



## 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: 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, Father Nestor Kowal, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Deacon Dennis Lapushanski, Protopresbyter Peter Hotrovich, Protodeacon Joseph Hotrovich, Pani-Dobrodijka Sonia Diakiw, Joshua Agosto and his family, Mike Holupka, Eva Malesnick, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, 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, Ethel Thomas, Donna, Erin, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, 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, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Doris Artman, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, 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, 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, Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Tony Butecoff, Carl & Margaret Reed, Theodore Demopoulos, Jillian Bowman,

Lydia Wilson, Robert Pointon, Walter Cecelia, John Persico, Jeff Miller, Mary Kernick, Glenn Miller, Jean Marie, Donna & Walter McCrackin, Doug Smith [Millie Kerr's son-in-law], Bonnie & Eugene Blair [Pani Gina's parents], Mel & Charlotte Malik, Paula Pasquinelli, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, June Miller, Corey Guich, Monica Salvatore, Glenda Tickerhoof, Robert Vangrin, Juliana Leis, Susan "Billie" Mason, Pauline Witkowsky, Sera White, LuAnne [Mike Horvath's daughter], Donald Griffey, Martin Kapusta, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [child with cerebral palsy], Thomas Stutzman, Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

**PRAYER LIST: Please help update our prayer list. If you or someone you know no longer needs to be on the prayer list or if there is someone who needs to be on the list please let Father Bob know. Remember—Prayers are ALWAYS FREE! Thank you!**

Please remember Ryan Fuller, 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, SEPTEMBER 30 Divine Liturgy of Saint John Chrysostom 10:30 AM**

**SEVENTEENTH SUNDAY AFTER PENTECOST; SUNDAY AFTER THE EXALTATION;  
AFTERFEAST OF THE EXALTATION; MARTYRS SOPHIA & DAUGHTERS FAITH,  
HOPE, AND LOVE AT ROME; MARTYR THEODOTA AT NICAEA AND AGTHOKLEA;  
156 MARTYRS OF PALESTINE**

*Tone 8*

Galatians 2:16-20; II Corinthians 6:16-7:1

Mark 8:34-9:1; Matthew 15:21-28

***Litany in Blessed Memory of Michael Horvath—40 Days—Fr. bob  
Parastas in Blessed Memory of Tillie & Charles Pawlyshyn—Jean Stuchell &  
Frances***

**SUNDAY, OCTOBER 7                      NO SERVICE IN SLICKVILLE—FR. BOB @ SOBOR  
EIGHTEENTH SUNDAY AFTER PENTECOST; HOLY PROTOMARTYR AND EQUAL-  
TO-THE-APOSTLES THECLA OF ICONIUM; SAINT COPRIUS OF PALESTINE**

*Tone 1*

II Corinthians 9:6-11

Luke 5:1-11

**SUNDAY, OCTOBER 14                      Divine Liturgy of Saint John Chrysostom  
10:30 AM**

**NINETEENTH SUNDAY AFTER PENTECOST; POKROVA—PROTECTION OF THE  
MOST HOLY LADY, THEOTOKOS, AND EVER-VIRGIN MARY; APOSTLE ANANIAS  
OF THE 70; SAINT ROMAN THE MELODIST OF CONSTANTINOPLE; MARTYR  
DOMINUS OF THESSALONICA; MARTYR MICHAEL-ABBOT IN ARMENIA & 36  
FATHERS WITH HIM**

*Tone 2*

Hebrews 9:1-7; II Corinthians 11:31-12:9

Luke 10:38-42, 11:27-28; Luke 6:31-36

***Litany in Blessed Memory of Kay Behun, Father Theodore Forosty, Johnathan  
Dorning, Daniel Chicka, & Mary Evaniuk—Fr. Bob  
Parastas in Blessed Memory of Hilda Holupka—Mike Holupka,  
Nicholas & Catherine Behun—Behun Family***

**BULLETIN INSERT FOR 30 SEPTEMBER 2012  
SEVENTEENTH SUNDAY AFTER PENTECOST; SUNDAY AFTER  
THE EXALTATION; AFTERFEAST OF THE EXALTATION;  
MARTYRS SOPHIA & DAUGHTERS FAITH, HOPE, AND LOVE  
AT ROME; MARTYR THEODOTA AT NICAEA AND  
AGTHOKLEA; 156 MARTYRS OF PALESTINE**

**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.

He who loves the world loves occasions of falling. Therefore if we happen to lose something, we must accept this with joy and gratitude, realizing that we have been set free from care. Abba Euprepus

**From the September 19/October 2 entry in *The Prologue of Ohrid*:**

Even the dead sense and know the good deeds that are performed for them. Christians need not have any doubt in this. A good deed spreads through the heavenly world like an electrical current.

