, Michael Woloschak, Michael Pryhodzenko, Joseph Mollica, Sonia Luciw, Nellie Patsko, Theresa Ditto, Mary Ann Musial, Mary Pelino, Donna Tickerhoof, David Buchholz, 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.

**HAPPY BIRTHDAY** to our December Babies: Betty O'Masta on the 9<sup>th</sup>, Scot Brunermer on the 14<sup>th</sup>, Joe Nezolyk on the 15<sup>th</sup>, Donna Karas on the 18<sup>th</sup>, and Jean Stuchell on the 29<sup>th</sup>. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years!

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, 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 Yarmeak, 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*

**Sunday, December 12                      Divine Liturgy of Saint John Chrysostom                      10:30 AM  
TWENTY-NINETH SUNDAY AFTER PENTECOST—NATIVITY FAST**

**MARTYRS PARAMON & 370 MARTYRS IN BITHYNIA; MARTYR PHILUMENUS OF ANCYRA & WITH HIM MARTYRS VALERIAN & PHAEDRUS; VENERABLE ACACIUS OF SINAI—MENTIONED IN THE LADDER; HIEROMARTYR ABIBUS-BISHOP OF NEKRESSI IN GEORGIA; VENERABLE NECTARIUS OF PERCHEVSKY LAVRA; SAINT DIONYSIUS-BISHOP OF CORINTH; VENERABLE PITIRIM OF EGYPT-DISCIPLE OF VENERABLE ANTHONY THE GREAT**

*Tone 4*

I Timothy 1:15-17

Luke 13:10-17

*Parastas in Blessed Memory of Victor Burlack—Evelyn*

**Sunday, December 19                      Divine Liturgy of Saint John Chrysostom                      10:30 AM  
THIRTIETH SUNDAY AFTER PENTECOST—NATIVITY FAST**

**SAINT NICHOLAS THE WONDERWORKER—BISHOP OF MYRA IN LYCIA  
BLESSED MAXIMUS-METROPOLITAN OF KIEV**

*Tone 5*

Hebrews 13:17-21

Luke 6:17-23

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

## **BULLETIN INSERT FOR 05 DECEMBER 2010**

**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**

**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!

**Give the Gift of the Gospel this Nativity Season**

This Nativity Season, the Orthodox Christian Mission Center (OCMC) is offering a wonderful way for you to honor someone you love while at the same time supporting the training and care of long-term missionaries at the Mission Center through OCMC Mission Gifts. As you consider all of the loved ones in whom you have seen Christ's light shine and inspire you—

Godparents, Priests, Sunday School teachers, Spiritual sponsors, and family—consider honoring them by enabling the Missionary Department of OCMC to train those missionaries who are taking this same light to share it with others around the world.

One (1) Mission Gift can be purchased for \$15, but this value will not appear on the card. We will send you, as the donor, the acknowledgement card(s) for you to present to your loved ones recognizing the work that has been made possible in their name. For more information about OCMC Mission Gifts, or to place your order, visit [www.ocmc.org](http://www.ocmc.org), call Phyllis Skinner at 877-GO-FORTH, ext 164, or email [phyllis@ocmc.org](mailto:phyllis@ocmc.org).

All orders placed by December 10<sup>th</sup> are assured delivery to you before December 25th!

6. And the child (Mary) grew strong day by day; and when she was six months old, her mother (Anna) set her on the ground to try whether she could stand, and she walked seven steps and came into her bosom; and she snatched her up, saying: As the Lord my God liveth, thou shalt not walk on this earth until I bring thee into the temple of the Lord. And she made a sanctuary in her bed-chamber, and allowed nothing common or unclean to pass through her... And when she was a year old, Joachim made a great feast, and invited the priests, and the scribes, and the elders, and all the people of Israel. And Joachim brought the child to the priests; and they blessed her, saying: O God of our fathers, bless this child, and give her an everlasting name to be named in all generations. And all the people said: So be it, so be it, amen. And he brought her to the chief priests; and they blessed her, saying: O God most high, look upon this child, and bless her with the utmost blessing, which shall be forever. And her mother snatched her up, and took her into the sanctuary of her bed-chamber, and gave her the breast. And Anna made a song to the Lord God, saying: I will sing a song to the Lord my God, for He hath looked upon me, and hath taken away the reproach of mine enemies; and the Lord hath given the fruit of His righteousness, singular in its kind, and richly endowed before Him. Who will tell the sons of Rubim that Anna gives suck? Hear, hear, ye twelve tribes of Israel, that Anna gives suck. And she laid her to rest in the bed-chamber of her sanctuary, and went out and ministered unto them. And when the supper was ended, they went down rejoicing, and glorifying the God of Israel.

