



## Holy Ghost Orthodox Church

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Very Rev. Father Robert Popichak, Pastor

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**ON THE MEND:** Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Jovan, 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 George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Father Steve Repa, Deacon Dennis Lapushanski, Protopresbyter Peter Hotrovich, Protodeacon Joseph Hotrovich, Father Adam Yonitch, 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, Sam Wadrose, Isabella Olivia Lindgren, Ethel Thomas, Donna, Erin, Michael Miller, Grace & Owen Ostrasky, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Michael Miller, Liz Stumpf, Theodore Nixon, Michelle Corba Kapeluck, Linda Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, George Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, Nathan Forbeck, Sarah Doyle, Samuel Peters, Jean Stutchell, Charles & Esther Holupka, Wanda Mefford, 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, 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, Bonnie & Eugene Blair [Pani Gina's parents], Mel & Charlotte Malik, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, Susan "Billie" Mason, Pauline Witkowsky, Sera White, Donald Griffey, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [child with cerebral palsy], 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, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Susan Bertram, Rita McConnell, Gail, Pete Special, Sirena Sharp, Ron Paulovich, Patty Sinicki, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Kareen Milcic, Ella Campbell, and Daria Masur  
ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

**Our Dear Liz would love to hear from her friends as she recovers: she is in Room 402, Greensburg Care Center, 199 Industrial Park Road, Greensburg, PA, 15601-6690, and her cell phone is 724-244-0191. Please keep her in your prayers!**

**PLEASE REMEMBER IN YOUR PRAYERS: All Christians and the others in the Middle East who are suffering during this time of great tragedy and unrest. May God watch over and keep them safe! Lord have mercy!**

**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, SEPTEMBER 22** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**THIRTEENTH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE NATIVITY OF THE THEOTOKOS; HOLY & RIGHTEOUS ANCESTORS OF GOD JOACHIM & ANNA; MARTYR SEVERIAN OF SEBASTE; SAINT JOSEPH-ABBOT OF VOLOKOLAMSK; SAINT THEOPHANES THE CONFESSOR AND FASTER OF MOUNT DIABENOS; MARTYRS CHARITON & STRATON & BLESSED NICETAS THE HIDDEN OF CONSTANTINOPLE; THE HOLY FATHERS OF THE THIRD ECUMENICAL COUNCIL; UNCOVERING OF THE RELICS OF SAINT THEODOSIUS-ARCHBISHOP OF CHERNIHIV**

*Tone 4*

*1 Corinthians 16:13-24; Galatians 4:8-21*

*Matthew 21:33-42; Luke 8:16-21*

***Parastas in Blessed Memory of Tillie Kuzman—John & Debbie Pauncic***

**SUNDAY, SEPTEMBER 29** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**FOURTEENTH SUNDAY AFTER PENTECOST; SUNDAY AFTER THE EXALTATION OF THE CROSS; GREAT-MARTYR EUPHEMIA THE ALL-PRAISED OF CHALCEDON; SAINT SEBASTIANA-DISCIPLE OF SAINT PAUL-MARTYRED AT HERACLEA; MARTYR MELITINA OF MARCIANOPOLIS; MARTYRS VICTOR & SOSTHENES AT CHALCEDON; SAINT DOROTHEUS-HERMIT OF EGYPT; MARTYR LUDMILLA-GRANDMOTHER OF SAINT WENCESLAUS-PRINCE OF THE CZECHS; REPOSE OF SAINT CYPRIAN-METROPOLITAN OF KIEV**

*Tone 5*

*2 Corinthians 1:21-2:4; Galatians 2:16-20*

*Matthew 22:1-14; Mark 8:34-9:1*

***Litany in Blessed Memory of Milos Pekich—Millie Kerr Family***

**SUNDAY, OCTOBER 6** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**FIFTEENTH SUNDAY AFTER PENTECOST; CONCEPTION OF THE HONORABLE & GLORIOUS PROPHET, FORERUNNER, & BAPTIST JOHN; SAINTS XANTHIPPA & POLYXENE-DISCIPLES OF THE APOSTLES WHO DIED IN SPAIN; VIRGIN-MARTYR IRAIS OF ALEXANDRIA; MARTYRS ANDREW, JOHN, PETER, & ANTONINUS OF SYRACUSE-MARTYRED IN AFRICA**

