



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, Rachele, 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, Jamie Gardner, 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, OCTOBER 21
10:30 AM**

Divine Liturgy of Saint John Chrysostom

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 Vignani—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

SUNDAY, NOVEMBER 4

Divine Liturgy of Saint John Chrysostom 10:30 AM

TWENTY-SECOND SUNDAY AFTER PENTECOST; HOLY EQUAL-TO-THE-APOSTLES ABERCIUS-BISHOP AND WONDERWORKER OF HIERAPOLIS; 7 HOLY YOUTHS OF EPHESUS—MAXIMILIAN, JAMBlichus, MARTINIAN, DIONYSIUS, ANTONINUS, CONSTANTINE, AND JOHN; MARTYRS ALEXANDER-BISHOP, HERACLIUS, ANNA, ELIZABETH, THEODOTA, & GLYCERIA AT ADDRIANOPOLIS

Tone 5

Galatians 6:11-18

Luke 16:19-31

Litany in Blessed Memory of John Lopushanski, Harry Bunio, Mary Pekich, Anna Lotinsky, Julia Golofski, Sam Kerr, Helen Likar, & Constantine Hanczar—Fr. Bob

BULLETIN INSERT FOR 21 OCTOBER 2012

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

TROPARION—TONE 3

Let the Heavens rejoice! Let the earth be glad!
For the Lord has shown strength with His arm!
He has trampled down death by death!
He has delivered us from the depths of hell,
And has granted 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 3

On this day Thou didst rise from the tomb, O Merciful One!
Leading us from the gates of death.
On this day Adam exults as Eve rejoices;
With the prophets and patriarchs
They unceasingly praise the divine majesty of Thy power!

PROKEIMENON—TONE 3

READER: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

PEOPLE: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

READER: Clap your hands, all peoples! Shout to God with loud songs of joy!

PEOPLE: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

READER: Sing praises to our God, sing praises!

PEOPLE: Sing praises to our King, sing praises!

ALLELUIA VERSES—TONE 3

In Thee, O Lord, have I hoped; let me never be put to shame!

Be Thou a God of protection for me, a house of refuge, in order to save me!

**Mercy imitates God and disappoints Satan.
St. John Chrysostom**

A RETIREE'S LAST TRIP to Food Lion

Yesterday I was at my local Food Lion grocery store buying a large bag of Purina dog chow for my loyal pet, Jake, the Wonder Dog and was in the check-out line when a woman behind me asked if I had a dog.

What did she think I had an elephant?

So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again. I added that I probably shouldn't have, because I ended up in the hospital last time I did that, but I had lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms.

I told her that it was essentially a Perfect Diet and that the way that it works is, to load your pants pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.) Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I stopped to Pee on a Fire Hydrant and a car hit me.

I thought the guy behind her was going to have a heart attack he was laughing so hard.

Food Lion won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the world to think of crazy things to say. Forward this (especially) to all your retired friends...it will be their laugh for the day!

Bob Graham, Crafton H.S.'59, Winter Springs, FL

My child, be patient with your children. What can we do? Of course they are rambunctious, but they cannot be otherwise. In any case, we must be patient. Do not let things pile up in your soul; do not demand details. For by constantly worrying, you will harm your health and that will be worse. Just overlook their shortcomings and increase your prayer, for prayer works miracles. And then miraculously, without exertion, they will become calm and quiet children. Many children were very rambunctious when they were small; afterwards, however, they became wonderful in everything. The rambunctious children are usually smart, too, and they may achieve much.
Elder Ephraim of the Holy Mountain (Athos)

For it rests with us to profit, or to be injured, by afflictions. It depends not upon the nature of the affliction, but upon the disposition of our own minds.
St. John Chrysostom

The Feast of the Protection of the Mother of God

Luke 6:31-36: *And just as you want men to do to you, you also do to them likewise. But if you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same? And if you lend to those from whom you hope to receive back, what credit is that to you? For even sinners lend to sinners to receive as much back. But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most*

High. For He is kind to the unthankful and evil. Therefore be merciful, just as your Father also is merciful.