7. And her months were added to the child. And the child was two years old, and Joachim said: Let us take her up to the temple of the Lord, that we may pay the vow that we have vowed, lest perchance the Lord send to us, and our offering be not received. And Anna said: Let us wait for the third year, in order that the child may not seek for father or mother. And Joachim said: So let us

wait. And the child was three years old, and Joachim said: Invite the daughters of the Hebrews that are undefiled, and let them take each a lamp, and let them stand with the lamps burning, that the child may not turn back, and her heart be captivated from the temple of the Lord. And they did so until they went up into the temple of the Lord. And the priest received her, and kissed her, and blessed her, saying: The Lord has magnified thy name in all generations. In thee, on the last of the days, the Lord will manifest His redemption to the sons of Israel. And he set her down upon the third step of the altar, and the Lord God sent grace upon her; and she danced with her feet, and all the house of Israel loved her.

8. And her parents went down marveling, and praising the Lord God, because the child had not turned back. And Mary was in the temple of the Lord as if she were a dove that dwelt there, and she received food from the hand of an angel.

*from the Protoevangelium of James, c. 2nd century Feast of the Entry of the Theotokos into the Temple—21 November/04 December*

### **How to Develop Patience—Candy?**

Patience is something most of us long for. Too often we find ourselves upset because something does not happen how and when we want it to. But how can we develop greater patience?



Elder Paisios gave some good advice about how to develop patience to one of his followers. When he was asked about how to acquire patience, he went into his cell and brought out a bag of candy.

He gave to him and said: *"Take two a day. However, do not chew them. Be patient and wait until they melt in your mouth."*

Do you see the wisdom he uses here? He takes something so simple, eating candy, something that is an everyday thing, and turns it into a spiritual exercise. He makes the exercise simple and doable. You too can find many of these opportunities in your daily life to help develop virtues such as patience. *Reference: Elder Paisios of the Holy Mountain, p 144*

### **Spiritual Counsels of the Blessed Elder Thaddeus of Serbia +2002 On comparing the thoughts of angels with the thoughts of man**

"The angelic hosts are not enslaved by their thoughts, or by the things of this world. They gaze upon created things, but their thoughts do not

become enslaved by them; for the center of their thoughts is in servitude only to the power of God, through which they love all creation. As for us, when we see an object that attracts us, we immediately become attached to it. This is terrible and it is also deadly. If this lasts for a length of time, then this object becomes our idol. An object takes the place in our heart that belongs to God—no matter whether it is an inanimate object, a living thing, or a person."

### **From the Church Fathers:**

Saint John Chrysostom: "Do I possess the house in which I live? No, it is only on loan to me from God while I remain in that place. Do I possess the clothes I wear? No, they are on loan to me until I wear them out, or until I give them away to someone in greater need. Do I possess this body? No, it was lent to me by God when I was born and He will take it back when I die. Do I possess the mind that is composing the words I speak? No, that too was lent by God at my birth and will go when I die. So, do I possess anything? Yes, I possess the virtues which during my life have grown and flourished within my soul. Inasmuch as I have grown in love, I possess love. Inasmuch as I have grown in faith, I possess faith. Inasmuch as I have grown in gentleness, I possess gentleness. These things are immortal; they are divine gifts which God will not take away, because He wants Heaven itself to be filled with virtue. And, of course, I possess my soul, in which these virtues have their roots."

Thank you Harold Migias for this offering...

Fr. George L. Livanos, Ekonomos Presbyter, All Saints Greek Orthodox Church, Canonsburg, PA

**You will enjoy!**

This is a very good short story about life. Thought you might like to read it.

Lisa Beamer on Good Morning America - If you remember, she's the wife of Todd Beamer who said 'Let's Roll!' and helped take down the plane over Pennsylvania that was heading for Washington DC back on 9/11/2001.

