



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

HAPPY BIRTHDAY to our October babies: Rachel Shirley on the 6th, Rich Previc on the 8th, and Harley Katarina Frances Rahuba on the 24th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years!

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, 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

SUNDAY, OCTOBER 21 **Divine Liturgy of Saint John Chrysostom**
10:30 AM

TWENTIETH SUNDAY AFTER PENTECOST; SAINT PELAGIA THE PENITENT OF THE MOUNT OF OLIVES; VIRGIN-MARTYR PELAGIA OF ANTIOCH; SAINT THIAS OF EGYPT

Tone 3

Galatians 1:11-19

Luke 7:11-16

Litany in Blessed Memory of Mary Vigani—40 Days—Fr. Bob
Parastas in Blessed Memory of George Luciw—Sonia

SUNDAY, OCTOBER 28 **Divine Liturgy of Saint John Chrysostom**
10:30 AM

TWENTY-FIRST SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE 7TH ECUMENICAL COUNCIL; SAINT EUTHYMIUS THE NEW OF THESSALONICA; MARTYR LUCIAN-PRESBYTER OF GREATER ANTIOCH; MARTYRS SARBELUS & BEBAL OF EDESSA; SAINT SABINUS-BISHOP OF CATANIA; HIEROMARTYR LUCIAN-PRESBYTER OF PERCHEVSKY LAVRA

Tone 4

Hebrews 13:7-16; Galatians 2:16-20

John 17:1-13; Luke 8:5-15

Litany in Blessed Memory of Helen Pytlak—Terry & Geri Stone & Family

BULLETIN INSERT FOR 14 OCTOBER 2012
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**

TROPARION—TONE 2

When Thou didst descend to death, O Life Immortal,
Thou didst slay hell with the splendor of Thy Godhead!
And when from the depths Thou didst raise the dead,
All the powers of heaven cried out:
O Giver of Life! Christ our God! 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 2

Hell became afraid, O Almighty Savior,
Seeing the miracle of Thy Resurrection from the tomb!
The dead arose! Creation, with Adam,
Beheld this and rejoiced with Thee!
And the world, O my Savior, praises Thee forever!

PROKEIMENON—TONE 2

READER: The Lord is my strength and my song. He has become my
salvation.

**PEOPLE: The Lord is my strength and my song. He has become my
salvation.**

READER: The Lord has chastened me sorely, but he has not given me over
to death.

**PEOPLE: The Lord is my strength and my song. He has become my
salvation.**

READER: The Lord is my strength and my song.

PEOPLE: He has become my salvation.

ALLELUIA VERSES—TONE 2

The Lord answer you in the day of trouble! The name of the God of Jacob
protect you!

Save the king, O Lord, and hear us on the day we call!

From the Life of St. Onouphrios:

And straightway I (Paphnutius) looked, and I saw a man in the distance, who seemed to be completely of fire, his hair was spread out over his body like that of a panther, and he was naked, and his privy parts were covered with leaves. And when he had come nigh unto me I was afraid, and I went up on a ledge of the mountain, [thinking that] perhaps he was a man in delirium. And when he had come he cast himself down for a little time under the shadow of the ledge of the mountain, and he was greatly distressed because of the pain which he was suffering, and he was in great danger of dying of hunger and thirst. And he lifted up his eyes to the ledge of the mountain, and when he saw me he cried out, saying, ``Come down to me, O thou holy man. I also am a man of the mountain like unto thyself, and I am living in the desert because of my sins. And he said unto me, ``Thou art a friend of God." And I sat down before him, and I begged him to tell me his name.

And he said unto me, ``Onouphrios is my name. And behold, I have lived in this desert for sixty years. I wander about in the mountains like the wild animals, and I never see any man who recognizes me. I lived at one time in a habitation of monks, in the mountain of Shmun of the Thebaid. And the name of that monastery was Erete. We all lived together, each of us was of the same mind, and peace dwelt in our midst. We lived with each other a life of quiet contemplation, and we ascribed glory unto God. And I passed nights in vigil with them, and I learned the rules of God from them; and their chief men were perfect even as the angels of the Lord.

``And I heard them speaking about our father Elijah, the Tishbite, and saying that he was wholly powerful in God. And there lived in this desert John the Baptist also, than whom of all those who have been born of women none hath arisen who is greater than he. [Matt. 11:11] He lived in the desert-places until the day of his manifestation before Israel... I rose up straightway, and I took a few bread cakes with me, sufficient for the four days' journey, so that I might eat of them until [I arrived at] the place which God should appoint for me.