The Feast of the Protection of the Mother of God is celebrated throughout the world today. Serious minds turn to the Mother of God in thought, prayer and with reverence. The Mother of God is greatly honored in God's Holy Church

Serious believers are grateful for the attentiveness of the Mother of God. Believers regularly turn to the Mother of God in prayer as part of the Divine services of the Church. Believers are convinced of her attentiveness to prayer.

The Church has recorded miracles involving the Mother of God through the centuries. The miracle at the wedding of Cana recorded in the Gospel of St. John involved the Mother of God interceding with the Lord Jesus Christ. (Jn.2: 1-11)

Believers cherish the purity exemplified in the Mother of God. Her words of obedience are recorded in the Gospel of St. Luke: "Behold the maidservant of the Lord! Let it be to me according to your word." (Lk.1:38)

Believers do well to follow the example of Mary and say with consistency to the Lord: "Let it be according to Your word." Believers do well to follow the example of Mary as expressed in song when she is described as "most pure."

Christians benefit from studying the relationship between the Mother of God and the Lord Jesus Christ. Inexhaustible lessons exist in learning how to personally approximate the unity existing between the Theotokos and Christ.

Believers seeking to grow in Christ devote time in prayer to the Mother of God. Believers seeking to repent of sins seek the assistance and intercession of the Mother of God. Believers turn to the Mother of God seeking solutions to problems.

Prayers to the Mother of God are rich in content and extensive in addressing a range of personal needs and circumstances. The Church's prayers to the Mother of God enable believers to clearly express interests of the heart, mind and soul.

Miraculous icons of the Mother of God have appeared in diverse and distant locations. Miraculous icons of the Mother of God are sources of wonder, healing and protection.

On this Feast of the Protection of the Mother of God, believers gather in churches and monasteries. Some monasteries and churches have taken this feast as the Patronal Feast and celebrate with added dimensions of joy.

The Mother of God is a source of joy as she was chosen among all women of all centuries to give birth to the Christ Child. She holds a unique place in salvation history that no other woman holds.

Belief in the Virgin birth of Christ is professed at baptism and each Divine Liturgy. The Virgin birth is recorded in the Gospel of St.

Luke.(Lk.1:1-2:20) The Virgin birth was forecast centuries earlier in the Book of the Prophet Isaiah.(Is.7:14)

Centuries have passed since the birth of the Mother of God. Centuries have passed since her physical departure from this life. She continues to have an immeasurable presence in the lives of believers.

The Mother of God has transcended the time since her earthly physical life came to an end. Believers still communicate with her through prayer. Reports of her presence are recorded in the writings of the Church.

The Mother of God holds a particularly special understanding with respect to the Holy Mountain of Athos. Females are not permitted to visit the monasteries on Mt. Athos. The Mother of God is viewed as the guardian of Mt. Athos.ⁱ

Believers' minds are challenged to consider the far-reaching nature of the influence, presence and miracles of the Mother of God. Believers' minds do well to consider the lessons to be learned from the Mother of God.

Seeking to understand more about the Mother of God is part of the process of learning more about Christ and growing in Christ. No one has had a closer relationship with Christ than the Mother of God.

The Mother of God was chosen from all women of all centuries to give birth to the Christ Child. She was present at the Cross when Christ was being crucified. She was entrusted by Christ to the care of St. John the Apostle.(Jn.19:26-27)

The current Feast of the Protection of the Mother of God is traced to October 1, 911, when the Mother of God appeared in the Blachernae Church of the Mother of God in Constantinople. Her protection is viewed as unceasing.ⁱⁱ

God's Holy Church celebrates the life and miracles of the Mother of God throughout the year. Special observances occur in the Church on particular dates but the Mother of God is always a part of the liturgical life of the Church.

Believers find joy, comfort and hope when turning to the Mother of God in prayer and worship. She is ever accessible and readily welcomes believers seeking her intercession before the Lord Jesus Christ.