*Tone 6*

*2 Corinthians 4:6-15; Galatians 4:8-21*

*Matthew 22:35-46; Luke 1:5-25, 57-68, 76, 80*

*Litany in Blessed Memory of Father Theodore Forosty, Johnathan Dorning,  
Katherine Behun, Mary Medich, Daniel Chicka, & Mary Evaniuk—Fr. Bob*

## **BULLETIN INSERT FOR 22 SEPTEMBER 2013**

**THIRTEENTH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE NATIVITY OF  
THE THEOTOKOS; HOLY & RIGHTEOUS ANCESTORS OF GOD JOACHIM & ANNA;  
MARTYR SEVERIAN OF SEBASTE; SAINT JOSEPH-ABBOT OF VOLOKOLAMSK;  
SAINT THEOPHANES THE CONFESSOR AND FASTER OF MOUNT DIABENOS;  
MARTYRS CHARITON & STRATON & BLESSED NICETAS THE HIDDEN OF  
CONSTANTINOPLE; THE HOLY FATHERS OF THE THIRD ECUMENICAL COUNCIL;  
UNCOVERING OF THE RELICS OF SAINT THEODOSIUS-ARCHBISHOP OF  
CHERNIHIV**

### **TROPARION—TONE 4**

When the women disciples of the Lord  
Learned from the angel the joyous message of Thy Resurrection;  
They cast away the ancestral curse and elatedly told the apostles:  
Death is overthrown! Christ God is risen,  
Granting 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 4**

My Savior and Redeemer,  
As God rose from the tomb  
And delivered the earthborn from their chains.  
He has shattered the gates of Hell,  
And as Master, He has risen on the third day!

### **PROKEIMENON—TONE 4**

**READER:** O Lord, how manifold are thy works! In wisdom hast Thou made them all.

**PEOPLE:** O Lord, how manifold are thy works! In wisdom hast Thou made them all.

**READER:** Bless the Lord, O my soul! O Lord my God, Thou art very great!

**PEOPLE:** O Lord, how manifold are thy works! In wisdom hast Thou made them all.

**READER:** O Lord, how manifold are thy works!

**PEOPLE:** In wisdom hast Thou made them all.

### **ALLELUIA VERSES—TONE 4**

Go forth and prosper and reign, because of truth and meekness and righteousness.

You love righteousness and hate iniquity.

*I know some dear people who have recently lost loved ones. I was looking through one of my prayer books and thought it might be a mercy and blessing to share a few prayers which may fulfill a need not only for those I know personally, but for other readers as well. Memory eternal! Via  
Presbytera Candace Schefe*

### **WIDOW'S PRAYER**

O my God, it was Your good will, which is beyond the mere understanding of man, to call my husband to Yourself. This is truly a heavy cross for me to bear; yet I flee to You alone for deliverance, for You are the almighty helper and supporter of widows, and the all-loving Father of orphans. Help me, for I am helpless; feed me, for I am alone; and strengthen me to fulfill Your holy will. I place all my hope in You, O gracious Master: Hear my humble prayer, through Your only-begotten Son, our Lord Jesus Christ, Who reigns together with You unto ages of ages. Amen.

