



Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

[724] 468-5581

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

He who esteems life in this world and judges its values as worth protecting does not know how to discern what is his own from what is alien to himself. Nothing transitory belongs to us. *St. Gregory of Nyssa*

From the sayings of St. Ephraim the Syrian: 'Virtues are formed by prayer. Prayer preserves temperance, suppresses anger, restrains pride and envy, draws down the Holy Spirit into the soul and raises man to heaven.'

Prayer is a remedy against grief and depression. *St. Nilus*

How can we have victory over the enemy? By running to God for shelter.
St. John Chrysostom

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, 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, Nickolai Pivtoraiko, Anne Cherepko Mazock, & Mary Lokie—Fr. Bob

Sunday, February 12 Divine Liturgy of Saint John Chrysostom 10:30 AM

SUNDAY OF THE PRODIGAL SON; SYNAXIS OF THE THREE HOLY HIERARCHS: SAINT BASIL THE GREAT, SAINT GREGORY THE THEOLOGIAN, & SAINT JOHN CHRYSOSTOM; HIEROMARTYR HIPPOLYTUS, POPE OF ROME, & THOSE WITH HIM-MARTYRS CENSORINUS, SABINUS,ARES, THE VIRGIN CHRYSSE, & 20 OTHER MARTYRS; SAINT ZENO-HERMIT OF ANTIOCH & DISCIPLE OF SAINT BASIL THE GREAT; MARTYR THEOPHILUS THE NEW IN CYPRUS; SAINT PETER-KING OF BULGARIA; SAINT ZENO THE FASTER OF PERCHEVSKY LAVRA

Tone 2

1 Corinthians 6:12-20

Luke 15:11-32

Parastas in Blessed Memory of Emil Paouncic—John & Debbie Paouncic

**BULLETIN INSERT FOR 29 JANUARY 2012
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**

TROPARION—TONE 8

Thou didst descent from on high, O Merciful One!

Thou didst accept the three-day burial to free us from our sufferings!
Our Lord, our Life and Resurrection, 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 8

By rising from the tomb,
Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,
And the world celebrates Thy Rising from the dead,
O greatly Merciful One!

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!

PEOPLE: Pray and make your vows before the Lord our God!

READER: In Judah, God is known; His name is great in Israel!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows.

PEOPLE: Before the Lord our God!

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our
Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to
Him with psalms.

***Although this weather advisory was issued for a previous weekend,
it contains worthwhile advice:***

**PennDOT Urges Motorists to be Prepared for Snow Squalls and High
Winds** Call 1-800 FIX ROAD to report conditions

Pittsburgh, PA - PennDOT is urging drivers to slow down, pay attention
and use caution on area roadways, particularly on elevated areas like
bridges and ramps through this weekend.

Snow squalls and drifting conditions should be expected across the region
as strong winds and bitter temperatures are occurring. Please use extreme
caution when driving. Motorists who encounter drifting snow, isolated

snow-covered roadways or debris can call **1-800-FIX-ROAD** to report the location.

Motorists need to be alert for rapidly changing road and weather conditions. Also, heavy squalls can cause whiteout conditions, virtually eliminating a driver's visibility.

PennDOT offers this advice:

- Slow down gradually and drive at a speed that suits the conditions.
- Turn on your headlights.
- Stay in your lane.
- Increase your following distance.
- Stay alert, keep looking as far ahead as possible and be patient.
- Reduce in-car distractions since your full attention is required.
- Use defroster and wipers.
- Keep windows and mirrors free of snow and ice.
- During whiteouts, come to a complete stop only when you can safely get as far off the road as possible or when there is a safe area to do so.
- Do not stop in the flow of traffic since this could create a chain-reaction collision.
- Do not pass a vehicle moving slowly or speed up to get away from a vehicle that is following too closely.
- Always buckle up and never drink and drive.

The Department also asks motorists to allow plenty of space when driving near PennDOT winter maintenance vehicles. Also, for their own safety and the safety of PennDOT operators, motorists should never attempt to pass a truck while it is plowing or spreading winter materials.

