



## 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 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, 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, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, 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, Corey Guich, Robert Vangrin, Juliana Leis, Susan "Billie" Mason, Pauline Witkowsky, Sera White, LuAnne [Mike Horvath's daughter], Donald Griffey, 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, Patrick, Linda Morris, Howard Simpson, Ronald Graham [Evelyn's nephew], Chris, Pastor Ed Bowen, David Hiles, Karen Johnson, Jennifer, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

We love everything brilliant on earth: gold, silver, precious stones, crystal, bright clothing—why, then, do we not love the future glory to which the Lord calls us? Why do we not aspire to shine like the sun? *Then shall the righteous shine forth as the sun in the kingdom of their Father, (Matt 13:43).* It is because we have perverted the nature of our soul by sin, and have attached ourselves to earth instead of to heaven, to corruptible things instead of to incorruptible ones; because we love earthly, transitory, perishable, and seductive splendor. But why is there such a love for everything bright in us? Because our soul was created for heavenly light, and was originally all light, all radiance; thus light is inborn in it, the feeling and desire for light are inborn in it. Direct this aspiration to seeking for heavenly light! *St. John of Kronstadt, My Life in Christ*

**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 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 ask 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, FEBRUARY 10** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**THIRTY-SIXTH SUNDAY AFTER PENTECOST; SAINT EPHRAIM THE SYRIAN;  
SAINT PALLADIUS THE HERMIT OF ANTIOCH; SAINT ISAAC THE SYRIAN-  
BISHOP OF NINEVEH; SAINT EPHRAIM-BISHOP OF PEREYASLAVL**

*Tone 3*

I Corinthians 6:16-7:1

Matthew 15:21-28

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

**SUNDAY, FEBRUARY 17** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**THIRTY-SEVENTH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE MEETING  
OF OUR LORD; SAINT ISIDORE OF PELUSIUM-MONK; MARTYR JADORIUS &  
ISADORE UNDER DECIUS; HIEORMARTYR ABRAMIUS-BISHOP OF ARBELA IN  
ASSYRIA; SAINT NICHOLAS THE CONFESSOR-ABBOT OF THE STUDIO**

*Tone 4*

I Timothy 4:9-15

Luke 19:1-10

**SUNDAY, FEBRUARY 24** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**SUNDAY OF THE PUBLICAN AND THE PHARISEE; HIEROMARTYR BLAISE-  
BISHOP OF SEBASTE; SAINT THEODORA-WIFE OF EMPEROR THEOPHILUS THE  
ICONOCLAST**

*Tone 5*

II Timothy 3:10-15

Luke 18:10-14

\*\*\*\*\***FAST FREE WEEK**\*\*\*\*\*

**BULLETIN INSERT FOR 10 FEBRUARY 2013**  
**THIRTY-SIXTH SUNDAY AFTER PENTECOST; SAINT**  
**EPHRAIM THE SYRIAN; SAINT PALLADIUS THE HERMIT OF**

# **ANTIOCH; SAINT ISAAC THE SYRIAN-BISHOP OF NINEVEH; SAINT EPHRAIM-BISHOP OF PEREYASLAVL**

## **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!

**The Monks and Staff of St. Isaac's Skete send Winter Greetings  
with Announcements below:**

**+++Icons for Life: The Reverent Christian Patterns+++**



*"And we know that all things work together for good to them that love God, to them who are the called according to His purpose. For whom He did foreknow, He also did predestinate to be conformed to the image of His Son..." (Romans 8:29-29)*

Our eyes, our ears, and our hearts see the patterns of people's lives all around us, some inspiring to emulation for the uplifting of our thoughts and actions to goodness and love, and many that are not. From the beginning of Christianity, there have been many good and reverent patterns to follow. The Holy Apostles saw Christ, the perfect Man and the transcendent God before them, showing them how to live their lives from above. This Living Icon touched them deeply, and they were conformed to become like Him so much so that St. Peter's shadow cured the ill, and napkins that had touched St. Paul did the same. The Apostles in turn showed this icon to others, and this living icon of a Godly life has changed the world. St. Timothy learned this directly from St. Paul himself.