An imperial clerk, Magistrian, was sent by the emperor on an important errand. Along the way, Magistrian saw a poor dead man, completely naked. He was moved with pity, removed his shirt, dressed the dead man, and buried him honorably. After a while, Magistrian had an unfortunate accident: he fell from his horse and broke his leg, and lay sick in bed for a long time. On one occasion, several doctors gathered around him to take counsel concerning his illness. The doctors agreed that his leg would have to be amputated.

That night Magistrian could not sleep, but grieved and wept. At midnight, a man suddenly appeared in his room and asked him, "Why are you weeping?" When Magistrian explained his condition, the unknown man then rubbed the infected leg with his hand and the leg was healed. "For God's sake, tell me—who are you?" asked Magistrian. The unknown man replied, "Look at me, and see, is not this your shirt? I am he whom you saw naked and dead, and whom you dressed in this shirt. And behold, for your good deed God has sent me to heal you. Give thanks to God!"

## **The Universal Exaltation of the Precious and Life-Giving Cross of Christ**

*"The joy of human life springs forth from the Cross."*

**Elder Ephrem of Katounakia**, (<http://vatopaidi.wordpress.com/>)



***The Universal Elevation or Exaltation of the Precious and Life-Giving Cross of Christ - Commemorated on September 14/28*** (icon taken from: <http://vatopaidi.files.wordpress.com/2009/09/elevatio.gif>)

The Elevation of the Venerable and Life-Creating Cross of the Lord: The pagan Roman emperors tried to completely eradicate from human memory the holy places where our Lord Jesus Christ suffered and was resurrected for mankind. The Emperor Hadrian (117-138) gave orders to cover over the ground of Golgotha and the Sepulchre of the Lord, and to build a temple of the pagan goddess Venus and a statue of Jupiter.

Pagans gathered at this place and offered sacrifice to idols there. Eventually after 300 years, by Divine Providence, the great Christian sacred remains, the Sepulchre of the Lord and the Life-Creating Cross were again discovered and opened for veneration. This took place under the Emperor Constantine the Great (306-337) after his victory in the year 312 over Maxentius, ruler of the Western part of the Roman empire, and over Licinius, ruler of its Eastern part. In the year 323 Constantine became the sole ruler of the vast Roman Empire.

In 313 he had issued the Edict of Milan, by which the Christian religion was legalized and the persecutions against Christians in the Western half of the empire were stopped. The ruler Licinius, although he had signed the Edict of Milan to oblige Constantine, still fanatically continued the persecutions against Christians. Only after his conclusive defeat did the 313 Edict of toleration extend also to the Eastern part of the empire. The Holy

Equal of the Apostles Emperor Constantine, having gained victory over his enemies in three wars with God's assistance, had seen in the heavens the Sign of the Cross, and written beneath: "By this you shall conquer."

Ardently desiring to find the Cross on which our Lord Jesus Christ was crucified, St Constantine sent his mother, the pious Empress Helen (May 21), to Jerusalem, providing her with a letter to St Macarius, Patriarch of Jerusalem.

Although the holy empress Helen was already in her declining years, she set about completing the task with enthusiasm. The empress gave orders to destroy the pagan temple and the statues in Jerusalem. Searching for the Life-Creating Cross, she made inquiry of Christians and Jews, but for a long time her search remained unsuccessful.

