



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 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 Nestor Kowal, Father Paul Bigelow, Father Emilian Balan, 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, Isabella Olivia Lindgren—a 4-year-old with a brain tumor, Ethel Thomas, Donna, Erin, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, 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, Liz Obradovich, Liz, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Peter Natishan, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Doris Artman, Nancy Barylak, Henry & Shirley Tkacik, Martin Golofski, Anthony Yerace, Khrystyna Chorniy, Anthony Cormier [4-year-old with cancer], Nathan Forbeck, Sarah Doyle, Samuel Peters, Jean Stutchell, 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, Jane Wartinbee, Matthew—21-year-old with cancer, Nicholas Orlando, Mary Ann Kuzniak, Michael Woloschak, Michael Pryhodzenko, Sonia Luciw, Nellie Patsko, Theresa Ditto, Mary Ann Musial, Mary Pelino, Donna Tickerhoof, David Buchholz, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Lloyd Sheakley

[Pani Gina's uncle], Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly Irma McDivitt, Sandy Gardner, Robin Young, Mckayla, Rachel, Tony Butecoff, Carl & Margaret Reed, Georgia & Theodore Demopoulos, Jillian Bowman [10-year old with cancer], Renee' Richards, Lois, Lydia Wilson, Robert Pointon, Walter Cecelia, John Persico, Karen & Peter Special, Adam Wilson, Jeff Miller, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

A SPECIAL THANK-YOU to Harry Batch and all who have assisted him in keeping up the beautiful flowers and plants in the memorial garden on the side and front of the church—God Bless you all!

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 Debbie Paouncic’s class. THANK YOU ALL FOR YOUR HELP!

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, September 18 Divine Liturgy of Saint John Chrysostom 10:30 AM
FOURTEENTH SUNDAY AFTER PENTECOST—HOLY PROPHET ZACHARIAS & RIGHTEOUS ELIZABETH-PARENTS OF JOHN THE BAPTIST; MARTYR THIPHAEL & SISTER THIVIA; MARTYR EUPHIMIA; VIRGIN-MARTYR RHIA OF ALEXANDRIA; MARTYRS JUVENTINUS & MAXIMUS AT ANTIOCH; MARTYRS URBAN, THEODORE, MEDIMNUS, & 77 COMPANIONS AT NICOMEDIA; MARTYR ABDAS OF PERSIS; MARTYR HOLY PASSION-BEARER HLIB OF RUS-IN BAPTISM DAVID; MARTYR SAINT ATHANASIUS-ABBOT OF BREST-BY THE LATINS

Tone 5

II Corinthians 1:21-2:4; Hebrews 6:12-20
Matthew 22:1-14; Matthew 23:29-39

Parastas in Blessed Memory of Michael Holupka—Mike Holupka

Sunday, September 25 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
FIFTEENTH SUNDAY AFTER PENTECOST—APODOSIS OF THE NATIVITY OF THE
THEOTOKOS; HIEROMARTYR AUTONOMUS-BISHOP IN ITALY; SAINT CORONATUS-
BISHOP OF ICONIUM; HIEROMARTYR THEODORE-ARCHBISHOP OF ALEXANDRIA;
MARTYR JULIAN OF GALATIA & 40 MARTYRS WITH HIM

Tone 6

II Corinthians 4:6-15

Matthew 23:35-46

Parastas in Blessed Memory of Tillie Kuzman—Debbie & John Paouncic

Sunday, October 2 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
SIXTEENTH SUNDAY AFTER PENTECOST—AFTERFEAST OF THE EXALTATION OF
THE CROSS; MARTYRS TROPHIMUS, SABBATIUS, & DORYMEDON OF SYNNADE;
MARTYR ZOSIMAS-HERMIT OF CILICIA; SAINT THEODORE & HIS CHILDREN SAINTS
DAVID & CONSTANTINE; BLESSED IHOR-PRINCE OF CHERNIHIV

