



Holy Ghost Orthodox Church

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Christ is Born! Glorify Him!

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, 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, Yvonne Christy, Myron Spak, Pete Niederberger, 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.

THERE IS A NEW COFFEE HOUR SIGN-UP SHEET DOWNSTAIRS!

Church Camp Calendars are IN! See Debbie Paouncic or Pani Gina if you'd like to purchase one!

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.

*******NO FAST FROM JANUARY 7 TO JANUARY 17*****
STRICT FAST ON THEOPHANY EVE—JANUARY 18TH!**

SCHEDULE OF SERVICES

**Sunday, January 16 Divine Liturgy of Saint John Chrysostom 10:30 AM
THIRTY-FOURTH SUNDAY AFTER PENTECOST—FOREFEAST OF THE THEOPHANY
PROPHET MALACHIAS; MARTYR GORDIUS AT CAESAREA IN CAPPADOCIA**

Tone 1

1 Timothy 4:5-8

Mark 1:1-8

Litany in Blessed Memory of Constantine Hanczar—40 days—Fr. Bob

Tuesday, January 18 **Grand Compline for Theophany Eve** **6:30 PM**
STRICT FAST—GREAT BLESSING OF WATERS

Wednesday, January 19 **THE THEOPHANY OF OUR LORD AND SAVIOR**
JESUS CHRIST

Sunday, January 23 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
THIRTY-FIFTH SUNDAY AFTER PENTECOST—AFTERFEAST OF THE THEOPHANY
SAINT GREGORY OF NYSSA; SAINT DOMETIAN-BISHOP OF MELITENE; SAINT
MACARIUS OF PERCHEVSKY LAVRA; BLESSED TEEOSEBIA THE DEACONESS-SISTER
OF SAINT BASIL THE GREAT AND SAINT GREGORY OF NYSSA

Tone 2

Ephesians 4:7-13

Matthew 4:12-17

Sunday, January 30 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
THIRTY-SIXTH SUNDAY AFTER PENTECOST
SAINT ANTHONY THE GREAT; SAINT ANTHONY-ABBOT OF DYMASK; SAINT
ANTHONY OF CHORNOOZERSK-MONK

Tone 3

2 Corinthians 6:16-7:1

Matthew 15:21-28

Parastas in Blessed Memory of Hilda Holupka—Cindy Smith

BULLETIN INSERT FOR 16 JANUARY 2010

THIRTY-THIRD SUNDAY AFTER PENTECOST

AFTERFEAST OF THE NATIVITY

PROTOMARTYR & ARCHDEACON STEPHEN; SAINT THEODORE GRAPTUS
[THE BRANDED] OF PALESINT & BITHYNIA-CONFESSOR; SAINT
THEOPHANES THE CONFESSOR & HYMNOGRAPHER; SAINT THEODORE-
ARCHBISHOP OF CONSTANTINOPLE

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!

The Sermon I think this Mom will never forget...

This particular Sunday sermon....'Dear Lord,' the minister began, with arms extended toward heaven and a rapturous look on his upturned face.

'Without you, we are but dust...' He would have continued but at that moment my very obedient daughter who was listening leaned over to me and asked quite audibly in her shrill little four year old girl voice, 'Mom, what is butt dust?'

**The Nativity Sermon of St. John Chrysostom
BEHOLD a new and wondrous mystery.**

My ears resound to the Shepherd's song, piping no soft melody, but chanting full forth a heavenly hymn. The Angels sing. The Archangels

blend their voice in harmony. The Cherubim hymn their joyful praise. The Seraphim exalt His glory. All join to praise this holy feast, beholding the Godhead here on earth, and man in heaven. He Who is above, now for our redemption dwells here below; and he that was lowly is by divine mercy raised.

