



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, Joshua Agosto and his family, 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, 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 Olynik, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Doris Artman, Nancy Barylak, 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, 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, Robin Young, Mckayla, Rachel, Tony Butecoff, Carl & Margaret

Reed, Georgia & Theodore Demopoulos, Jillian Bowman [10-year old with cancer], Lydia Wilson, Robert Pointon, Walter Cecelia, John Persico, Karen & Peter Special, Adam Wilson, Jeff Miller, Mary Kernick, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

HAPPY BIRTHDAY to our November babies: Amy Zerebnick Lewis on the 4th and Father Bob on the 7th. May God grant them many Happy, Healthy, Prosperous, and Blessed Years!

MARK YOUR CALENDARS: The Annual Slickville Ecumenical Thanksgiving Service will be held on Monday, November 21, 2011, at 7 PM. This year's host parish is the First Presbyterian Church and Father Sam Lamendola is the speaker. We hope you can attend!

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, November 6 Divine Liturgy of Saint John Chrysostom 10:30 AM
TWENTY-FIRST SUNDAY AFTER PENTECOST—MARTYR ARETHAS, SYNCLETICA & HER 2 DAUGHTERS, & 4299 MARTYRS WITH THEM IN OMIR; MARTYR VICTORIA; BLESSED ELESBAAN-KING OF ETHIOPIA; MARTYR SYNCLETIA & HER 2 DAUGHTERS; VENERABLE ARETHA, SISOIS, & THEOPHIL-HERMITS OF PERCHEVSKY LAVRA

Tone 4

Galatians 2:16-20

Luke 16:19-31

Litany in Blessed Memory of John Lopushanski, Harry Bunio, Mary Pekich, Anna Lotinski, Julia Golofski, Sam Kerr, Helen Likar, & Constantine Hanczar—Fr. Bob

Sunday, November 13 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
TWENTY-FIRST SUNDAY AFTER PENTECOST; APOSTLES STACHYS, AMPLIAS, URBAN, NARCISSUS, APELLES, & ARISTOBULUS OF THE 70; MARTYR EPIMACHUS OF PELUSIUM AT ALEXANDRIA; SAINT MAURA OF CONSTANTINOPLE; SAINTS SPYRIDON & NICODEMUS—PROSPHORA BAKERS OF PERCHEVSKY LAVRA

Tone 5

Galatians 6:11-18

Luke 8:26-39

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

Sunday, November 20 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
TWENTY-SECOND SUNDAY AFTER PENTECOST; HOLY 33 MARTYRS OF MELITENE; LAIN T LAZARUS THE WONDERWORKER OF MT. GALESION NEAR EPHESUS; MARTYR THEODOTUS OF ANCYRA; MARTYRS MELASIPPUS, CASSINA, THEIR SON ANTONINUS, & 40 CHILDREN MARTYRED AT ANCYRA; MARTYRS AUCTUS, TAURION, &u THESSALONICA AT AMPHIPOLIS IN MACEDONIA

Tone 6

Ephesians 2:4-10

Luke 8:41-56

Litany in Blessed Memory of Paul Popichak—Fr. Bob

BULLETIN INSERT FOR 06 NOVEMBER 2011

TWENTY-FIRST SUNDAY AFTER PENTECOST—MARTYR ARETHAS, SYNCLETICA & HER 2 DAUGHTERS, & 4299 MARTYRS WITH THEM IN OMIR; MARTYR VICTORIA; BLESSED ELESBAAN-KING OF ETHIOPIA; MARTYR SYNCLETIA & HER 2 DAUGHTERS; VENERABLE ARETHA, SISOIS, & THEOPHIL-HERMITS OF PERCHEVSKY LAVRA

TROPARION—TONE 4

When the women disciples of the Lord
Learned from the angel the joyous message of Thy Resurrection;
They cast away the ancestral curse and elatedly told the apostles:
Death is overthrown! Christ God is risen,
Granting 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 4

My Savior and Redeemer,

As God rose from the tomb
And delivered the earthborn from their chains.
He has shattered the gates of Hell,
And as Master, He has risen on the third day!

PROKEIMENON—TONE 4

READER: O Lord, how manifold are thy works! In wisdom hast Thou made them all.

PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.

READER: Bless the Lord, O my soul! O Lord my God, Thou art very great!

PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.

READER: O Lord, how manifold are thy works!

PEOPLE: In wisdom hast Thou made them all.

ALLELUIA VERSES—TONE 4

Go forth and prosper and reign, because of truth and meekness and righteousness.

You love righteousness and hate iniquity.

Together with great asceticism and deep humility, ascetic father Tikhon also had the gift of ceaseless prayer, even when he was asleep. "When one prays," he would say, "the prayer should become one with the heart, just as you stick two objects together with glue." He would also say that "Before anyone starts a project, he must first pray to God, 'Illuminate me and give me strength.' And when the project is finished he should say, 'Glory to God!'" *from An Athonite Gerontikon*

From the writings of the Blessed Elder, IERONYMOS of Aegina +1966
That frequent prayer throughout the each day is essential for our spiritual life

"You [always] should endeavor to steal time from your various engagements in order to pray. In the spiritual realm, you ought to become a thief. Make use of the time. The violent seize the Kingdom of God by force (Matt. 11:12). And the greatest profit, you will find in prayer. Let not a day go by without prayer. And prayer should not end without at least one teardrop."