St. Timothy was born in Lystra, Lycaonia in Asia Minor of a Greek father and a Jewish mother. St. Paul chose him because of his ardent faith as a traveling companion in his apostolic journeys as a helper, and then circumcised him so that he would be more acceptable to the Jewish Christians in Jerusalem. St. Timothy traveled with St. Paul and preached with him in Acaia, Macedonia, Italy, and Spain. St. Paul also wrote two of his Epistles addressed to St. Timothy, exhorting him to be strong and a leader, even though he was still a younger man.

Before St. Paul was martyred in Rome in about a.d. 64, he consecrated St. Timothy as a bishop for Ephesus. After St. Paul died, St. Timothy sought direction and advice from St. John the Theologian, who was living in Ephesus. When St. John was exiled to Patmos by the Roman Emperor Domitian (who ruled from a.d. 81 to 96), St. Timothy remained and served the Faithful in Ephesus. At the pagan festival of Katagogium in

about the year a.d. 97, St. Timothy stopped the festival and preached the Gospel, angering the pagans, so they beat him and then stoned him to death.

Today there are icons of people all around us, but often distorted, so we look for inspiration to celebrities, sports stars, musicians, artists, and political figures, but then can become easily disappointed. This is because they are not often well mirroring the life of Christ, this Perfect Man, to us and making Him accessible. Christ's Saints are living icons who can help us in our own lives truly conform to Him. Each time we ask for His help and theirs, we are choosing to be reformed, to be changed, to be illumined and to be blessed. Let us reach out to them "for the edifying of the body of Christ: till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fullness of Christ..."

O Holy St. Timothy and All the Saints, pray unto God for us!

*The Monks of St. Isaac of Syria Skete*

*The Nuns of the Convent of St. Silouan*

*The Faithful of St. Nicholas Church*

*The Staff of Orthodox Byzantine Icons and St. Isaac's Bookstore*

### **A Reflection on Aging**—forwarded by Gerald Cogley, BSA

As I've aged, I've become kinder to, and less critical of, myself. I've become my own friend.

I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read, or play on the computer, until 4 AM, or sleep until noon? I will dance with myself to those wonderful tunes of the 50s, 60s & 70s, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon, if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, eventually, I remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

MAY OUR FRIENDSHIP NEVER COME APART, ESPECIALLY WHEN IT'S  
STRAIGHT—FROM THE HEART!

"One who has self-love cannot love God, while he who is not a lover of self, since his heart is flooded by the immeasurable richness of the love of God, truly loves God. For this reason precisely, such a one does not love the glory of self, nor does he seek it; rather, he seeks only the glory of God. A lover of self seeks his own glory, while a lover of God seeks the glory of his Creator." *St. Diadochos of Photiki*

Study fish. In the water they fly, so to speak, and they find the air they need in the water. They would die in our atmosphere, just as we would die in the water. Watch their habits, their way of mating and procreating their kind, their beauty, their permanent homes and their wanderings.

Study the enormous number of different kinds of birds, the variety of their shapes and colors. Some are mute, other sing. Who gave them the gift of song?

Who played a tiny lyre in the breast of a cicada? Who has arranged things in such a way that this little creature gets excited in hot weather and fills the woods with its music and accompanies passers-by with it?

And who helps the swan to compose its song when it spreads its wings to the blowing of the breeze?

It gives me joy to speak of these things because they unfold to us the greatness of God.

*St. Gregory the Theologian (of Nazianzus) 329-389/90 Oration 28. 23  
commemorated 25 January/07 February*

At Babylon (a Roman fortress just south of modern Cairo) the daughter of an important person was possessed by a devil. A monk for whom her father had great affection said to him, "No one can heal your daughter except some anchorites whom I know; but if you ask them to do so, they will not agree because of their humility. Let us therefore do this: when they come to the market, look as though you want to buy their goods and when they come to receive the price, we will ask them to say a prayer and I believe she will be healed." When they came to the market they found a disciple of the old men sitting there selling their goods and they led him away with the baskets, so that he should receive the price of them. But when the monk reached the house, the woman possessed with the devil came and slapped him.