Tone 7

II Corinthians 6:1-10

Matthew 25:14-30

Litany in Blessed Memory of Kay Behun, Father Theodore Forosty, Johnathan Dorning, Mary Pekich, & Mary Evaniuk—Fr. Bob

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

BULLETIN INSERT FOR 18 SEPTEMBER 2011

FOURTEENTH SUNDAY AFTER PENTECOST—HOLY PROPHET
ZACHARIAS & RIGHTEOUS ELIZABETH-PARENTS OF JOHN THE
BAPTIST; MARTYR THIPHAEL & SISTER THIVIA; MARTYR
EUPHIMIA; VIRGIN-MARTYR RHIAS OF ALEXANDRIA; MARTYRS
JUVENTINUS & MAXIMUS AT ANTIOCH; MARTYRS URBAN,
THEODORE, MEDIMNUS, & 77 COMPANIONS AT NICOMEDIA;
MARTYR ABDAS OF PERSIS; MARTYR HOLY PASSION-BEARER HLIB
OF RUS-IN BAPTISM DAVID; MARTYR SAINT ATHANASIUS-ABBOT
OF BREST-BY THE LATINIS

TROPARION—TONE 5

Let the faithful praise and worship the Word,
Coeternal with the Father and the Spirit;
Born for our salvation from the Virgin;
For He willed to be lifted up on the Cross in the flesh,
To endure death,
And to raise the dead by His glorious Resurrection!

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

KONTAKION—TONE 5

Thou didst descend into Hell, O my Savior,
Shattering its gates as almighty;
Resurrecting the dead as Creator,
And destroying the sting of death.
Thou hast delivered Adam from the curse,
O Lover of Man,
And we all cry to Thee: O Lord, save us!

PROKEIMENON—TONE 5

READER: Thou, O Lord, shalt protect us and preserve us from this generation forever.

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this generation forever.

READER: Save me, O Lord, for there is no longer any that is godly.

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this generation forever.

READER: Thou, O Lord, shalt protect us and preserve us...

PEOPLE: From this generation forever.

ALLELUIA VERSES—TONE 5

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be prepared in the heavens.

We see the water of a river flowing uninterruptedly and passing away, and all that floats on its surface, rubbish or beams of trees, all pass by. Christians! So does our life ... I was an infant, and that time has gone. I was an adolescent, and that too has passed. I was a young man, and that too is far behind me. The strong and mature man that I was is no more. My hair turns white, I succumb to age, but that too passes; I approach the end and will go the way of all flesh. I was born in order to die. I die that I may live. Remember me, O Lord, in Thy Kingdom! *St. Tikhon of Voronezh*

When, on a clear autumn night, I gaze at the clear sky - sown with numberless stars, so diverse in size yet shedding a single light - then I say to myself: 'Such are the writings of the Fathers!' When, on a summer day, I gaze at the vast sea - covered with a multitude of diverse vessels with their unfurled sails like white swan's wings, vessels racing under a single

wind to a single goal, to a single harbor - I say to myself: 'Such are the writings of the Fathers!' When I hear an harmonious, many-voiced choir, in which diverse voices - in elegant harmony - sing a single Divine song, then I say to myself: 'Such are the writings of the Fathers! *St. Ignatius Brianchaninov*

The Virgin-Mother is, as it were, the sole border connecting the created and the uncreated Divine Essence... And all who see God also recognize her has the place [containing] the Uncontainable. And all who lift up praise unto God also sing her praises after God. She is the reason for and blessing of those who came before her, and the gift and giver to those present and intercessor for those in eternity. She is the basis of prophets, beginning of apostles, confirmation of martyrs, and foundation of teachers. She is the glory of those on earth, the joy of those in Heaven, the adornment of all Creation. She is the beginning, the spring and root of hope prepared for us in the Heavens, the hope that we might all be vouchsafed by her prayers for us, to receive Jesus Christ our Lord, in glory born of the Father before all ages, and in latter days incarnate of her.