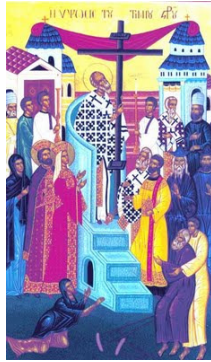


**Icon depicting St. Helen and St. Makarios uncovering the Life-giving Cross of Christ** (taken from: [http://www.ekklisiastikos.com/2009/06/blog-post\\_1819.html](http://www.ekklisiastikos.com/2009/06/blog-post_1819.html))

Finally, they directed her to a certain elderly Hebrew by the name of Jude who stated that the Cross was buried where the temple of Venus stood. They demolished the pagan temple and, after praying, they began to excavate the ground. Soon the Tomb of the Lord was uncovered. Not far from it were three crosses, a board with the inscription ordered by Pilate, and four nails which had pierced the Lord's Body (March 6).

In order to discern on which of the three crosses the Savior was crucified, Patriarch Macarius alternately touched the crosses to a corpse. When the Cross of the Lord touched the dead one, he came to life. Having beheld the raising of the dead man, everyone was convinced that the Life-Creating Cross was found.

Christians came in a huge throng to venerate the Holy Cross, beseeching St Macarius to elevate the Cross, so that even those far off might reverently contemplate it. Then the Patriarch and other spiritual leaders raised up the Holy Cross, and the people, saying "Lord have mercy," reverently prostrated before the Venerable Wood. This solemn event occurred in the year 326.



**Another icon of the Exaltation of the Precious Cross, also most likely depicting people being healed in the foreground** (taken from:

[http://christopherklitou.com/icon\\_14\\_sept\\_exaltation\\_of\\_cross.htm](http://christopherklitou.com/icon_14_sept_exaltation_of_cross.htm))

During the discovery of the Life-Creating Cross another miracle took place: a grievously sick woman, beneath the shadow of the Holy Cross, was healed instantly. The elder Jude and other Jews there believed in Christ and accepted Holy Baptism. Jude received the name Cyriacus and afterwards was consecrated Bishop of Jerusalem. During the reign of Julian the Apostate (361-363) he accepted a martyr's death for Christ (see October 28). The holy empress Helen journeyed to the holy places connected with the earthly life of the Savior, building more than 80 churches, at Bethlehem the birthplace of Christ, and on the Mount of Olives where the Lord ascended to Heaven, and at Gethsemane where the Savior prayed before His sufferings and where the Mother of God was buried after her death.

St Helen took part of the Life-Creating Wood and nails with her to Constantinople. The holy emperor Constantine gave orders to build at Jerusalem a majestic and spacious church in honor of the Resurrection of Christ, also including under its roof the Life-Giving Tomb of the Lord and Golgotha. The temple was constructed in about ten years. St Helen did not survive until the dedication of the temple, she died in the year 327. The church was consecrated on September 13, 335. On the following day, September 14, the festal celebration of the Exaltation of the Venerable and Life-Creating Cross was established.

Another event connected to the Cross of the Lord is remembered also on this day: its return to Jerusalem from Persia after a fourteen year captivity. During the reign of the Byzantine emperor Phocas (602-610) the Persian emperor Khosroes II in a war against the Greeks defeated the Greek army, plundered Jerusalem and captured both the Life-Creating Cross of the Lord and the Holy Patriarch Zachariah (609-633).

The Cross remained in Persia for fourteen years and only under the emperor Heraclius (610-641), who with the help of God defeated Khosroes and concluded peace with his successor and son Syroes, was the Cross of the Lord returned to the Christians.



**"This is the largest known fragment of the True Cross in the world. It is treasured at the Holy Monastery of Xeropotamou, Mt. Athos. A hole from the nail that went through our Saviour's right hand, can be seen surrounded by diamonds at the lower portion of the vertical cross-bar."**

(taken from: <http://uncutmountainsupply.com/proddetail.asp?prod=GTC10>)

With great solemnity the Life-creating Cross was transferred to Jerusalem. Emperor Heraclius in imperial crown and royal purple carried the Cross of Christ into the temple of the Resurrection. With the emperor went Patriarch Zacharios. At the gates by which they ascended Golgotha, the emperor suddenly stopped and was not able to proceed farther. The holy Patriarch explained to the emperor that an angel of the Lord was blocking his way. The emperor was told to remove his royal trappings and to walk barefoot, since He Who bore the Cross for the salvation of the world from sin had made His way to Golgotha in all humility. Then Heraclius donned plain garb, and without further hindrance, carried the Cross of Christ into the church.