But he only turned the other cheek, according the Lord's command (Matt.5:39). The devil, tortured by this, cried out, "What violence! The commandment of Jesus drives me out!" Immediately the woman was cleansed.

When the old men came, they told them what had happened and they glorified God saying, "This is how the pride of the devil is brought low, through the humility of the commandment of Christ."

What am I after when I judge my brother? As long as I do not see him as the Lord sees him, all my judgments will be wrong. Begin rather by prayer for him, by the idea of being obedient, of not judging your brethren. Begin by the desire to serve others with love, like (St.) Silouan, who, on feast days, was grateful to be allowed to serve hundreds of monks in the refectory. He was so happy to see how much Christ loved these people, these children of God. He served them with much love.

Everyday tasks, accomplished in such a spirit, can become an extremely pleasant spiritual food. Because of such an attitude of service, in the evening you heart will be very tender, and you will weep before God over your own defects, your own lack of love.

*Archimandrite Sophrony, +1993*

It is also said of (St. Ephraim the Syrian), that, although he was naturally prone to passion, he never exhibited angry feeling toward anyone from the period of his embracing a monastic life. It once happened that after he had, according to custom, been fasting several days, his attendant, in presenting some food to him, let fall the dish on which it was placed. Ephrem, perceiving that he was overwhelmed with shame and terror, said to him, "Take courage; we will go to the food as the food does not come to



us"; and he immediately seated himself beside the fragments of the dish, and ate his supper.

What I am about to relate will suffice to show that he was totally exempt from the love of vainglory. He was appointed to be bishop of some town, and attempts were made to convey him away for the purpose of ordaining him. As soon as he became aware of what was intended, he ran to the market-place, and showed himself as a madman by walking around in a disorderly way, dragging his clothes along, and eating in public. Those who had come to carry him away to be their bishop, on seeing him in this state, believed that he was out of his mind, and departed; and he, meeting with an opportunity for effecting his escape, remained in concealment until another had been ordained in his place. What I have now said concerning Ephrem must suffice, although his own countrymen relate many other anecdotes of him.

*Sozomen, Historia Ecclesiastica 3.16, St. Ephraim the Syrian, commemorated 28 January/10 February*

These (Christians), having been anointed with the ointment from the tree of life, Jesus Christ, the heavenly plant, are considered worthy to reach the degree of perfection of the Kingdom, and of the adoption. Indeed, they are participators of the secrets of the heavenly King and enjoy the confidence of the Almighty. They enter into his palace, where the angels and spirits of the saints are, even while they are still in this world.

Even though they have not yet entered into the full inheritance prepared for them in that age, nevertheless, they are most certain because of the pledge which they have already received (the anointing), as if already crowned and reigning. Nor are they surprised, as though it were a strange and new thing, that they are about to reign with Christ, because of the abundance of grace and their childlike abandonment to the Spirit. Why? Because while still in the flesh, they enjoyed that relish of sweetness and that effective working of power.

*Saint Macarius, Spiritual Homily 17.2*

From there on she (St. Nina) was happy because she found there travelers with whom she reached the territory of Kartli (Georgia), a city called Urbnisi. There she saw the people worshipping gods of unknown origins, for they adored fire, stones, and wood as god. Therefore she was saddened in her holy soul, and entered the quarter of the Jews on account of her knowledge of the Hebrew language. She stayed there a month, and experienced the nature of that country. Then one day many people from that city set out to go to the capital city of Mtskheta in order to buy various

provisions and to worship their god Armaz. The holy one set out with them. When they arrived at the city of Mtskheta, they stopped at the bridge beyond Moguta. St. Nina saw the magism (Zoroastrianism) and error of those people who worshipped fire; and St. Nino wept over their destruction and lamented her own foreignness.

