



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, 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, Jean Marie, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

REMINDER: Advent/Philipkiva/Saint Philip's Fast begins tomorrow, November 28th. Please fast as your health and schedule permit. As you travel this winter path, remember that you should focus on preparing yourself spiritually for the upcoming Nativity of Christ. Adding prayer to your daily schedule and focusing less on the material world is the plan—see Father Bob if you have questions or need suggestions!

From the sayings of Saint Isaac the Syrian: "By speaking to God in prayer, we are raised to behold the kingdom of heaven—the place in which we are to worship in spirit and truth, the place that is confined by neither physical limit nor any of this world's bounds."

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 Pauncic'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 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

Sunday, December 11

Divine Liturgy of Saint John Chrysostom 10:30 AM

**TWENTY-SIXTH SUNDAY AFTER PENTECOST; MARTYR STEPHEN THE NEW OF SAINT
AUXENTIUS; MARTYR HIRENARCHUS & 7 WOMEN-MARTYRS AT SEBASTE; MARTYRS
BASIL, STEPHEN, 2 GREGORIES, JOHN, AND MANY OTHERS [NEAR
CONSTANTINOPLE]**

Tone 1

Ephesians 5:9-19

Luke 13:10-17

Parastas in Blessed Memory of Caroline Holupka—Mike

BULLETIN INSERT FOR 27 NOVEMBER 2011

**TWENTY-FOURTH SUNDAY AFTER PENTECOST; HOLY AND
ALL-PRAISED APOSTLE PHILIP; SAINT JUSTINIAN THE
EMPEROR OF BYZANTIUM & HIS WIFE SAINT THEODORA;
SAINT GREGORY PALAMAS**

TROPARION—TONE 7

By Thy Cross, Thou didst destroy death!

To the thief, Thou didst open Paradise!

For the Myrrhbearers, Thou didst change weeping into joy.

And Thou didst command Thy disciples, O Christ God,

To proclaim that Thou art 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 7

The dominion of death can no longer hold men captive,

For Christ descended, shattering and destroying its powers!

Hell is bound, while the prophets rejoice and cry:
The Savior has come to those in faith!
Enter, you faithful, into the Resurrection!

PROKEIMENON—TONE 7

READER: The Lord shall give strength to His people! The Lord shall bless His people with peace!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

READER: Offer to the Lord, O you sons of God! Offer young rams to the Lord!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

READER: The Lord shall give strength to His people!

PEOPLE: The Lord shall bless His people with peace!

ALLELUIA VERSES—TONE 7

It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!

To declare Thy mercy in the morning, and Thy truth by night!

2nd Annual Christmas Shopping Extravaganza!!



When: Saturday, December 3rd
10:00am to 3:00pm

Where: T.H.E.O.S. School
1819 Ellsworth Ave.
Heidelberg, PA 15106

Please join us for a day of stress free shopping designed especially for you!
From unique and handmade Orthodox Christian icons and gifts from the Nativity of the Theotokos Monastery to the best in direct sales and personal craft businesses - we have just what you are looking for!! Pick up a gift for

a family member, teacher, babysitter, co-worker, or just a little something for yourself!

While you are enjoying our unique vendors, please check out our Pan-Orthodox Ethnic Bake Sale! We will be featuring delicious items such as Greek Christmas Bread, Spanakopita, Baklava, pies, cookies, cakes, and more. Let us do the baking for you, and pick up some homemade treats to enjoy with your family and friends!!



Driving in the rain—this may save your life

GOOD VISION IN A DOWNPOUR

How to achieve good vision while driving during a heavy downpour.

We are not sure why it is so effective; just try this method when it rains heavily. This method was told by a Police friend who had experienced and confirmed it. It is useful....even driving at night.

Most of the motorists would turn on HIGH or FASTEST SPEED of the wipers during heavy downpour, yet the visibility in front of the windshield is still bad...

In the event you face such a situation, just try your SUN GLASSES (any model will do), and miracle! All of a sudden, your visibility in front of your windshield is perfectly clear, as if there is no rain.

Make sure you always have a pair of SUN GLASSES in your car, as you are not only helping yourself to drive safely with good vision, but also might save your friend's life by giving him this idea.

Try it yourself and share it with your friends! Amazing, you still see the drops on the windshield, but not the sheet of rain falling.

You can see where the rain bounces off the road. It works to eliminate the "blindness" from passing semi's spraying you too, or the "kickup" if you are following a semi or car in the rain. They ought to teach that little tip in driver's training. It really does work.

This warning is a good one! I wonder how many people know about this.

A 36 year old female had an accident several weeks ago and totaled her car. A resident of Kilgore , Texas she was traveling between Gladewater & Kilgore. It was raining, though not excessively, when her car suddenly began to hydro-plane and literally flew through the air.

She was not seriously injured but very stunned at the sudden occurrence!

When, she explained to the highway patrolman what had happened, he told her something that every driver should know. NEVER DRIVE IN THE RAIN WITH YOUR CRUISE CONTROL ON! She thought she was being cautious by setting the cruise control and maintaining a safe consistent speed in the rain. But the highway patrolman told her that if the cruise control is on when your car begins to hydro-plane and your tires lose contact with the pavement, your car will accelerate to a higher rate of speed making you take off like an airplane. She told the patrolman that was exactly what had occurred. The patrolman said this warning should be listed, on the driver's seat sun-visor - NEVER USE THE CRUISE CONTROL WHEN THE PAVEMENT IS WET OR ICY, along with the airbag warning. We tell our teenagers to set the cruise control and drive a safe speed - but we don't tell them to use the cruise control only when the pavement is dry.

The only person the accident victim found, who knew this (besides the patrolman), was a man who had a similar accident, totaled his car and sustained severe injuries.

NOTE: Some vehicles (like the Toyota Sienna Limited XLE) will not allow you to set the cruise control when the windshield wipers are on.



The holidays are especially hard for families who have a loved one in prison. Prison walls keep people who are incarcerated locked in, while at the same time keeping others--spouses, moms, children, aunts, brothers, sisters, and also grandmothers--locked out. Many times, it is a grandmother who suffers in silence over the incarceration of an addicted grandchild.

As we journey with Christ through this fasting season to the Glorious Nativity of our Lord, please join OCPM in prayer by lighting a candle for the healing of those who are in prison and their families, especially remembering the grandmothers. By your

prayers broken lives may be touched by the Light of Life, families may be reconciled, and a grandmother may find comfort and joy.

"Prayer is a harbor in the storms of life, an anchor for those who are storm-tossed, the treasure of the poor, the security of the rich, the healing of the sick, the preservation of health. Prayer banishes evil things, and preserves the good." St. John Chrysostom

Lord Jesus Christ, Son of God, have mercy on those in prison, their families, and especially their grandmothers. Amen

Just a gentle reminder that we being the Nativity Fast, variously known as Saint Philip's Fast-it begins the day after the Feast of Saint Philip-or Philipkiva, and in the Western Churches-Advent-"coming to" the Birth of Christ. The Church asks that we fast to the best of our abilities, without endangering our health, and that we replace our normal focus on the material world with a change of emphasis to our spiritual selves—fasting, prayer, and alms [good deeds] are pleasing to God. Please examine your life and see what you can do to make yourself closer to God during this 40 day preparation period. Also, please see Fr. Bob with any questions!