



## Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

[724] 468-5581

[www.holyghostorthodoxchurch.org](http://www.holyghostorthodoxchurch.org)

Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

**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.

**The Annual Slickville Ecumenical Thanksgiving Service will be TOMORROW at 7 PM. The 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 20**                      **Divine Liturgy of Saint John Chrysostom**                      **10:30 AM**  
**TWENTY-THIRD SUNDAY AFTER PENTECOST; HOLY 33 MARTYRS OF MELITENE; SAINT 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*  
*Parastas in Blessed Memory of Sam Kerr & Mary Pekich—Millie Kerr*

**Monday, November 21**                      **Slickville Ecumenical Thanksgiving Service**                      **7:00 PM**  
**First Presbyterian Church—Father Sam Lamendola speaking**

**Sunday, November 27**      **Divine Liturgy of Saint John Chrysostom**      **10:30 AM**  
**TWENTY-FOURTH SUNDAY AFTER PENTECOST; HOLY AND ALL-PRAISED APOSTLE**  
**PHILIP; SAINT JUSTINIAN THE EMPEROR OF BYZANTIUM & HIS WIFE SAINT**  
**THEODORA; SAINT GREGORY PALAMAS**

*Tone 7*

Ephesians 2:14-22

Luke 10:25-37

**Monday, November 28**      **ADVENT/PHILIPKIVA/SAINT PHILIP'S FAST BEGINS**

**Sunday, December 04**      **Divine Liturgy of Saint John Chrysostom**      **10:30 AM**  
**TWENTY-FIFTH SUNDAY AFTER PENTECOST; THE ENTRY OF THE MOST HOLY**  
**THEOTOKOS INTO THE TEMPLE**

*Tone 8*

Ephesians 4:1-6, Hebrews 9:1-7

Luke 12:16-21, Luke 10:38-42, 11:27-28

*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, & Rose Pynch—Fr. Bob*  
*Parastas in Blessed Memory of Victor & Walter Burlack--Evelyn*

**BULLETIN INSERT FOR 20 NOVEMBER 2011**  
**TWENTY-THIRD SUNDAY AFTER PENTECOST; HOLY 33**  
**MARTYRS OF MELITENE; SAINT 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**

**TROPARION—TONE 6**

The angelic powers were at Thy tomb; the guards became as dead men.  
Mary stood by Thy grave, seeking Thy most pure body.  
Thou didst capture hell, not being tempted by it.  
Thou didst come to the Virgin, granting life.  
O Lord who didst rise from the dead: glory to Thee!

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

**KONTAKION—TONE 6**

When Christ God, the Giver of Life,  
Raised all of the dead from the valleys of misery with His might hand,

He bestowed resurrection on the human race.  
He is the Savior of all,  
The Resurrection, the Life, and the God of all!

**PROKEIMENON—TONE 6**

**READER:** O Lord, save Thy people and bless Thine inheritance.

**PEOPLE: O Lord, save Thy people and bless Thine inheritance.**

**READER:** To Thee, O Lord, will I call. O my God, be not silent to me.

**PEOPLE: O Lord, save Thy people and bless Thine inheritance.**

**READER:** O Lord, save Thy people.

**PEOPLE: And bless Thine inheritance.**

**ALLELUIA VERSES—TONE 6**

He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.

He will say to the Lord: My Protector and my Refuge; my God, in whom I trust.

**From the Sunday Bulletin of St. Stephen the First Martyr Orthodox Mission—Lima, OH, by Fr. Mark Hodges**

Many people recognize the physical benefits of stretching exercises. Christians ask about the practice of Yoga. The word "Yoga" means "to yoke with (or "have union with") a god." The chant, "Om," is a Hindu sound symbolizing "The Absolute." Subhas Tiwari, professor at the Hindu University of America, explains: "The effort to separate Yoga from Hinduism must be challenged because it runs counter to the fundamental principles upon which Yoga itself is premised, the yamas (restraints) and niyamas (observances). These ethical tenets and religious practices are the first two limbs of the eight-limbed ashtanga Yoga system. which also includes asana (postures), pranayama (breath control), pratyahara (sense withdrawal), dharana (concentration), dhyana (meditation) and Samadhi (contemplation/self-realization). Efforts to separate Yoga from its spiritual center reveal ignorance of the goal of Yoga...