Behold, the next day there was a great noise of the sounding of trumpets; and a numberless crowd came out, like the flowers of the field, and a fearful uproar took place until the king came forth. When the hour arrived, all the men began to flee and hide as they ran to take refuge from fear. Suddenly Queen Nana came forth, and quietly the people came out. All the streets were decorated with many-colored adornments and leaves, and all the people began to praise the king. Then King Mirian came forth with a fearsome appearance unbearable to the eye. St. Nina asked a certain Jewish woman, "What is this?" She replied, "The god of gods, Armazi, summons; there is no other idol comparable with him." Straightway St. Nina went up to see Armazi. The mountain was covered with flags and people, like fields with flowers.

When St. Nina reached the citadel of Armazi (today the church of Djvari, overlooking Mtskheta), she stood close to the idol on the steep wall and watched the incomprehensible wonder, inexpressible in words, the attitude of fear and terror of the sovereigns, nobles, and all the people standing in front of their idols. St. Nina saw a statue of a man of bronze standing; attached to his body was a golden suit of chain armor, on his head a strong helmet; for eyes he had emeralds and beryls, in his hands he held a saber glittering like lightening, and it turned in his hands. If anyone approached, he resigned himself to death and said, "Woe to me if I have neglected the majesty of the great god Armazi, or we have allowed ourselves to speak with the Hebrews or to heed the magi. Ignorant persons speak of an unknown god—let not any such fault be found in me, or may he strike me with that sword of which all are afraid." And in terror they worshipped it.

Furthermore, to the right of this statue was another idol of gold whose name was Gac'i; and to his left an idol of silver whose name was Gaim. These the people of Kartli regarded as gods. Then the blessed Nino wept and sighed to God on account of the error of the inhabitants of this northern land, which hid the light from them and kept them in darkness. For she saw that their powerful sovereigns, and all the nobles, were swallowed up alive in hell; they had abandoned the Creator and worshiped as god stones and wood, copper and thick brass; these had sinned against the Creator of all..

Then she looked up to heaven and said, "Lord, despite your great power your enemies treat you falsely. Through your great longsuffering,

whatever is destined to happen may happen, and what they who are dust on earth think up. Do not overlook the fact that man is your image. For which reason one of the Holy Trinity became man and saved the whole world. So look down in pity also upon these peoples. Chastise those disobedient ones who control the world and are lords of darkness; through them into grievous places. Show yourself to me, Lord, God of my father and mother, to your handmaid and their offspring, so that all the ends of the earth may see your salvation, that the north may rejoice with the south, and that every tongue may worship one sole God, through Jesus Christ your Son, to whom grace and the offering of praise belong."

When St. Nina finished this prayer, in the twinkling of an eye winds and currents of air arose in the west, there was thundering and a fearsome noise, and clouds rapidly appeared with dreadful aspect. This gale from the west brought an atmosphere of noisome bitterness and fetid bile. When the crowd of people saw this about to come over them, everyone immediately fled to his city and village. Just enough time was given for the people to take refuge in their homes, then immediately this cloud of anger reached them, bitterly fierce. Hailstones a pound in weight fell on that place, the site of the idols. The fierce wind knocked down the idols and shattered them; it demolished the walls and cast them down into stony precipices. But St. Nina stood calmly on that spot where she had first arrived.

On the next day King Mirian and all the people came out; they searched for their gods, but could not find them, for which reason fear and trembling seized them. Some said, "The god through whose power King Trdat (of Armenia) was turned into a boar and through whose power he was made into a man again (through the prayers of St. Gregory the Illuminator), that god has brought this about. For there is no other god powerful enough to do such a thing." On that same day of wrath, when the hail and fierce wind calmed, then St. Nina went away from the rocky precipice. She blessed God and requested that he look down with pity on that people who had gone astray, and that he save them from the devil. from Leonti Mroveli, The Conversion of Kartli by Nino, 87-92 St. Nino, Equal-to-the-Apostles, commemorated 14/27 January

Abba Zeno said, "If a man wants God to hear his prayer quickly, then before he prays for anything else, even his own soul, when he stands and stretches out his hands towards God, he must pray with all his heart for his enemies. Through this action God will hear everything that he asks."