



## 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 William Diakiw, 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, 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 Strozh [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, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Kareen Milcic, Ella Campbell, Kurt Smith, Tom Hyatt, Kenneth Miller [double-lung transplant], Joan Szymonifka, Jeaneen McCartney Thomson, Peggy Uhring [Eddie Behun's girlfriend], Debbie Ratajack, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

Every Christian family ought to be, as it were, a little church consecrated to Christ, and wholly influenced and governed by His rule. *St. John Chrysostom*

**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!**

Since the icon talk was so well received, Alex and Pani Gina suggested having Fr. Bob answer questions of interest to our parish family. Alex will be constructing an "Ask Your Priest" box for your questions that will be placed in the parish basement hall. If you have a question, please write it down and place it in the box. Father Bob will try to answer as many questions as he can at Coffee Hour after Liturgy...if he doesn't know the answer, he will research it and have an answer for the next Sunday! We are all learning every day, so we will continue to learn together! God Bless!  
Fr. Bob

**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, NOVEMBER 17** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**TWENTY-FIRST SUNDAY AFTER PENTECOST; SAINT IOANNICIUS THE GREAT OF BITHYNIA; HIEROMARTYRS NICANDER-BISHOP OF MYRA & HERMAS-PRESBYTER; SAINT MERCURIUS THE FASTER OF PERCHEVSKY LAVRA**

*Tone 4*

Galatians 2:16-20

Luke 8:41-56

***Litany in Blessed Memory of John M. Lotinsky—Carol Rose and Paul Popichak—Fr. Bob***

**SUNDAY, NOVEMBER 24** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**TWENTY-SECOND SUNDAY AFTER PENTECOST; MARTYR MENAS OF EGYPT; MARTYR VICTOR AT DAMASCUS; MARTYR STEPHANIDA OF SPAIN; MARTYR VINCENT OF SPAIN; SAINT THEODORE THE CONFESSOR-ABBOT OF THE STUDIO**

*Tone 5*

Galatians 6:11-18

Luke 10:25-37

***Litany in Blessed Memory of Helen & Ed Pytlak—children & grandchildren  
Parastas in Blessed Memory of Joseph & Mary Brahosky-Bob & Rene Pytlak***

**SUNDAY, DECEMBER 01** Divine Liturgy of Saint John Chrysostom 10:30 AM  
**TWENTY-THIRD SUNDAY AFTER PENTECOST; MARTYR PLATON OF ANCYRA; MARTYR ROMANUS THE DEACON OF CAESAREA & CHILD-MARTYR BARULAS OF**

**ANTIOCH; MARTYRS ZACCHAEUS THE DEACON AND ALPHAEUS OF CAESAREA  
IN PALESTINE**

*Tone 6*

Ephesians 2:4-10

Luke 12:16-21

*Litany in Blessed Memory of Caroline Holupka—Mike Holupka*

## **BULLETIN INSERT FOR 17 NOVEMBER 2013**

**TWENTY-FIRST SUNDAY AFTER PENTECOST; SAINT IOANNICIUS  
THE GREAT OF BITHYNIA; HIEROMARTYRS NICANDER-BISHOP OF  
MYRA & HERMAS-PRESBYTER; SAINT MERCURIUS THE FASTER OF  
PERCHEVSKY LAVRA**

### **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.

### **GREEK ORTHODOX ARCHDIOCESE OF AMERICA**

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### **Protocol Number 166/13—November 8/15, 2013**

### **Feast of the Synaxis of the Holy Archangels**

To the Most Reverend Hierarchs, the Reverend Priests and Deacons, the Monks and Nuns, the Presidents and Members of the Parish Councils of the Greek Orthodox Communities, the Distinguished Archons of the Ecumenical Patriarchate, the Day, Afternoon, and Church Schools, the Philoptochos Sisterhoods, the Youth, the Hellenic Organizations, and the entire Greek Orthodox Family in America

Beloved Brothers and Sisters in Christ,

On this blessed feast of the Holy Archangels, we give glory and thanksgiving to God for the heavenly hosts who faithfully serve Him, carrying out His commands throughout all of creation. We also express our gratitude for the angels of God, as they offer divine protection and reveal the power of holiness.

This is affirmed in the hymns of the feast, especially in the praises of the Archangel Michael. In the Great Vespers we chant, "Rejoice with us today, all you leaders of the angelic hosts! The great Archangel Michael, your Captain and our guardian, is present in the Church today and watches over us, sanctifying this place." The Archangel Michael leads the myriads of heavenly servants in obedience to God. In following God's will they are both our guardians against evil and champions of purity, justice, grace and truth. Because God is holy, His messengers minister in holiness, seeking our deliverance through the power of divine love.