Bethlehem this day resembles heaven; hearing from the stars the singing of angelic voices; and in place of the sun, enfolds within itself on every side, the Sun of justice. And ask not how: for where God wills, the order of nature yields. For He willed; He had the power; He descended; He redeemed; all things yielded in obedience to God. This day He Who is, is Born; and He Who is, becomes what He was not. For when He was God, He became man; yet not departing from the Godhead that is His. Nor yet by any loss of divinity became He man, nor through increase became He God from man; but being the Word He became flesh, His nature, because of impassability, remaining unchanged.

And so the kings have come, and they have seen the heavenly King that has come upon the earth, not bringing with Him Angels, nor Archangels, nor Thrones, nor Dominations, nor Powers, nor Principalities, but, treading a new and solitary path, He has come forth from a spotless womb.

Since this heavenly birth cannot be described, neither does His coming amongst us in these days permit of too curious scrutiny. Though I know that a Virgin this day gave birth, and I believe that God was begotten before all time, yet the manner of this generation I have learned to venerate in silence and I accept that this is not to be probed too curiously with wordy speech.

For with God we look not for the order of nature, but rest our faith in the power of Him who works.

What shall I say to you; what shall I tell you? I behold a Mother who has brought forth; I see a Child come to this light by birth. The manner of His conception I cannot comprehend.

Nature here rested, while the Will of God labored. O ineffable grace! The Only Begotten, Who is before all ages, Who cannot be touched or be perceived, Who is simple, without body, has now put on my body, that is visible and liable to corruption. For what reason? That coming amongst us he may teach us, and teaching, lead us by the hand to the things that men cannot see. For since men believe that the eyes are more trustworthy than

the ears, they doubt of that which they do not see, and so He has deigned to show Himself in bodily presence, that He may remove all doubt.

Christ, finding the holy body and soul of the Virgin, builds for Himself a living temple, and as He had willed, formed there a man from the Virgin; and, putting Him on, this day came forth; unashamed of the lowliness of our nature.

For it was to Him no lowering to put on what He Himself had made. Let that handiwork be forever glorified, which became the cloak of its own Creator. For as in the first creation of flesh, man could not be made before the clay had come into His hand, so neither could this corruptible body be glorified, until it had first become the garment of its Maker.

What shall I say! And how shall I describe this Birth to you? For this wonder fills me with astonishment. The Ancient of days has become an infant. He Who sits upon the sublime and heavenly Throne, now lies in a manger. And He Who cannot be touched, Who is simple, without complexity, and incorporeal, now lies subject to the hands of men. He Who has broken the bonds of sinners, is now bound by an infants bands. But He has decreed that ignominy shall become honor, infamy be clothed with glory, and total humiliation the measure of His Goodness.

For this He assumed my body, that I may become capable of His Word; taking my flesh, He gives me His spirit; and so He bestowing and I receiving, He prepares for me the treasure of Life. He takes my flesh, to sanctify me; He gives me His Spirit that He may save me.

Come, then, let us observe the Feast. Truly wondrous is the whole chronicle of the Nativity. For this day the ancient slavery is ended, the devil confounded, the demons take to flight, the power of death is broken, paradise is unlocked, the curse is taken away, sin is removed from us, error driven out, truth has been brought back, the speech of kindness diffused, and spreads on every side, a heavenly way of life has been in planted on the earth, angels communicate with men without fear, and men now hold speech with angels.

Why is this? Because God is now on earth, and man in heaven; on every side all things commingle. He became Flesh. He did not become God. He was God. Wherefore He became flesh, so that He Whom heaven did not contain, a manger would this day receive. He was placed in a manger, so that He, by whom all things are nourished, may receive an infants food

from His Virgin Mother. So, the Father of all ages, as an infant at the breast, nestles in the virginal arms, that the Magi may more easily see Him. Since this day the Magi too have come, and made a beginning of withstanding tyranny; and the heavens give glory, as the Lord is revealed by a star.

To Him, then, Who out of confusion has wrought a clear path, to Christ, to the Father, and to the Holy Spirit, we offer all praise, now and forever. Amen.

Grandmas

I walked down by the Lake to the swing with my Grandson, Ian. He picked up something off of the ground and started to put it in his mouth. I took the item away from him and I asked him not to do that.