``And when I had come forth from the monastery I looked, and I saw a being of light before me, and I was afraid, and I thought in my mind that I would turn back to the place to which I came first of all, and remain there. And when he knew that I was afraid, he said unto me, `Fear not, for I am the angel that dwelleth with thee, and that hath traveled with thee from thy childhood; this stewardship, which the Lord hath appointed to thee, thou shalt be able to fulfill.'

``And when I had come into the mountain and I had journeyed in the desert for six or seven miles, I saw a cave, and I turned towards it, for I saw that there was a man inside it. And a very great saint of God came out to me; now his form (or, behavior) was goodly, and there was a fine

graciousness over his countenance, and when I had seen him I prostrated myself before him.

`` And he raised me up, and he saluted me, and he said unto me, `Thou art Onouphrios, my fellow worker in the Lord; come in. The Lord be with thee. Thou shalt succeed in the good work whereunto He hath invited thee.' And I went inside, and I sat down there with him for a few days, and I learned the rules of the doctrine of God from him, and he taught me the regulations which governed the life of the monk in the desert. And when he saw that I was acquainted with the hidden and terrible fighting which existed in the desert, he said unto me, `Rise up, my son, and let me take thee to a desolate place in the inner desert, and thou shalt abide therein by thyself for God's sake. Since God hath appointed thee to this work thou must dwell in the desert.'

`` And straightway he rose up, and journeyed with me into the desert for a distance of four days' journey, and at the end of the four days we came to a small hut, and he said unto me, `This is the place which the Lord hath appointed thee to live in;' and he sat down with me for a month of days, until I understood the good work which it was meet for me to do. And afterwards he departed from me, and we never saw each other again until this year when I saw him once on the day whereon he laid down the body, and I buried him inside the place wherein he was." And when I had heard these things, I rejoiced exceedingly that I was held to be worthy to hear them from Onouphrios. And I forgot all the sufferings which I had endured when I was journeying in the desert, and strength came into my body, and renewed power came to my body and to my soul. And I said unto him, ``Blessed am I that I am held to be worthy to see thy holy face, and to hear thy sweet words."

Then he said unto me, ``Rise up, O my brother, and let us depart to the place wherein we are to be." And we rose up, and we journeyed on, and we came to a hut, and when we had entered into the hut he stood up and prayed with me. And when we had finished the prayer we gave (i.e. said) the ``Amen", and we sat down together and talked on about the majesty of God.

And at the time when the sun was about to set I looked and I saw a loaf of bread and a vessel of water. And he said unto me, ``Rise up, my brother, and eat, and drink this small quantity of water, for I see that thou art exhausted by hunger and thirst, and by the toil of the road." And I said unto him, ``As God Almighty liveth, I will neither eat nor drink unless we sit down and eat the bread together." And when I continued to press him with difficulty [he agreed], and we sat down together, and we divided the bread, and ate, and put back some of it; and the two of us drank from the vessel of water, and we were satisfied, and we left some of it in the vessel.

And we passed the whole night in prayer, and we prayed to God until the morning.

And when it was morning I saw that his face was changed, and was altogether transformed, and that it was like unto that of another man, and that it seemed to be [made] wholly of fire. And his form terrified me exceedingly. And he said unto me, ``Fear thou not, O my brother in God, for the Lord hath sent thee to care for my body, and to bury it. In a day or two I shall fulfill my stewardship, and shall go to the place of everlasting rest." Now that day was the sixteenth day of the month Paone [June 10].

And he also said unto me, ``When thou departest into Egypt proclaim the remembrance of me as a sweet-smelling thing to the brethren. Whosoever shall make an offering in my name, and keep me in remembrance, Jesus Himself shall bring him in the first hour of a thousand years."

And I said unto him, ``If he be a poor man he will not be able to give an offering in thy name." And he said unto me, ``Let him feed a poor brother in my name."

And I said unto him, ``If he be a poor man he will not be able to feed him; wilt thou not take him in to the feast at the first hour of a thousand years?" And he said unto me, ``Let him give a little scent in my name."

And I said unto him, ``If he be a poor man he will not be able to give scent in thy name because of [his] poverty. O my good father, let thy grace be with us all, for whatsoever thou shalt ask of God that will God give unto thee." And he said unto me, ``Let him stand up and say three times prayers to God in my name, and the Lord Jesus shall bring him to the thousand years, and he shall receive an inheritance with all the saints."