St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. The Feast of the Protection of the Mother of God. October /14, 2012. V. Rev. Father Rodney Torbic

i.Treasures of Mt.Athos. Athanasios K. Karakatsanis-Managing Editor. Thessaloniki,

Greece, 1997, p.x.

ii. St. Nikolai Velimirovic. *The Prologue of Ohrid. Vol. Two.* Translated by Fr. T. Timothy Tepsic. Western Diocese of the Serbian Orthodox Church, Alhambra, California, 2002, p.370

What is beautiful and well-made belongs to the world and cannot comfort those who want to live a spiritual life. There is no wall that will not eventually be torn down. One soul is worth more than the entire world. What must we do for the soul? We must begin spiritual work. We must have only the right kind of concern. Christ will ask us what spiritual work we have accomplished, how we helped the world in spiritual matters. He will not ask what buildings we made. He will not even mention them. We will be held accountable for our spiritual progress. I want you to grasp what I am trying to say. I am not saying that one must not construct buildings, and not construct them well, but one must take care of the spiritual life first and then mind the rest, and do all that with spiritual discernment. *Elder Paisios of the Holy Mountain, Athos*

If you are not willing to repent through freely choosing to suffer, unsought sufferings will providentially be imposed on you. *St. Thalassios (7th century)*

To express, as is her due, the honor of the Virgin Bride, she did not just act as a mediator for certain chosen races; but - standing between God and every race of men - she made God the Son of man, and men the sons of God. She alone was shown to be the natural mother of God in a supernatural way; and, by her indescribable child-bearing, she became the Queen of the entire Creation --- in this world and beyond. *St. Gregory Palamas*

It is fitting that [our Most Holy Theotokos] stands not just beside God, but on His right hand; for where Christ sat in Heaven, namely, on the right hand of the Majesty, there she now stands --- having ascended from earth to Heaven. Nor is this solely because no one longs for Christ as she does, and no one is so longed for in return --- which would be in accordance with the laws of nature; but because she is truly His throne. And where the King sits, there stands the throne. *St. Gregory Palamas*

The Mother of God is so much closer to God than others who draw near to Him, that she is able to intercede more powerfully than any of them; and by this I mean not just human beings, but even all the ranks of angels. Isaiah

[the Prophet] writes of the highest order of angels in heaven: 'And the Seraphim stood round about Him' (Isa. 6:2); whereas David says of the Mother of God: 'At Thy right hand stood the queen...' (Ps. 44[45]:8)...the Seraphim are 'round about' God, but only the Queen of all stands beside Him. *St. Gregory Palamas*

At Thy right hand stood the queen, arrayed in a vesture of in-woven gold, adorned with various colors, as the Psalmist and Prophet says of [the Most Holy Theotokos] (Ps. 44[45]:8). And you should take this garment interwoven with gold to mean her divinely radiant body --- adorned with every type of virtue. For, at present, she is the only one who has a place in heaven with her divinely glorified body in the company of her Son. Earth, the grave and death could not ultimately detain her life-giving body, which has held God and been a more beloved habitation for Him than heaven and the heaven of heavens. St. Gregory Palamas

All who know God, will know [the Mother of God/Panaghia/Theotokos] as the one who holds Him, Whom nothing can contain; and all who sing God's praises, will hymn her after God. She is the cause of what preceded her, the protectress of what comes after her, and she procures eternity. She is the Prophets' theme, the Apostles' starting point, the martyrs' mainstay, and the teachers' foundation. *St. Gregory Palamas*

O Mother of God and Virgin ... you alone were vouchsafed the gifts of the Spirit in their totality, or rather, you alone held mysteriously in your womb, Him in Whom are the treasures of all these spiritual gifts; and became, inexplicably, His Tabernacle. ... You alone fulfilled all [the prophetic] visions, surpassing our human nature by means of your union with God; not just when you gave birth in a marvelous way, but also through the preceding fellowship with Him in everything good, which resulted from your utter purity. *St. Gregory Palamas*