'Why' my Grandson asked.

"Because it's been on the ground; you don't know where it's been, it's dirty, and probably has germs," I replied.

At this point, my Grandson looked at me with total admiration and asked, "Grandma, how do you know all this stuff?? You are so smart."

I was thinking quickly and said to him, "all Grandmas know stuff. It's on the Grandma Test. You have to know it, or they don't let you be a Grandma."

We swung in silence for 2 or 3 minutes, but he was evidently pondering this new information. "Oh....I get it! He beamed, so if you don't pass the test you have to be the Grandpa".

'Exactly,' I replied with a big smile on my face.

When you're finished laughing, send this to another Grandma!!

A Jewish Christmas Story

The teacher was very curious about how each of her students' celebrated Christmas Eve. "Tell me Patrick Kelly what do you do on Christmas Eve?" she asked.

Patrick addressed the class. "Well Miss, me and my twelve brothers and sisters go to midnight Mass and we sing hymns, then we come home very late and we put mince pies by the back door and hang up our stockings. Then all excited we go to bed and wait for Santa to come with all our toys."

"Very nice Patrick, now Jimmy Brown, what do you do?"

"Well Miss, me and my sister go to Church with Mom and Dad and we sing carols and we get home ever so late. We put cookies and milk by the chimney and we hang up our stockings. We hardly sleep waiting for Santa Claus to bring our presents."

Remembering there was a Jewish boy in the class and not wanting to leave him out of the discussion, she asked, "Now Eddie Cohen, what do you do on Christmas Eve?"

"Well Miss, it's the same old thing every year. Dad comes home from the office. We all pile into the Rolls and drive to his toy factory. When we get inside we look at all the empty shelves and sing "What a friend we have in Jesus".

"Then we go to the Bahamas."

Troy Polamalu says 'Kala Christougena!'

Christmas arrives today for many Orthodox Christians around the world

Friday, January 07, 2011

By Ann Rodgers, Pittsburgh Post-Gazette



Theodora Polamalu, Paisios Polamalu and Troy Polamalu.

The most famous Orthodox Christian in Pittsburgh, if not the nation, has a greeting for his fellow believers today:

"Kala Christougena!" said Steelers safety Troy Polamalu. That's Greek for "Merry Christmas!"

Mr. Polamalu and his wife, Theodora, actually celebrated Christmas 13 days ago, but they keep the same Orthodox traditions as those who observe

today. Most Orthodox celebrate on Dec. 25, but many Slavic churches tie liturgy to the old Julian calendar, which is 13 days behind the Gregorian calendar. The Greek Orthodox Church and some others have adopted the Gregorian calendar—except at Easter.

"We all celebrate Easter on the same day," said Mr. Polamalu, 29. Orthodoxy is the Eastern wing of the earliest Christian church, which split into the Orthodox and Catholic churches in 1054.

He and Theodora converted to Orthodoxy about five years ago. His background was Catholic and Protestant, hers Muslim and Protestant. They were Christians in search of a deeper, more consistent experience of God.

"Orthodoxy is like an abyss of beauty that's just endless," he said. "I have read the Bible many times. But after fasting, and being baptized Orthodox, it's like reading a whole new Bible. You see the depth behind the words so much more clearly."

That fasting is a Christmastime difference between Eastern and Western Christians. While many Americans pile on the food from Thanksgiving to Christmas, Orthodox Christians start fasting Nov. 15 or 28.

"Christmas Lent" or "Winter Lent" lasts 40 days, broken by a feast on Christmas, said the Rev. Stelyios Muksuris, administrative assistant to Metropolitan Maximos of the Greek Orthodox Diocese of Pittsburgh and professor of liturgy and theology at Ss. Cyril & Methodius Byzantine Catholic Seminary. Slavic Orthodox keep a strict fast, abstaining from meat, dairy products, oil and fish for 40 days. Greeks usually permit fish, cheese and oil for the first few weeks, then fast strictly for the last two, he said.