Ortho Thought for the Day (patience begets courage)

With regard to patience the Lord says, 'You will gain possession of your souls through your patient endurance,' (Luke 21:19). He did not say

'through your fasting' or 'through your vigils'. I refer to the patience bestowed by God, which is the queen of virtues, the foundation of courageous actions. It is patience that is peace amid strife, serenity amid distress, and a steadfast base for those who acquire it. Once you have attained it with the help of Christ Jesus, no swords and spears, no attacking armies, not even the ranks of demons, the dark phalanx of hostile powers, will be able to do you any harm. *St. Gregory of Sinai*

That truth must be spoken with discernment and spiritual sincerity

"Whoever wants to be truly sincere should start by being sincere with himself; for that's where spiritual sincerity begins. When someone is not sincere with himself, he's-at least-only fooling and wronging himself. But when he behaves without sincerity towards others, he sins mortally; because he fools others."

From the sayings of Abba Mark the Ascetic: "I have seen unlearned men who were truly humble, and they became wiser than the wise. Another unlearned man, upon hearing them praised, instead of imitating their humility, prided himself on being unlearned and so fell into arrogance"

a word from the desert: Someone asked Abba Agathon, "Which is better, bodily asceticism or interior vigilance?" The old man replied, "Man is like a tree, bodily asceticism is the foliage, interior vigilance the fruit. According to that which is written, "Every tree that bringeth not forth good fruit shall be cut down and cast into the fire" it is clear that all our care should be directed towards the fruit, that is to say, guard of the spirit; but it needs the protection and the embellishment of the foliage, which is bodily asceticism."

a word from the desert: One of the old men came to Abba Theodore and said to him, "Look how such and such a brother has returned to the world." The old man said to him, "Does that surprise you? No, rather be astonished when you hear that someone has been able to escape the jaws of the enemy."

a word from the desert: A small sea urchin warns sailors about good or stormy weather. When it senses a storm, it attaches itself beneath a large rock so as not to be swayed. By this example, there is nothing that God neglects. If God does not abandon the urchin, then He will also embrace each of our lives with the same loving care. *St. Basil the Great*

Ortho Thought for the Day (turn to the Lord, help will come)

What good is a soldier without a battle? He is untried and uncourageous...Do not grow faint in spirit, and do not despond during times of trouble; but turn to the Lord with humble prayers, and believe that help will come to you. *St. Moses of Optina*

Ortho Thought for the Day (suffering offenses)

Knowing this, pay no attention to who it is who offends you and why. Just remember that no one could have caused you such offense if the Lord had not willed to allow it. It is better to thank the Lord that through the afflictions visited upon you He clearly shows that you are no stranger to Him and that He is leading you into the Kingdom of Heaven. Holy Scripture says: *If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not?* (Heb. 12:7). *An Elder's Counsels to Christians Living in the World*

From the sayings of Abba John: ""We have put the light burden on one side, that is to say, self-accusation, and we have loaded ourselves with a heavy one, that is to say, self-justification."

a word from the desert: To uproot sin and the evil that is so imbedded in our sinning can be done only by divine power, for it is impossible and outside man's competence to uproot sin. To struggle, yes, to continue to fight, to inflict blows, and to receive setbacks is in your power. To uproot, however, belongs to God alone. If you could have done it on your own, what would have been the need for the coming of the Lord? For just as an eye cannot see without light, nor can one speak without a tongue, nor hear without ears, nor walk without feet, nor carry on works without hands, so you cannot be saved without Jesus nor enter into the Kingdom of Heaven. *St. Macarius, Homily 3.4*

An old man and a brother lived their ascetic life together. Now the old man was charitable. It happened that there was a famine and people came to his door seeking alms, and in charity the old man gave to all who came. Seeing what was happening, the brother said to the old man, "Give me my share of the loaves, and do what you like with yours." The old man divided the loaves and gave alms from his share. Now many people hastened to the old man, learning that he supplied everyone, and God seeing that he supplied everyone blessed these loaves. But when the brother had consumed his own food he said to the old man, "Since I have only little food left, abba, take me back into the common life again." The old man said, "I

will do as you wish." So they began again to live in common. When scarcity broke out again, the needy came back seeking alms. Now one day the brother came in and saw they were short of loaves. A poor man came, and the old man told the brother to give him alms. He said, "It is no longer possible, father." The old man said to him, "Go in and look." The brother went inside and found the bin full of loaves. When he saw that, he was filled with fear, and taking some he gave to the poor. In this way, he learned the faith and virtue of the old man, and he gave glory to God.

If we have a strong relationship with God, this will distinguish our relationship with others. We will be able to be a source of peace, tranquility, and comfort to them. *St. Anthony the Great*

THANK YOU! So far, we have collected \$98.50 for the Holy Transfiguration Monastery in Ellwood City! After adding today's collection, we'll send it along to Mother Christophora for their use. Thank you all and God Bless you for your generosity—may God reward you a thousandfold for your kind giving!