The power to bring sanctity into any place in this world is also given to each of us when we live in Christ, and we seek to bear fruit in the lives of

others. On this feast we recognize this especially in the ministry offered by Saint Michael's Home in New York. For over fifty years, the staff and directors of Saint Michael's have offered compassionate service to the elderly, and in so doing have created a place of love, grace, and holiness. Through their deep concern for the physical and spiritual needs of the residents, their commitment to offer the highest quality of care and comfort, and their faithfulness to the sacred mission and witness of this institution of our Holy Archdiocese, God has truly sanctified this Home. The commitment to this mission has also guided the plans for expanding St. Michael's. Progress is being made on acquiring and renovating a property that will provide the Home with more space and opportunities for ministry while maintaining high standards of care.

This growth, together with the priority of St. Michael's to assist residents with the cost of their care, is made possible through the generosity of Greek Orthodox faithful throughout our Holy Archdiocese. In commemoration of this feast and in support of the ministry of Saint Michael's Home, the parishes of our Archdiocese are asked to collect a special offering on Sunday, November 10. This is an opportunity for faithful throughout our Church in America to contribute to the growth of this vital ministry. Please designate your gifts for Saint Michael's, send them to the Archdiocese, and they will be forwarded to the Home. I also ask on this blessed feast that you offer prayers for the residents, staff, and directors, and for the many ministries throughout this country offered by our Metropolises and parishes in the care of the elderly. As the angels carry holiness throughout all of creation and bring sanctity through accomplishing the will of God, may we also carry the presence of Christ through our lives bringing holiness into every place by revealing His power and grace.

With paternal love in Christ,

†DEMETRIOS  
Archbishop of America

### **Dying pastor makes investment in children**

By [Bill Zlatos](#) [Bill Zlatos](#) 412-320-7828 *Staff Reporter* [Pittsburgh Tribune-Review](#)

**Published:** Sunday, Nov. 3, 2013, 9:40 p.m.

The Rev. C. Edward Bowen knows his intestinal cancer gives him only a year or two to live, but his ministry will live on through children in Crafton.

A corporate accountant for two years before entering the seminary and becoming pastor at Crafton United Presbyterian Church, Bowen, 41, lived frugally and invested well. He established a fund in his name at the Pittsburgh Foundation so that, eventually, the remainder of his estate will increase the fund to \$1 million for causes that help the borough's children.

A portion of an initial \$200,000 gift paid for repairs to the playground at Crafton Elementary School.

"I'm trying to use the time I have left to do as much good as I can," he said in an interview from his home in Huntington, W.Va., where he became pastor of Bates Memorial Presbyterian Church after a dozen years in Crafton. His parents, Charles and Joyce Bowen, moved to be near him.

While in Crafton, Bowen fell in love with the borough, known for its mature trees and Victorian homes. Home to about 1,130 children ages 17 and younger, the community earned a "Best Place to Raise Children in Pennsylvania" distinction from Bloomberg Business Week in 2011.

Bowen did his part to help it win that title. He started a ministry that fed families, tutored students in Crafton Elementary, bought kids coats and held dances for them.

"I never met somebody quite like him," said Jim Nagorski, a sixth-grade teacher at the school who is on the committee that administers Bowen's fund. "I don't know if I'll ever be lucky enough to meet somebody quite like him again."

Bowen and his brother Andrew grew up in Bethel Park, where he graduated from high school.

"Around my junior year of high school, I felt, out of the blue, this voice in my mind, saying 'I want you to be a minister,'" Bowen recalled. "It was very unexpected. It was not a vocation I ever considered. Growing up, I always considered being a stockbroker."

Soon after the epiphany, he said, members of his church, Bethel Park Presbyterian, asked him if he ever considered being a minister. He believes God was telling him what to do.

He worked in the youth ministry at a church while attending Grove City College, where he earned a degree in accounting and economics. He became an accountant but soon heeded the call: He was ordained at Pittsburgh Theological Seminary.

Before moving to Crafton in 2000, Bowen served churches in Vandergrift and Slickville in Westmoreland County.

Savannah Sevacko, 11, a sixth-grader at Crafton Elementary, said Bowen taught her how to pray. She cried when she learned of his illness.

"I know I'll really miss him when he does go," she said. Her family befriended Bowen by volunteering at his church and sometimes attended his services even though they are Catholic.

"Words can't begin to describe him," said Savannah's mother, Georgene Sevacko, 47. "He's given so much to this community. He's made this community a lot closer."

Emily Tipping, the PTA president at Crafton Elementary and Bowen fund committee member, said she tried to talk him out of giving away his money. She thought he should do something for himself.

"It's hard for me to accept gifts from individuals, but he would keep on giving and giving," Tipping said. "He's made it clear it means a great deal to him."

During recess at the school last week, kids ran to the playground, where part of the surface is rubberized thanks to Bowen's gift. It helped protect Rylan Henry, 8, when he fell from the top of a climbing wall. "I'm fine," he announced as he popped up.