Mr. Polamalu is of Samoan heritage, and belongs to the Greek church, but fasts like a Russian.

His consists of a "fast from dairy, from meat and from oil for 40 days -- as well as from sex," he said. "It's to prepare you for the birth of Christ, of God incarnate."

Fasting doesn't affect his football fitness, he said. "When you fast, you can eat extremely healthy by eating a lot of light food, like fruits and vegetables."

There are other aspects to fasting.

"Maybe not watching as much TV, or not getting caught up in idle talk or different things, in order to keep you spiritually healthy," he said.

The most important Orthodox fast is Great Lent, for 50 days before Easter.

When he has kept longer fasts "I have never felt more spiritually strong," he said. Referring to great theologians of the early church, he said, "The church fathers have said that when you eat gluttonously or you eat a lot of meat, your passions get stronger, so your inclination toward sinning becomes stronger. ...[Fasting] really does soften your passions. It gives you spiritual insight."

In Orthodox theology, "passions" are negative impulses—such as sadness or greed—that can harm the soul.

He doesn't claim that practicing the faith improves athletics. The player known for crossing himself on the field has seen his faith grow more from his injuries than his interceptions.

"When I got injured, I learned so much from it spiritually, just thanking God for the health that I had when I was healthy," he said.

"People have this idea that the more pious and devout I am, the more successful I am. Which is very dangerous. If you look at faith in that way, you're bound to fail at both—spiritually and in your career."

As the Polamalus build Christmas traditions for their children, Paisios, 2, and Ephraim, 3 months, "It's become less about Santa Claus and more about the birth of Christ and the celebration of the Virgin birth," he said.

They spent Christmas Eve at an Orthodox monastery. The service lasted several hours, ending at 1 a.m. It was entirely chanted.

"Orthodox chanting is non-emotional, it's very monotone," said Mr. Polamalu, who also calls it "the most beautiful thing."

"It's the perfect environment for prayer," he said. "Chanting in Greek ... is like a beautiful opera, but way better. You have candles, not [electric] lights. It's dark. You have the women sitting on the left and the men sitting on the right. Everything is to keep your mind focused on God. ...To me the most beautiful thing anyone on earth can experience, other than maybe marriage and child-bearing, would be the Orthodox Liturgy."

Before he became Orthodox, he said, songs in church sometimes moved him to tears. He now distrusts those passing feelings.

"I'd start crying and feel 'This is awesome.' If I'd had a Red Bull, I'd feel it even more. If I'd had breakfast, I'd feel good. If I didn't have breakfast, I didn't feel anything, I was grumpy," he said.

"It was a very superficial experience. I was thinking, 'God, why did I not feel you today?' because I wasn't feeling the music today. Orthodoxy is very sensitive to that, to take the emotion out of it, to really go after the heart."

The difference between the heart and emotion, he said, is like the difference between the deep love he has for his wife and their daily ups and downs.

"I could say, emotionally, I'm mad and sad with my wife. But that has nothing to do with how much I love my wife within my heart," he said.

"Before we were Orthodox we were able to separate our spiritual lives and our daily lives. Now that we're Orthodox, because of the prayer life that is required...and the fasting, it consumes your life. It's the number one thing in your life."

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First published on January 7, 2011 at 12:00 am

Helpful Hints For Winter

Keep your headlights clear with car wax! Just wipe ordinary car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights - lasts 6 weeks.

Squeak-proof your wipers with rubbing alcohol! Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking & squeaking wipers change to near perfect silence and clarity.

Ice-proof your windows with vinegar! Frost on it's way? Just fill a spray bottle with three parts vinegar to one part water and spritz it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water---preventing water from freezing!

Prevent car doors from freezing shut with cooking spray! Spritz cooking oil on the rubber seals around car doors and rub it in with a paper towel. The cooking spray prevents water from melting into the rubber.

Fog-proof your windshield with shaving cream! Spray some shaving cream on the inside of your windshield and wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers.

De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key and the lock and the problem is solved!