### **PRAYER AT THE DEATH OF A SPOUSE**

Master, Lord, immaculate Creator of all, in Your love for mankind You created woman from Adam's rib and blessed them, saying: Be fruitful, multiply and conquer the earth. You joined the two into one body and commanded that no man separate that which You had joined tighter. Look down from heaven, O compassionate Father, and behold the grief and pain which have fallen upon my heart and soul as I behold my separation today from the one whom You, O Lord, gave to be my husband (wife) and my support in this life. Show Your loving-kindness to me, O merciful Lord, at this hour which is so difficult for my soul to endure. Lord, Jesus Christ, comforter of those who mourn, the Prophet Isaiah spoke of You, saying that You would come to heal those whose hearts were crushed. Be my comforter and hear me as I raise my voice to You with faith. I pray, O gracious King, forgive whatever sins my husband (wife) committed in this life; whether by word, deed, or thought, knowingly or unknowingly. Receive the soul of Your servant, O Lord, in Your eternal

heavenly kingdom, among the dwelling of the saints. At Your proper time, grant that my soul, which longs for that kingdom, may also dwell in that holy place where, once again, our souls shall meet and, together, offer glory and praise to Your all-holy name, of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

### **PRAYER AT THE DEATH OF A PARENT**

O Lord, You heard Joseph grieving over the death of his father, Jacob, as he wept and kissed him. Your own Son, our Lord Jesus Christ, also knew of the love of a mother, for as He suffered upon the cross, He beheld His Mother and the disciple whom He loved standing near her, and He said, Woman, behold your son. And to the disciple He said, Behold your mother. Good Master, look down from heaven and see the pain and grief which have laid hold of my heart and soul today. Be merciful to me, Your servant, and receive the prayer which is offered to You by a child who has lost his beloved father (mother). Forgive whatever sins he (she) has willingly or unwillingly committed, whether by word, deed or thought. Merciful Master, hear the grieving voice of one who has been taught to turn to You with true faith in times of need, and to raise my eyes and voice to You. Show Your mercy, O Lord, and grant rest to my father (mother), making him (her) a partaker of Your eternal blessings and granting him (her) a place at Your right hand, for blessed and glorified are You unto all ages. Amen.

*Prayers found in the **Orthodox Prayer Book** published by New Varatic Publishing, Holy Protection Monastery, Lake George, Colorado.*

Thanks for this great bulletin blurb from Loretta Sheliga's sources:

### **WHY GO TO CHURCH?**

A church-goer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday. "I've gone for 30 years now," he wrote, "and in that time I've heard something like 3,000 sermons. But, for the life of me, I can't remember a single one of them. So I think I'm wasting my time and the pastors are wasting theirs by giving sermons at all."

This started a real controversy in the "Letter to the Editor" column, much to the delight of the editor. It went on for weeks until someone wrote this clincher:

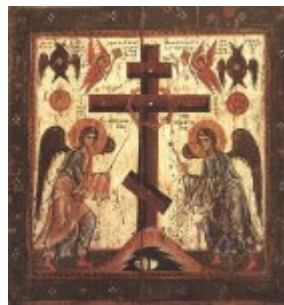
"I've been married for 32 years now. In that time, my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this...they all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had not gone to church for nourishment, I would be spiritually dead today!" When you are DOWN to nothing...God is UP to something! Faith sees the invisible, believes the incredible, and receives the impossible! Thank God for our physical AND our spiritual nourishment!

Even bees have respect for their Creator and His saints... they build their honey comb around the icons. This phenomenon has been tested several times by a devout beekeeper near Athens and, each time, the bees indicate the same respect for the holy images.



Οι μέλισσες σβίβονται γύρω από το Άγιο Πρόσωπο. Η εικόνα του Κυρίου παραμένει ανέγγιχτη. Οι μέλισσες σβίβονται γύρω από το Άγιο Πρόσωπο. Η εικόνα της Θεοτόκου παραμένει ανέγγιχτη.

**[Love that Transforms All Things: And was crucified also for us under Pontius Pilate, suffered and was buried](#)** by [Father Alexis](#)



With this Sunday's post on the Nicene Creed, we come to what is arguably the central tenet of our faith. It is also an article of faith that has the power to transform our core beliefs about human existence, suffering,

and even death. When the triune God enters human history as He did in the Incarnation and particularly the Crucifixion, human calculations about what it means to be human, what is the significance of suffering, and what is the ultimate meaning of death change forever.