PennDOT reminds motorists to pack an emergency kit for their vehicles. A basic kit should include non-perishable food, water, blanket, small shovel and warm clothes. When preparing an emergency kit, motorists should take into account special needs of passengers such as baby food, pet supplies or medications and pack accordingly.

Although PennDOT recommends not traveling during winter storms, motorists can check road conditions on more than 2,900 miles of state roads by calling 511 or visiting www.511PA.com. 511PA, which is free and available 24 hours a day, provides traffic delay warnings, weather forecasts, average traffic speeds on urban interstates and access to more than 500 traffic cameras. The 511 site also provides easy-to-use, color-coded winter road conditions for all interstates and other routes covered in the 511

reporting network. Regional Twitter alerts are also available on the 511PA website.

For more winter driving tips and information on how PennDOT treats winter storms, visit www.dot.state.pa.us/winter.

Metropolitan Andrei Saguna, former metropolitan of Transylvania between 1864 and 1873, was canonised at the Metropolitan Cathedral of Sibiu on Saturday, in a ceremony attended by about 10,000 people, according to Mediafax news agency. Among those who attended the Sibiu ceremony were President Traian Basescu, Social Liberal Union leader Victor Ponta, Greater Romania Party (PRM) leader Corneliu Vadim Tudor, Sibiu Mayor Klaus Johannis, Economy Minister Ion Ariton, Foreign Minister Teodor Baconschi and other officials. The service was also attended by local authorities and representatives of several religious denominations in Romania.

The Holy Mass held in the cathedral on the occasion was conducted by about 50 Romanian and foreign priests, led by Romanian Orthodox Patriarch Daniel and Patriarch Theodoros II of Alexandria.

At the end of the canonisation service, Transylvania Metropolitan Laurentiu Streza urged all those present in the Metropolitan Cathedral of Sibiu to respect the "eight-word testament left by Andrei Saguna: "Keep peace, maintain good ties, do not fight."

President Basescu also held a speech after the service, saying that Saguna "understood that school, education, culture are a people's elements of eternity." "Such a forefather today becomes a saint and I will not miss the opportunity to bow to the holy church figures present here and to Saint Andrei Saguna," Basescu ended his speech, according to Mediafax.

But the president's presence at the service and his discourse were heavily criticized by PRM leader Vadim Tudor, who also slammed Transylvania Metropolitan Church officials who allowed the head of state to give his speech in the church. "Now he's talking in the church, he can no longer speak in public because people boo him and he ended up speaking in church. This event was politicized," Vadim Tudor said.

According to the Gospel, it should be said that undoubtedly each person is given his own saving cross. This cross has grown on the soil of our heart, and it is only through this cross that we can be saved. From this it follows that if we refuse to carry our cross of obedience for no legitimate reason, we refuse to go by the way of Christ, by the saving way, and we want to

invent for ourselves another way, free of labor, for attaining the Kingdom of Heaven. But this cannot be. *St. Anatoly of Optina*

Reading the Holy Scriptures is like a treasure. With a treasure, you see, anyone able to find a tiny nugget gains for himself great wealth; likewise in the case of Sacred Scripture, you can get from a small phrase a great wealth of thought and immense riches. *St. John Chrysostom*

People mostly pray as if there were no God with them, or as if He did not heed their prayers. Let us ascribe to the Lord at least the same amount of attention that good parents show to the requests of their children, at least that provident and attentive love which good parents have for their children. *St. John of Kronstadt*

Some thoughts on fasting:

And finally, did not the Lord Jesus Himself begin His divine ministry of the salvation of mankind with a long, forty day fast? And did not He, in this way, clearly show that we must make a serious beginning to our life as Christians with fasting? First, the fast, and then all the rest comes together with, and through, the fast. By His own example, the Lord showed us how great a weapon fasting is. With this weapon, He vanquished Satan in the wilderness, and with it was victorious over the three chief satanic passions with which Satan tempted Him: love of ease, love of praise, and love of money. These are three destructive greeds, the three greatest traps into which the evil enemy of the human race lures Christ's soldiers. *St. Nikolai Velimirovic*