She said it's the little things that she misses most about Todd, such as hearing the garage door open as he came home, and her children running to meet him. She's now the Mom of a beautiful little girl, Mary.

Lisa recalled this story: "I had a very special teacher in high school many years ago whose husband died suddenly of a heart attack. About a week after his death, she shared some of her insight with a classroom of students. As the late afternoon sunlight came streaming in through the classroom windows and the class was nearly over, she moved a few things aside on the edge of her desk and sat down there.

With a gentle look of reflection on her face, she paused and said, 'Class is over, I would like to share with all of you, a thought that is unrelated to class, but which I feel is very important. Each of us is put here on earth to learn, share, love, appreciate and give of ourselves. None of us knows when this fantastic experience will end. It can be taken away at any moment.

Perhaps this is the powers way of telling us that we must make the most out of every single day. Her eyes, beginning to water, she went on, 'So I would like you all to make me a promise. From now on, on your way to school, or on your way home, find something beautiful to notice.

It doesn't have to be something you see, it could be a scent, perhaps of freshly baked bread wafting out of someone's house, or it could be the sound of the breeze slightly rustling the leaves in the trees, or the way the morning light catches one autumn leaf as it falls gently to the ground. Please look for these things, and cherish them. For, although it may sound trite to some, these things are the "stuff" of life. The little things we are put here on earth to enjoy. The things we often take for granted.

The class was completely quiet. We all picked up our books and filed out of the room silently. That afternoon, I noticed more things on my way home from school than I had that whole semester. Every once in a while, I think of that teacher and remember what an impression she made on all of us, and I try to appreciate all of those things that sometimes we all overlook.

Take notice of something special you see on your lunch hour today. Go barefoot. Or walk on the beach at sunset. Stop off on the way home tonight to get a double dip ice cream cone. For as we get older, it is not the things we did that we often regret, but the things we didn't do.

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

## **VICKS Vapo-Rub - INTERESTING**

**Suggest you print this and put in medicine cabinet.**

During a lecture on Essential Oils, they told us how the foot soles can absorb oils. Their example: Put garlic on your feet and within 20 minutes you can 'taste' it. Some of us have used Vicks Vapo Rub for years for everything from chapped lips to sore toes and many body parts in between. But I've never heard of this. And don't laugh, it works 100% of the time, although the scientists who discovered it aren't sure why. To stop night time coughing in a child (or adult as we found out personally), put Vicks Vapo-Rub generously on the soles of your feet, cover with socks, and the heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective



in children than even very strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep soundly. Just happened to tune in A.M. Radio and picked up this guy talking about why cough medicines in kids often do more harm than good, due to the chemicals in them This method of using Vicks Vapo-Rub on the soles of the feet was found to be more effective than prescribed medicines for children at bed time. In addition it seems to have a soothing and calming effect on sick children who then went on to sleep soundly.

My wife tried it on herself when she had a very deep constant and persistent cough a few weeks ago and it worked 100%! She said that it felt like a warm blanket had enveloped her, coughing stopped in a few minutes. So she went from; every few seconds uncontrollable coughing, she slept cough-free for hours every night she used it.

If you have grandchildren, pass this on. If you end up sick, try it yourself and you will be amazed at how it works.

**DON'T SHUN THIS ONE. TRY IT THE NEXT TIME YOU GET A BAD COLD. THE ONLY THING YOU CAN LOSE IS YOUR COUGH.**

**From the Armenian Passio of St. Callistratus  
(transl., David Woods, with some small revision)**

... at dawn, the commander Presentinus took his seat upon the throne of judgment, and ordered them to be brought before him. And they brought them into the great court in which were set up many images of idols. There were mustered together not only the captains of the force, but the whole number of the soldiers. The captain said: "How is it, O Callistratus, hast thy schooled thyself and those of the emperor's soldiers that were inveigled by thee ? Hast thou instructed them to sacrifice to the gods, and save themselves from torture?" The holy Callistratus said: "As to myself, I have given this answer and adhere to it, that nothing shall persuade me to forsake Christ my hope; but as to them, they are themselves grown up, and of full age, so ask them." The captain said: "What do you say, who have been deceived, and have assented to this babblers?" They made answer and said: "O unworthy man, and shameless, if thou wilt still keep us on the roll of thy company, we shall not resist; but as to our worship and religion, we believe in the King of heaven and earth, in the God of all, and in His Offspring Jesus Christ, and in the Holy Spirit, for He is God in three persons, a Trinity, but one Godhead, and one power; without flaw is He, and full of wisdom, which is and was and abides forever, as our teacher Callistratus taught us." But the captain commanded that they should be scourged with green switches; and after the scourging he ordered them to