In the Gospel of Saint John is written one of the most consoling and powerful passages of Holy Scripture: "For God so loved the world that He gave his only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life. For God sent not His Son into the world to condemn the world; but that the world through Him might be saved."

From the perspective of the ancient fathers, it is indeed strange how some historical figures have interpreted the crucifixion in terms of divine justice and the appeasement of God's wrath. After all, Saint Isaac the Syrian said that there is [no mention of justice in the teachings of Christ](#). For the ancient fathers, the crucifixion, suffering, and burial of Christ were to be understood in Johannine fashion as a super abundance of divine compassion, humility, and love. God assumed human nature, mine and yours, precisely in order to overcome our estrangement from Him. His voluntary crucifixion, suffering, and burial transfigured what had been the "wages of sin" into a gateway opening up to eternal life and communion with God. Prior to our Lord's crucifixion on the hill of Calvary, a cross was an instrument of cruel torture and abasement. Before our Savior's scourges on Holy Friday, suffering was seen as senseless punishment. Prior to the Master's burial in a garden tomb, death was as inevitable as it was meaningless. All of this, however, was transformed when the Lord Christ voluntarily suffered for us and for our salvation. Christ Himself had foreshadowed this transformation when He told His disciples: "And I, if I be lifted up from the earth, will draw all men unto Me." And indeed, what one would think would repel instead attracts, because of the divine Person Who was lifted up on the Cross. The mystery of all mysteries is that His cross, His suffering, and His death embraces our crosses, our suffering, and our death and in so doing changes them infusing them with His love for us and invigorating us with our love for Him.

If we believe the fathers' teaching that love is the hermeneutical key to Christ's crucifixion, the cross gives radically new meaning to suffering and death, for they no longer demonstrate the futility of human existence, but instead reveal a startling truth: every human path, however painful and



full of sorrows, can potentially lead to newness of life and freedom of spirit. There is no obstacle; there is no suffering; there is no death that can get in the way if they can but be linked to the Cross of Christ. In fact, just when our life seems hardest, just when our suffering appears to be greatest, just when death ominously threatens us at the door, Christ's crucifixion and death enable us to see a sign of a new and unending spring, the very hope of our salvation. His suffering united to our sufferings, His Cross united to our crosses, His death united to our death, form a bridge carrying us over to the other shore, where there is no suffering, no sighing, but life everlasting.

Who Christ is—as perfect God and perfect man—is what enables His crucifixion, suffering, and burial to be what they were, divinely-human mysteries that could transform death into life, earth into heaven, the most harrowing hell into the most blissful paradise. In one sense, Anselm was right that God is the only One who could transform death into life. However, his interpretation was in error. Christ's suffering was not an act of divine justice, but an offering of divine love to each of us with our own sins and struggles. If Anselm had been correct, suffering and death would have remained the just punishment for sin. Our situation wouldn't have changed under the Anselmian interpretation. Thank heavens, scripture and the teaching of the fathers tell a different story. The cross becomes for us an instrument of healing in the midst of our own suffering. In his letter, the Apostle Peter wrote about his own experience as a witness to Christ's suffering: "Who His own self bare our sins in his own body on the tree, that we being dead to sin, should live unto righteousness, by whose stripes ye were healed" (1Peter 2:24). Peter himself came to know the healing power of Christ's suffering a few short days after he had denied Christ three times. When Christ spoke to Peter after the crucifixion, He did not speak in terms of punishment for his sin of denial, but asked him, "Simon Peter, do you love me?" The Lord knew that Peter loved Him, but He asked Peter in order to encourage Peter to draw himself as close as possible to the source of healing in Christ's passion, the love of God. The scars of Peter's denial in the garden would remain, but Peter was able to reinterpret them in the light of Christ's abundant love for him, love so overwhelmingly manifest in His suffering and death. Peter needed only to recognize that transfiguring and transforming love in order to be healed.