St. Gregory Palamas, Archbishop of Thessaloniki 1347-1359

Abba Poemen the Great, commemorated 27 August/09 September

Before Abba Poemen's group came there, there was an old man in Egypt who enjoyed considerable fame and repute. But when Abba Poemen's group went up to Scetis, men left the old man to go see Abba Poemen. Abba Poemen was grieved at this and said to his disciples, "What is to be done about this great old man, for men grieve him by leaving him and coming to us who are nothing? What shall we do, then to comfort this old man?" He said to them, "Make ready a little food, and take a skin of wine and let us go to see him and eat with him. And so we shall be able to comfort him." So they put together some food and went. When they knocked at the door, the old man's disciple answered, saying, "Who are you?" They responded, "Tell the Abba it is Poemen who desires to be blessed by him." The disciple reported this and the old man sent him to say, "Go away, I have not time." But in spite of the heat they persevered, saying, "We shall not go away till we have been allowed to meet the old man." Seeing their humility and patience, the old man was filled with compunction and opened the door to them. Then they went in and ate with him. During the meal he said, "Truly, not only what I have heard about you is true, but I see that your works are a hundred-fold greater," and from that day, he became their friend.

While he was still young, Abba Poemen (lit. "the Shepherd") went one day to an old man to ask him about three thoughts. Having reached the old man, he forgot one of the three and went back to his cell, but as he was stretching out his hand to turn the key, he remembered the thought which he had forgotten and leaving the key, he returned to the old man. The old man said to him, "You come quickly, brother." He told him, "At the moment when I was putting out my hand to grasp the key, I remembered the thought which I was trying to find; so I did not open the door, but have retraced my steps."

Now the length of the way was very great and the old man said to him, "Poemen, Shepherd of the flock, your name will be known throughout Egypt."

Abba Poemen said, "As the breath which comes out of his nostrils, so does a man need humility and the fear of God."

That when our soul becomes traumatized by a temptation that attacks us repeatedly, we must seek Confession to restore our inward peace
"When someone is panic-stricken by a temptation, he wants to struggle; but feels paralyzed, or too weak to resist. He lacks the will power, the inner power of the soul. That's when he must seek Confession, in order to find inner peace. With Confession, one is consoled, revived, and - by the Grace of God - draws the strength to return to the battle. If one does not put his spiritual life in order, he may be attacked with even more temptations; and - despondent as he already is - may become even more broken in spirit and feel overwhelmed by thoughts. He despairs, and feels unable to struggle at all."

Glory, O Lord, to Your immeasurable grace. Behold, O Lord, the waves of Your grace have made me silent; and no thought has been left in me before Your good graces. With what words can we praise You, O good King, You who love our life? Glory to You for the worlds which You have created for our growth and pleasure, leading us through all that You have created to the knowledge of Your glory, from now and unto the ages. Amen

St. Isaac the Syrian, seventh century

a word from the desert: A certain Abramius, of Egyptian descent, lived a most harsh and rough life in the desert. He was smitten in his mind with troublesome self-conceit; he went to church and argued with the priests, and he said, "I was ordained priest just this past night by Christ; now allow me to perform the functions of a priest."

The fathers took him away from the desert and brought him to a less ascetic and less exacting way of life, and they cured this man of his arrogance by bringing him, who had been the sport of demons, to a knowledge of his own weakness. *Palladius, Historia Lausiaca 53*

a word from the desert: Two old men had lived together in the desert for many years and had never quarreled. The first said to the other, "Let us also have a fight like other men do." The other replied, "I do not know how to fight." The first said to him, "Look, I will put a brick between us, and I will say it is mine, and you say, 'No, it is mine,' and so the fight will begin." So they put a brick between them and the first said, "This brick is mine," and the other said, "No, it is mine," and the first responded, "If it is yours, take it and go" - so they gave it up without being able to find an occasion for an argument.

We collected \$62.45 last week for Hurricane Irene relief, \$63.55 on September 11th, and \$24.00 on August 28th—a total of \$150.00! Father Bob will send it to the Consistory to help repair the damage done to the church properties in South Bound Brook, especially to the Seminary building and the historic Fisher House. Thank you for your kindness in our brothers' and sisters' hour of need!