In a sermon on the Exaltation of the Cross, St Andrew of Crete (July 4) says: "The Cross is exalted, and everything true gathers together, the Cross is exalted, and the city makes solemn, and the people celebrate the feast".

(taken from: <http://ocafs.oca.org/FeastSaintsViewer.asp?SID=4&ID=1&FSID=102610>)



**Another icon of the Exaltation of the Precious Cross** (taken from: <http://ocafs.oca.org/FeastSaintsViewer.asp?SID=4&ID=1&FSID=102610>)

### **St John Maximovitch on The Exaltation of the Precious Cross**

"Before the time of Christ, the cross was an instrument of punishment; it evoked fear and aversion. But after Christ's death on the Cross it became the instrument of our salvation. Through the Cross, Christ destroyed the devil; from the Cross He descended into hades and, having liberated those languishing there, led them into the Kingdom of Heaven. The sign of the



Cross is terrifying to demons and, as the sign of Christ, it is honored by Christians. *"O Lord, save Thy people and bless Thine inheritance. Grant victory unto Orthodox Christians over their adversaries, and by the virtue of Thy Cross, preserve Thy community."*

The beginning of this prayer is taken from the twenty-seventh Psalm. In the Old Testament the word "people" designated only those who confessed the true faith, people faithful to God. "Inheritance" referred to everything which properly belonged to God, God's property, which in the New Testament is the Church of Christ. In praying for the salvation of God's people (the Christians), both from eternal torments and from earthly calamities, we beseech the Lord to bless, to send down grace, His good gifts upon the whole Church as well, and inwardly strengthen her.

The petition for granting "victory to kings" (Grant victory to Orthodox Christians over their adversaries) (ie: to the bearers of Supreme authority), has its basis in Psalm 143, verse 10, and recalls the victories of King David achieved by God's power, and likewise the victories granted Emperor Constantine through the Cross of the Lord.

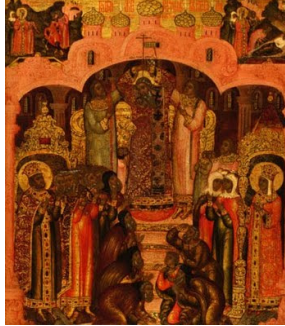
This appearance of the Cross made emperors who had formerly persecuted Christians into defenders of the Church from her external enemies, into "external bishops," to use the expression of the holy Emperor Constantine. The Church, inwardly strong by God's grace and protected outwardly, is, for Orthodox Christians, "the city of God." Heavenly Jerusalem has its beginning. Various calamities have shaken the world, entire peoples have disappeared, cities and states have perished, but the Church, in spite of persecutions and even internal conflicts, stands invincible; for the gates of hell shall not prevail against her (Matt. 16:18).

Today, when world leaders try in vain to establish order on earth, the only dependable instrument of peace is that about which the Church sings: *"The Cross is the guardian of the whole world; the Cross is the beauty of the Church, the Cross is the might of kings; the Cross is the confirmation of the faithful, the Cross is the glory of angels and the wounding of demons."* (Exapostilarion of the Exaltation of the Cross)" (from a sermon on the Exaltation of the Cross by St John of Shanghai and San Francisco; taken from:

<http://www.orthodox.net/articles/exaltation.html>; see the following for another sermon by St. John Maximovitch on the Holy Cross: <http://www.johnsanidopoulos.com/2009/09/cross-preserver-of-universe.html>)

*"Why do we honor the Cross with such reverence that we make mention of its power in our prayers after asking for the intercession of the Mother of God and the Heavenly Powers, before asking for that of the Saints, and sometimes even before asking for that of the Heavenly Powers? Because after the Saviour's sufferings, the Cross became the sign of the Son of Man, that is, the Cross signifies the Lord Himself, incarnate and*

suffering for our salvation." **St. John of Kronstadt, My Life in Christ**  
(<http://www.monachos.net/content/forum/showthread.php?t=4057&highlight=akathist+cross>)



**Detail of icon of showing the Exaltation of the Precious Cross** (taken from:  
[http://vatopaidi.files.wordpress.com/2009/09/feast\\_of\\_the\\_cross.jpg](http://vatopaidi.files.wordpress.com/2009/09/feast_of_the_cross.jpg))

**Apolytikion in the First Tone** Save, O Lord, your people, and bless your inheritance, granting victory to the faithful over the enemy, and by your Cross protecting your commonwealth. (\*Note: this is the text adopted by the National Forum of Greek Orthodox Church Musicians.)