be bound hand and foot and dragged all of them to the edge of a lake, and said to them: "Sacrifice to the gods, for if not, ye shall be drowned in the waters." But they said: "We believe in the true God, do thou what thou wilt." But when they were about to be thrown into the great lake, which was called Oceanus, the holy Callistratus fell to praying and said: "God eternal, who art unapproachable and all-powerful, who didst establish the heavens by Thy might to be Thy throne immoveable forever, and the earth to be Thy footstool; look upon this Thy flock, and be among us and save us from destruction, and grant that these waters be unto these men for the baptism of regeneration. Make them worthy to be washed with the eternal and pure baptism, unto the casting away of the vanity of the old man, and unto their participation with those who labor for Thy Cross. Grant us, O Lord, to come unto Thy treasures, by means of this washing, in order that we may be fellow-workers with Thy Holy Spirit in these waters. For glorious is the name of Father, Son, and Holy Spirit, forever and ever. Amen."

But when they had said with one accord "Amen," they threw them bound into the water; and in the same moment the bonds of the saints were loosed, and they came to the top of the water and passed on to dry land, resplendent with the grace of the Holy Spirit. And as they came out of the water, there went forth a voice from Heaven saying: "Be of good cheer, My loved ones, for I am with you; be ye glad, for, behold, I have made ready for you a place in My kingdom. Rejoice, for I have written your names in My record in the Book of Life." And there was terrible thunder and a great earthquake, so that the images of the idols fell down and were broken. But when we saw the light which shot forth over the heads of the saints, and heard the blissful voice along with the earthquake and the breaking of the idols, we believed, - we, the soldiers, a hundred and five of us. Then the lawless Presentinus was taken with great fear, and he ordered them to be led into prison. And when they had entered into prison, the holy Callistratus again taught them, and said: "Men and brothers, behold the Lord hath summoned us to Himself. For I received baptism from my very youth, but now He has called you also; arise, therefore, and let us pray." So they raised their hands and he began to say: "Lord, Lord, how wonderful is Thy name for ever, who, before all things didst with Thy infinite word establish all things; who art the Lord of indestructible and invisible and flawless treasures; preserve this Thy flock, and deliver it from the mouth of the lion, and lead it into eternal salvation. And make us worthy to die in Thy confession. Save us spotless and pure from the sin-loving life. Bring us in at the narrow gate into the royal temple, that we may praise with holy and unresting voices the all-blessed name of Father, Son, and Holy Spirit, now and forever."

But the lawless and impious commander, Presentinus, took counsel with a sub-commander, and sent into prison and beheaded them, for the soldiers of Christ were fifty in number. And the saints died in the month Hori, on the twenty-seventh day thereof. But we soldiers who believed when we saw the vision of the wonders, and were baptized in the name of Father, Son, and Holy Spirit, we came secretly in the night, and we took up the relics of the saints, and laid them in a proper place. Wherefore the Lord made us worthy to establish His church in Rome in the name of the saints, and we built in the name of the holy Callistratus a place of expiation for sinners, and a meeting-house of union for angels and men; for the glory and worship of the All-holy Trinity, Father, Son and Holy Spirit.

*St. Callistratus and his companions martyred in Rome during the Great Persecution under Diocletian commemorated 27 September*

From the Sayings of Abba John the Dwarf: "You know that the first blow the devil gave to Job was through his possessions; and he saw that he had not grieved him nor separated him from God. With the second blow, he touched his flesh, but the brave athlete did not sin by any word that came out of his mouth in that either. In fact, he had within his heart that which is of God, and he drew on that source unceasingly."

From the sayings of the Paradise of the Desert Fathers: 'It was said of Abba John the Persian that when some evildoers came to him, he took a basin and wanted to wash their feet. But they were filled with confusion, and began to do penance.'

**"A fisherman does not bait his hook with food he likes. He uses food the fish likes. So with boys." Baden-Powell**