And I said unto him, ``O my holy father, if I am worthy of it, I should like to be present in thy holy abode when thou shalt cease [to be] in this body." And he said unto me, ``Certainly thou shalt, my son. For thou hast not been appointed to the stewardship, but the Lord hath appointed thee to console the holy brethren who live in the desert, and to proclaim their sweet odour among the brethren who worship God for the benefit of those who hearken unto thee. Get thee forth to Egypt, O my son, and do thou continue to carry on the good work."

And straightway I fell down upon the ground, and I said unto him, ``Bless me, O my father, that I may be made to stand before God, and that as I have been held worthy to see thee upon the earth, I may also be held worthy to see thee in the Other World before the Lord Jesus the Christ." And he said unto me, ``O my son, may God not cause thee to grieve about any matter whatsoever, and may He strengthen thee in His love, so that thine eyes may receive the light of His Godhead, and so that thou mayest neither lean to one side nor fall, but mayest end successfully

the work whereunto thou has set thy hand. May the angels shelter thee, and deliver thee from the plottings of the Jews, and may no accusation fall upon thee when thou hast to meet God."

And when he had made an end of saying these things he rose up, and prayed to God with sighings and many tears; and afterwards he laid himself upon the ground, and he completed his stewardship in God, and yielded up his spirit into the hand of God on the sixteenth day of the month Paone. And I heard the voices of the angels singing hymns before the blessed Apa Onnofrios, and there was great joy at his meeting God.

And I took off the garment wherewith I was clothed, and tore it into two pieces; in the one I wrapped up [the holy man] for burial, and the other I used as raiment, so that I might not be naked. And I placed his body down in a cleft in the rock, and I heard the sounds of a multitude of angels rejoicing, and crying out, ``Alleluia;" and I said my prayer over him, and I rolled several stones upon him. And I stood up and prayed the second time, and straightway the palm-tree fell down, and I marveled exceedingly at what had taken place; and I ate what was left of the bread, and I drank of the water which was left to us.

from Paphnutius, The Life of St. Onouphrios 10-24 St. Onouphrios the Great, commemorated 10 June

On this day died Saint Abba Isaac the martyr, who was from the city of Difra, in the north of Egypt. Unto this holy man the angel of the Lord appeared, in a vision of the night, and he woke him up and said unto him, "Go thou to the city of Tuw, that thou mayest receive the crown of martyrdom"; and he rose up to salute his father and his mother before he departed. And they wept over him, and they would not let him go until the angel of the Lord came a second time and brought him out from his city and took him to the city of Gemwa Tuw. When he arrived there, he found that the governor was in the bathhouse, but as soon as he came out the saint cried out boldly before him, saying, "I am a Christian. I believe on our Lord Jesus Christ." And the governor commanded one of his soldiers to take Saint Isaac with him to his house, and to guard him until he came back from the city of Nakyos (Nikiu). And as Saint Isaac was passing along the road with the soldier, a certain blind man, who was sitting by the wayside, begged him, saying, "Have compassion upon me, O saint of God, and heal my eyes." And Saint Abba Isaac petitioned God for the blind man, and his eyes were opened immediately. When the soldier saw this miracle he believed on our Lord Jesus Christ, and became a Christian. And when the governor returned, the soldier confessed the Lord Jesus Christ before him, and received the crown of martyrdom. After this the governor tortured this saint very severely, and he sent him to the city of Behnesa (Oxyrhynchus);

[to suffer] divers tortures. And when the saint was on the ship he begged that someone might give him a cup of water, and a certain sailor, who was blind in one eye, gave him a cup of water; and the saint sprinkled some of the water over him, and his eye was opened, like its fellow. And when the men of the city of Behnesa saw the tortures which were inflicted on Saint Abba Isaac, and the mighty signs which he performed, they took him and carried him to the governor, and said unto him, "Kill him, or send him away; act quickly and immediately." And straightway the governor commanded the soldiers to cut off his head, and they cut off his head with a sword, and he received the crown of life. And there were there certain believing men, and they lifted the body of Saint Abba Isaac upon a wagon, and they drew it with oxen, and brought it to the city of Difra. And when they could not find a boat to carry it over the river, the oxen forded the river, carrying the body of the saint upon their backs, and the believers brought it into his house. And they pulled down the church, and built another church in his name, and they laid the body therein, and many signs and miracles took place [there] through it. *Salutation to Isaac.*
St. Isaac the Martyr, commemorated 14/27 May—Ethiopian Synaxarion