**Kontakion in the Fourth Tone** You who were lifted on the cross voluntarily, O Christ our God, bestow Your tender compassions upon Your new community to which You gave Your name. Cause our faithful emperors to be glad in Your power, granting them the victories against their adversaries. And for an ally, Lord, may they have You, peace as their armor, the trophy invincible.

**Oikos** Paul, who was caught up into Paradise beyond the third heaven, and who heard the unspeakable and divine words that it is not permissible for tongues to utter, writes to the Galatians what you, as lovers of the Scriptures, have read and already know. "God forbid," says he, "that I should boast except in the Cross of the Lord, whereby He suffered and thus killed the passions." This very Cross of the Lord, then, let us all surely hold as our boast. For this wood is our salvation, the shield of peace, the trophy invincible.

**Doxastikon of the Praises in the Plagal of the Second Tone**

Today the Cross of the Lord comes out, and the faithful receive it with longing, and they obtain healings of soul and body and of every infirmity. Let us kiss it with joy and with fear: with fear, for we are unworthy because of sin; and with joy, because of the salvation, which Christ the Lord grants us, since He was nailed to the Cross, and He has great mercy.

(hymns taken from: <http://sgpm.goarch.org/ematins/bilingual/Sep14.pdf>; also, the Engomia (Lamentations) of the Holy Cross (in Greek) are available here:

<http://voutsinasilias.blogspot.com/2009/09/14.html>, the Akathist to the Holy Cross (in English) is available here: [http://www.geocities.com/canonical\\_orthodox\\_2000/akathist\\_holy\\_cross.html](http://www.geocities.com/canonical_orthodox_2000/akathist_holy_cross.html), and the Paraklesis (Supplication) service of the Precious Cross (in Greek) is available here: <http://www.agiooros.net/forum/viewtopic.php?f=50&t=5589>.)

**Your Cross do we worship O Master, and Your Holy Resurrection do we glorify!**

"Christian humility, alms-giving, continence, purity and chastity, simplicity and goodness of heart... O brothers and sisters, bring these virtues as a gift to the One Who was born for the sake of our salvation—let us bring them in place of the gold, frankincense and myrrh which the Magi brought Him, as to One Who is King, God, and Man, come to die for us. This, from us, shall be the most-pleasing form of sacrifice to God and to the Infant Jesus Christ."—*St. John of Kronstadt*

A guileless spirit is one which has no badness within it. Badness is a characteristic of the evil one, who seeks by means of wickedness to divert man from the path of virtue and from God. Consequently, great carefulness and effort are needed in order that there might reign in the soul a guileless and pure spirit. *St. Raphael of Lesvos*

For on this account He bore all these things, in order that we might walk in His footsteps, and endure those mockings which disturb more than any other kind of reproach...This let us also imitate; for nothing so much maketh God propitious as loving enemies, and doing good to those who despitefully use us. *St. John Chrysostom*

A person cannot acquire a reliance on God if, prior to this, he hasn't fulfilled His will according to one's own strength. Because hope in God and fortitude is born from witness of the conscience (in God): and only with genuine witness of our mind (in God) can we have trust in Him. *St. Isaac the Syrian*

Let us know the great goodness of God for those who sincerely take refuge in Him and who correct their past faults by repentance and let us not despair of our salvation. In truth, as it was proclaimed by the Prophet Isaiah, God washes those who are dirty with sin, whitens them as wool and as snow and bestows the good things of the heavenly Jerusalem on them. *Abba Paul the Simple*

"In your heart be like an emperor, seated high in humility, commanding laughter: 'Go!' and it goes; and sweet weeping: 'Come!' and it comes; and our tyrant and slave, the body: 'Do this!' and it does it." *St. John Climacus*