



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, Archbishop Antony, Bishop Robert, Father Jakiw Norton, Father Dragan Filipović, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Michael Mihalick [MS], Father Joseph Kopchak, Father Cuthbert Jack, Father Elias Warnke, Archimandrite Lev, Father Nestor Kowal, Father Paul Bigelow, Father Emilian Balan, Father Silouan Rolando, Hieromonk Vasyl (Janick), Deacon Dennis Lapushanski, 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, 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, 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, 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 Kuznik, 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, Carl & Margaret Reed, Theodore

Demopoulos, Jillian Bowman [10-year old with cancer], Lydia Wilson, Robert Pointon, Walter Cecelia, John Persico, Jeff Miller, Mary Kernick, Glenn Miller, Jean Marie, Evan Elliott, Donna & Walter McCrackin, Shirley Tkacik, Sabrina Sudol, Doug Smith [Millie Kerr's son-in-law], Bonnie Blair [Pani Gina's mother], Mel & Charlotte Malik, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

A BELATED Happy Birthday to our January babies: Evelyn Burlack on the 1st, Millie Kerr on the 3rd, Lyndsey Weiser on the 4th, Marcy Jones on the 8th, Brenna Scott on the 29th, Kristin Tkacik Scott on the 29th, and Kayla Weiser on the 29th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years! M'Nohaya Lita!

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!

Every day you provide your bodies with good to keep them from failing. In the same way your good works should be the daily nourishment of your hearts. Your bodies are fed with food and your spirits with good works. You aren't to deny your soul, which is going to live forever, what you grant to your body, which is going to die. *St. Gregory the Great*

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, January 22 Divine Liturgy of Saint John Chrysostom 10:30 AM
THIRTY-SECOND SUNDAY AFTER PENTECOST; SUNDAY AFTER THEOPHANY;
AFTERFEAST OF THEOPHANY; MARTYR POLYEUCTUS OF MLITENE IN ARMENIA;

PROPHET SHEMAIAH; SAINT PETER-BISHOP OF SEBASTE IN ARMENIA & BROTHER OF SAINTS BASIL THE GREAT & SAINT GREGORY OF NYSSA; SAINT EUSTRATIUS THE WONDERWORKER OF TARSUS

Tone 7

Ephesians 4:7-13

Matthew 4:12-17

Sunday, January 29 Divine Liturgy of Saint John Chrysostom 10:30 AM
THIRTY-THIRD SUNDAY AFTER PENTECOST; ZACCHAEUS SUNDAY; VENERATION OF THE PRECIOUS CHAINS OF THE HOLY AND ALL-GLORIOUS APOSTLE PETER; MARTYRS/BROTHERS SPEUSIPPUS, ELEUSIPPUS, & MELEUSIPPUS, GRANDMOTHER LEONILLA, & WITH THEM NEON, TURBO, & THE WOMAN JONILLA IN CAPPODOCIA; MARTYR DANAX THE READER IN MACEDONIA

Tone 8

1 Timothy 4:9-15

Luke 19:1-10

Sunday, February 5 Divine Liturgy of Saint John Chrysostom 10:30 AM
NATIONAL ORTHODOX SCOUT SUNDAY
SUNDAY OF THE PUBLICAN AND THE PHARISEE; HIEROMARTYR CLEMENT-BISHOP OF ANCYRA & MARTYR ATHANGELUS; SAINT MAUSIAMAS THE SYRIAN-MONK; SAINT SALAMANES THE SILENT OF THE EUPHRATES-MONK; SAINT PAULINUS THE MERCIFUL-BISHOP OF NOLA; COMMEMORATION OF THE SIXTH ECUMENICAL COUNCIL

Tone 1

2 Timothy 3:10-15

Luke 18:10-14

Litany in Blessed Memory of Milton G. Chicka, Daniel Pysh, Sara Chicka, Nikolai Pivtoraiko, Anne Cherepko Mazock, & Mary Lokie—Fr. Bob

BULLETIN INSERT FOR 22 JANUARY 2012
THIRTY-SECOND SUNDAY AFTER PENTECOST; SUNDAY AFTER THEOPHANY; AFTERFEAST OF THEOPHANY; MARTYR POLYEUCTUS OF MLITENE IN ARMENIA; PROPHET SHEMAIAH; SAINT PETER-BISHOP OF SEBASTE IN ARMENIA & BROTHER OF SAINTS BASIL THE GREAT & SAINT GREGORY OF NYSSA; SAINT EUSTRATIUS THE WONDERWORKER OF TARSUS

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!

Five (5) lessons about the way we treat people

1 - First Important Lesson - Cleaning Lady.

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor "In your careers, you will meet many people. All are significant.. They deserve your attention and care, even if all you do is smile and say hello."

I've never forgotten that lesson. I also learned her name was Dorothy.

2. - Second Important Lesson - Pickup in the Rain

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride.

Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960's. The man took her to safety, helped her get assistance and put her into a taxicab.

She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached.

It read: "Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away... God bless you for helping me and unselfishly serving others." Sincerely, Mrs. Nat King Cole.

3 - Third Important Lesson - Always remember those Who serve.

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress.

The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired.

By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies.. You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

4 - Fourth Important Lesson. - The obstacle in Our Path.

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock.

Some of the kings' wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand!

Every obstacle presents an opportunity to improve our condition.

5 - Fifth Important Lesson - Giving When it Counts...

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare & serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her."

As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away".

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

Another time, they say, Abba Macarius (the Egyptian) was praying in his cave in the desert. There happened to be another cave nearby which was the den of a hyena. While he was at prayer, the hyena suddenly appeared and began to lick his feet. And taking him gently by the hem of his tunic, she drew him towards her own cave. He followed her saying, "I wonder what this animal wants to do?" When she had led him to her own cave, she went in and brought out to him her own cubs, which had been born blind. He prayed over them and returned them to the hyena with their sight healed. She in turn, by way of a thank offering, brought the man the huge skin of a large ram and laid it at his feet. He smiled at her as if at a kind and sensitive person, and taking the skin, spread it under him. This skin is still in the possession of one of the brothers.

Rufinus, Historia Monachorum in Aegypto 21.15 16

Abba Anthony said, "I no longer fear God, but I love Him. For 'perfect love casts out fear.'" (1 John 4:18) Three old men used to go and visit Blessed Anthony every year and two of them used to discuss their thoughts and the salvation of their souls with him, but the third always remained silent and did not ask him anything. After a long time, Abba Anthony said to him, 'You often come here to see me, but you never ask me anything,' and the other replied, 'It is enough for me to see you, Abba'"

It is suggested that anyone traveling in the current icy conditions should make sure they have the following:

Shovel

Blankets or sleeping bag

Extra clothing including hat and gloves

24 hours worth of food

De-Icer

Rock Salt

Flashlight with spare batteries

Road Flares or Reflective Triangles

Empty gas Can

First Aid Kit

Booster cables

I REALLY looked like an idiot on the bus this morning!!!