Yoga is also much more, as it was intended by the Vedic Seers as an instrument which can lead one to apprehend the Absolute, Ultimate Reality, called the Brahman Reality, or god." Dennis McGuire of Yoga.com admits, "The practice of Yoga was designed to unite the individual with The Infinite."

It is unwise to dabble in non-Orthodox religious activity and self-focused philosophy. It is our pride which arrogantly says "I won't be affected by it." Christian author Allen Palmeri writes, "Playing with a little fire is playing with fire. Fire is fire. It burns. Play with a little Yoga, play with fire. Yoga

is a little fire. Consider yourself warned." Does lying on the floor doing stretching exercises make you a Buddhist? Of course not. However, the practice of Yoga—particularly in organized sessions led by non-Orthodox Christians—is the practice of not just a physical exercise but a religious experience, whether one knows it or not. And its practice invokes a spirit in conflict with the Church of Jesus Christ. As author Ted Kluck states, "We don't need to 'find our center.' We need to find God."

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

Don't let anyone disregard it when he sins against a fellow Christian. But when you sin so against the brethren, and wound their weak conscience, you sin against Christ. Because we have been all made members of Christ. How can you not sin against Christ if your sin against a member of Christ?  
*Blessed Augustine*

It is a great thing to cultivate this respect for our brethren so that we fear to harm ourselves and one another, that we honor one another and that we keep a careful check on our gestures and on our countenance towards one another. For these later, as one of the elders points out, can come under the heading of 'taking liberties.' Should it happen that you see a brother doing wrong, don't despise him and wipe your hands of him and keep silence and let him be destroyed, nor again curse him or speak ill of him. But with sympathy and the fear of God speak to someone who is able to set him up again, or you yourself speak to him with love and humility, saying, 'Pardon me, brother, but I consider - being careless myself - we probably do not act rightly in doing so-and-so. *St. Dorotheos of Gaza*

An old man said: For nine years a brother was tempted in thought to the point of despairing of his salvation, and being scrupulous, he condemned himself, saying, "I have lost my soul, and since I am lost, I shall go back to the world." But while he was on the way, a voice came to him on the road, which said, "These nine years during which you have been tempted have been crowns for you; go back to your place, and I will allay these thoughts." Understand that it is not good for someone to despair of himself because of his temptations; rather temptations procure crowns for us if we use them well

...if evil thoughts have not been uprooted from the heart, they are bound to manifest themselves in evil actions. *St. Philotheos of Sinai*

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*

**Spiritual Counsels of the Blessed Elder Paisios the Athonite +1994—  
On Spiritual Kinship [Part 4 of 4]**

*Question to the Geronta: 'If someone keeps company with virtuous people, will he be helped?'* "Of course he'll be helped. If you enter a monastic cell, where incense is burned on a regular basis, you will come out smelling of incense. If you enter a stable, you will pick up the smell of the stable. If you visit a worldly home, you will smell of secular perfumes when you leave."

Whoever is at peace in the material world and is not concerned about the salvation of his soul is like the senseless birds who don't make a noise from within the egg, so as to break the shell and come out to enjoy the sun—the heavenly flight in the life of Paradise—but instead remain unmoving and die inside the egg shell. *Elder Paisios +1994*

Let us entrust our life to God, and may it be done as He wishes. Whatever the outcome may be for us, that's the one that is for our good. For God does not want the perdition of man, but his salvation. There is no need for despair, rather we should have courage and hope in God. Despair is disbelief. He who sincerely believes in God never despairs. You despair because you don't believe in the power of God, Who governs all things. *Elder Ieronymos of Aegina*

From the wise sayings of His Holiness Pope Shenouda III: "Prayers of people (whether departed or striving) for others is a proof of the mutual love that exists between them. It is a proof of the faith of those living that those departed are alive and that their prayers are acceptable before God. It is a proof of the honor that God bestows upon His saints."

"Singing and acting are excellent for training in self-expression. Also they mean good team work, everybody learning his part and doing it well, not for applause for himself but for the success of the whole show. "BP

**REMINDER:** The annual Slickville Ecumenical Thanksgiving Service is tomorrow evening at 7 PM at the First Presbyterian Church. Father Sam Lamendola is the speaker. There will be a collection for the Westmoreland Food Bank in Delmont to help those less fortunate feed their families. Please plan to attend if you can! Questions?—see Fr. Bob.

**THANK YOU! We collected \$150 to donate to Holy Trinity Monastery in Ellwood City. May God reward you all a thousand-fold for your kindness to those who pray for our salvation constantly!**