Who can tell of your mighty acts, O Virgin, or who can show forth all your praise, O holy Maid? You bear the title of Mother of God. You united your *nous* with God. You have joined God with flesh. You have made God the Son of Man, and man the Son of God. You have reconciled the world to its Creator. *St. Gregory Palamas*

Just as it was only through [the Theotokos] that the Son came to us, was seen on earth and lived among men --- after previously being invisible to all, so from now on, for endless eternity: all progress towards the

manifestation of divine light; every revelation of divine mysteries; and all forms of spiritual gifts are beyond everyone's grasp without her. She was the first to receive the all-pervading fullness of Him, Who fills all things; and she brought Him within reach of all - distributing to each as he is able to receive, in proportion to the measure of his purity - such that she is both the treasure-house and the mistress of God's riches. *St. Gregory Palamas*

Avoid quarrels; by agitating the heart they deprive us of peaceful disposition of soul. Oppose all quarrelsome thoughts with the Jesus Prayer. *An Elder's Counsels to Christians Living in the World*

Let's stop fighting and pray in a becoming way. We should put on the mildness of angels instead of the demons' brutality. No matter how we've been injured, we must soften our anger by considering our own case and our reward. Let us quiet the storms; we can pass through life calmly. Then, upon our departing, the Lord will treat us as we treated our neighbors. If this is a heavy, terrible thing to us, we must let Him make it light and desirable. What we don't have strength to carry out because of our struggle against sin, let us accomplish by becoming gentle to those who sinned against us. *St. John Chrysostom*

God has created all people spiritually equal. Every person has the same propensity for good and evil. Every person has the same choice, as to whether to obey God or to defy Him. Yet in other ways, we are very unequal. Some people are highly intelligent, while others have feeble intellects. Some people are physically strong and healthy, while others are weak and prone to illness. Some people are handsome and attractive while others are plain. Those who are gifted in some way should not despise those less gifted. On the contrary, God has distributed gifts and blessings in such a way that every person has a particular place and purpose within a society--and thus everyone is equally necessary for a society to function well. So, do not resent the fact that someone is more intelligent or stronger than you are. Instead, give thanks for their intelligence and strength, from which you benefit. And then ask yourself, "What is my gift, and thence what is my place in society?" When you have answered this question, and you act according to your answer, all contempt and all resentment will melt away. *St. John Chrysostom*

Do not think that you have a right to complain when your prayers are not answered. God fulfills your desires in a manner that you do not know. *St. Nektarios the Wonderworker*

To deny oneself means to give up one's bad habits; to root out of the heart all that ties us to the world; not to cherish bad thoughts and desires; to suppress every evil thought; to avoid occasions of sin; not to desire or to do anything out of self-love, but to do everything out of love for God. To deny oneself, according to St. Paul means "to be dead to sin. . . but alive to God." *St. Innocent of Alaska*

The darkness which you have, my child, comes both from nature and from the tempter. Both are healed by the arrival of God's grace. For this reason, entreat God to give you sobriety and the ability to remember good things and forget bad things. When you persist, little by little the grace of God will help you. *Elder Ephraim of the Holy Mountain (Athos)*

Let us follow our Good Master; let us shun worldly desires; let us shun the world of deceit and its temporal ruler; let us give ourselves in purity to our Maker; let us honor our image; let us respect our call and change our lives. Why do we debase ourselves when our origins are lofty? Why do we cling to the visible realm? *St. Gregory the Theologian*

Truly, O Lord, if we do not humble ourselves, You do not cease to humble us. *St. Isaac the Syrian from Ascetical Homilies*

In this world, shipmates, sin that pays its way can travel freely, and without a passport; whereas Virtue, if a pauper, is stopped at all frontiers.
--MOBY DICK, Chapter IX

Peaceful, night-time prayer is of great assistance with its calmness and is also more efficacious for our spiritual development, just as the silent, night-time rain is of great benefit to growing plants.

Elder Paisios of the Holy Mountain Athos