The same is true in our own lives. Like Peter, we too have experienced trauma and suffering. Yet, in that trauma and suffering is an opportunity to embrace the new reality made possible through Christ's suffering. To that end, we need to draw as close as we can to the passion, crucifixion, and death of Christ. This is precisely the opposite of what normally is suggested by therapists. Usually with trauma, obsessing about it makes a person fearful, agitated, and trapped at the worst possible moment. Acquiring an objective distance from the trauma seems to be the only way to gain some perspective and relative freedom. Not so with the mystery of Christ's passion, crucifixion, and death. Only by drawing near to that mystery can one be warmed by Christ's boundless love, feel secure in His trustworthy hands, feel peaceful at His Holy feet, and discover the freedom in every situation to move towards His light that knows no evening.

In our own trials and suffering, we can be united to the One who draws all men to Himself. In our present circumstances, suffering not only reminds us that Christ has conquered all that is evil and all that causes suffering, but that He is there with us, loving us, pouring out His divine life for us, and drawing us to Himself. Our suffering is no longer pointless, because His suffering was so meaningful. We need not be afraid. We need not be troubled. We are loved more than we could ever possibly love in return. And in that love, life and death, mortality and eternity are all transformed, so that we can say about our own suffering, crosses, and death: "O death, where is thy sting? O grave, where is thy victory? Thanks be to God Who gives us the victory through our Lord Jesus Christ."

### **Little LARRY**

A new teacher was trying to make use of her psychology courses. She started her class by saying, 'Everyone who thinks they're stupid, stand up!' After a few seconds, Little Larry stood up. The teacher said, 'Do you think you're stupid, Larry?' 'No, ma'am, but I hate to see you standing there all by yourself!'

Larry watched, fascinated, as his mother smoothed cold cream on her face. 'Why do you do that, mommy?' he asked. 'To make myself beautiful,' said his mother, who then began removing the cream with a tissue. 'What's the matter, asked Larry 'Giving up?'

The math teacher saw that Larry wasn't paying attention in class. She called on him and said, 'Larry! What are 2 and 4 and 28 and 44?' Larry quickly replied, 'NBC, FOX, ESPN and the Cartoon Network!'

Larry's kindergarten class was on a field trip to their local police station where they saw pictures tacked to a bulletin board of the 10 most wanted criminals. One of the youngsters pointed to a picture and asked if it really was the photo of a wanted person. 'Yes,' said the policeman. 'The detectives want very badly to capture him.' Larry asked, "Why didn't you keep him when you took his picture ?"

Two engineers were standing at the base of a flagpole, looking at its top. A woman walked by and asked what they were doing.

"We're supposed to find the height of this flagpole," said Sven, "but we don't have a ladder."

The woman took a wrench from her purse, loosened a couple of bolts, and laid the pole down on the ground. Then she took a tape measure from her pocketbook, took a measurement, announced, "Twenty one feet, six inches," and walked away.

One engineer shook his head and laughed, "A lot of good that does us. We ask for the height and she gives us the length!"

Both engineers have since quit their engineering jobs and are currently serving in the United States Congress.

Do not worry about and do not get angry at the members of your household. You have come to God—wait on God. He is more trustworthy than all the princes and the sons of man. And do not be attracted to the present life. If you are at peace—thank God, if you are grieved—again, thank God. And always await the mercy of God. *St. Anatoly of Optina, Living Without Hypocrisy*, Holy Trinity Monastery (Jordanville, NY), pp. 199-200

Boredom is the grandfather of despondency, and laziness is the daughter. In order to drive it away, exert yourself at work, do not be lazy at prayer; then boredom will pass and zeal will come. And if you add patience and humility to this, you will spare yourself from much evil. St. Ambrose, *Living Without Hypocrisy*, Holy Trinity Monastery (Jordanville, NY), pg 167

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