When one receives grace, there is then need for the greatest prudence and discernment. God gives these to the person that asks Him for them so that He may serve God in the Spirit Whom he receives, and also that he may not be conquered by evil and be deceived, led astray through ignorance, presumption, and carelessness by acting against all that the Lord wills. *St. Macarius the Great*

When the soul's incensive power is aroused against the passions, we should know that it is time for silence, as the hour of battle is at hand. But when this turbulence grows calm, whether through prayer or through acts of mercy, we may then be moved by a desire to proclaim God's mysteries, restraining the wings of our intellect with the cords of humility. For unless a man sets himself at utterly at nought, he cannot speak of the majesty of God. *St. Diadochos of Photiki*

Amma Synclética said, "It is dangerous for anyone to teach who has not first been trained in the "practical" life. For if someone who owns a ruined house receives guests there, he does them harm because of the dilapidation of his dwelling. It is the same in the case of someone who has not first built an interior dwelling; he causes loss to those who come. By words one may convert them to salvation, but by evil behavior, one injures them.

Before the war begins, seek after your ally; before you fall ill, seek out your physician; and before grievous things come upon you, pray, and in the time of your tribulations you will find Him, and He will listen to you. *St. Isaac the Syrian*

Of all evil suggestions, the most terrible is that of following one's own heart, that is to say, one's own thought, and not the law of God. A man who does this will be afflicted later on, because he has not recognized the mystery, and he has not found the way of the saints in order to work in it. *Abba Isidore the priest*

It is no small struggle to be freed from self-esteem. Such freedom is to be attained by the inner practice of the virtues and by more frequent prayer; and the sign that you have attained it is that you no longer harbor rancor against anybody who abuses or has abused you. *St. Maximos the Confessor*

Even without any other passion, self-esteem can ruin a man; and in the same way, if we have formed the habit of judging, we can be utterly ruined by this alone; for indeed, the Pharisee was condemned for this very thing. *St. John Climacus*

From the sayings of St Anthony the Great: "There are many who fall and who rise up to an attitude of rectitude, but there are some who fall from good deeds to polluted things; better is he who falleth and riseth up than he who standeth and then falleth."

From the Paradise of the Desert Fathers: "Abba Lot went to see Abba Joseph and said to him, 'Abba as far as I can I say my little office, I fast a little, I pray and meditate, I live in peace and as far as I can, I purify my thoughts. What else can I do?' then the old man stood up and stretched his hands towards heaven. His fingers became like ten lamps of fire and he said to him, 'If you will, you can become all flame.'"

Wisdom from Paradise of the Desert Fathers: "From Palestine, Abba Hilarion went to the mountain to abba Anthony. Abba Anthony said to him, 'You are welcome, torch which awakens the day.' Abba Hilarion said, 'Peace to you, pillar of light, giving light to the world.'"

From the sayings of Dionysius of Alexandria: "When one thinks of the death which the transgression of Adam brought on us, it is a time to mourn; but it is a time to hold festal gatherings when we call to mind the resurrection from the dead which we expect through the new Adam"

From the sayings of St. Basil the Great: "Young people must be made to distinguish between helpful and injurious knowledge, keeping clearly in mind the Christian's purpose in life. So, like the athlete or the musician, they must bend every energy to one task, the winning of the heavenly crown."

From the sayings of Abba John the Dwarf: "You know that the first blow the devil gave to Job was through his possessions; and he saw that he had not grieved him nor separated him from God. With the second blow, he touched his flesh, but the brave athlete did not sin by any word that came out of his mouth in that either. In fact, he had within his heart that which is of God, and he drew on that source unceasingly."

From the sayings of St. Clement of Alexandria: "Philosophy came into existence, not on its own account, but for the advantages reaped by us from knowledge, we receiving a firm persuasion of true perception, through the knowledge of things comprehended by the mind."

AXIOS! AXIOS! AXIOS! Our best wishes and prayers go out to **His Eminence, Archbishop Antony**, who was elected Metropolitan at the Extraordinary Sobor on Saturday, October 6, and **His Grace, Bishop Daniel**, who was elected Consistory President! May God grant them wisdom, patience, and enlightenment as they travel the road guiding our Church through the early years of the twenty-first century! M'Nohaya Lita Vladyka Antony and Vladyka Daniel! Bishop Daniel said he will be visiting all of the parishes in the Western Eparchy in the near future to examine the canonical record books and to get to know the parishes and the parish families. He said he is looking forward to returning to Holy Ghost—and the seminarians are anxious to return as well!