Bowen and the school are planning more projects — possibly installing rubber on the entire playground and buying computers for classrooms.

"Kids only have one chance to be a kid," he said.

Bowen wants his body returned to Crafton when he dies, for a funeral at his former church two blocks from the school. He wants to be buried in Bethel Park Presbyterian's cemetery.

His illness is beginning to wear on Bowen, Nagorski said. The chemotherapy has side effects that cause him to stagger at times, and he has difficulty doing simple tasks such as buttoning a shirt.

"But his mind is there, and so is his heart," Nagorski said.

Bill Zlatos is a Trib Total Media staff writer. He can be reached at 412-320-7828 or [bzlatos@tribweb.com](mailto:bzlatos@tribweb.com).

Read more: <http://triblive.com/news/allegheeny/5000081-74/bowen-crafton-elementary#ixzz2k4WAS2zl>

Your *Faith*  
Brings Out  
*Endurance,*  
Steadfastness  
and *Patience*

Listen: God - along with the temptations - also gives patience. He never gives more than we are able to endure. For people who love God, all things work for good. ... Pray and beseech God to give you faith and patience --- to be freed from thoughts of despair. The Saints had the power to rebuke the enemy. We, when we have temptations, ought to take refuge in our Christ and Panagia --- just as a little child runs to his mother. *Elder Ieronymos of Aegina*

.....  
When you are going  
through difficulty &  
wonder where GOD  
is, REMEMBER that  
the teacher is always  
quiet during the test.  
.....



**Patience** (or **forbearing**) is the state of endurance under difficult circumstances, which can mean persevering in the face of delay or provocation without acting on annoyance/anger in a negative way; or

exhibiting forbearance when under strain, especially when faced with longer-term difficulties. Patience is the level of endurance one can take before negativity. It is also used to refer to the character trait of being steadfast. *From Wikipedia, the free encyclopedia*

Pres. Vassi has this entry on her blog: <http://www.presvassi.blogspot.gr/>.  
Hopefully you'll find it meaningful, as I did. Pres. C.  
Wednesday, October 23, 2013

### **You Have to Be Smart Enough, Little Sheep**

*"He was led as a sheep to the slaughter; And as a lamb before its shearer is silent, So He opened not His mouth. In His humiliation His justice was taken away, And who will declare His generation? For His life is taken from the earth." Acts 8:32-33*

Have you ever seen a sheep on its way to be slaughtered? I have. I was a kid (pardon the pun) the year my dad found out he had "a friend" who could save him some money on his Easter Dinner. Instead of bringing the butchered lambs home, he brought the cutest live ones we had ever seen. And as he lead our new found friends into the garage to their doom, my sisters and I cried from inside the house at the injustice! "That's not fair!" "You're so mean!" "Awe! They're too cute to die!"

Oh, It was all in vain.

But my dad, who had the most amazing talent for explaining things, "comforted" us with these words... "Sure they are cute but they are so dumb. They see us slaughtering their friends and they don't try to run away. And when it's their turn they come willingly."

And that's when I learned the lesson that would change my life forever, and probably not the lesson my dad was trying to teach me... Better get smart or you'll get slaughtered.

I'm not the smartest person of the bunch. I'm not well read or a master chess player and I know many people who use grammar better than me. And there are a bunch of people with a load of information up in their heads. But I am smart enough to know that common sense is my friend and followers can easily find themselves just as lost as the person in front of them, especially if that person is heading for destruction.

Common sense is also an important part of being a Christian but it carries with it a higher calling. We understand that it's not about being smart unless you can do it with innocence.

“Behold, I send you out as sheep in the midst of wolves. Therefore be wise as serpents and harmless as doves. But beware of men, for they will deliver you up to councils and scourge you in their synagogues. You will be brought before governors and kings for My sake, as a testimony to them and to the Gentiles. But when they deliver you up, do not worry about how or what you should speak. For it will be given to you in that hour what you should speak; for it is not you who speak, but the Spirit of your Father who speaks in you. Matthew 10:16-20

It's one thing to know about things, and it's another to allow the knowledge to affect your heart.

For example: You might know someone has gossiped or spoke poorly about you. You might also know that they have turned others against you. This doesn't give you license to judge them or retaliate. Our ideal response should be love. Common sense reveals that their sin of anger and dislike shouldn't become your sin of justice or desire for revenge.

When someone insults you, common sense steers you to forgiveness over resentment because someone with common sense wouldn't bother to carry someone else's vile burden. If you resent them you carry their offence and it wears you down. If you forgive them, you are free of their burdensome behavior.

And finally, common sense enlightens us that as created beings, we couldn't possibly be smarter than the One who created us. Anyone with common sense would prefer God's will over their own. God knows how we are made, He loves us more than we love ourselves and He sees the Big Picture of our reality. A short sighted person would only see or fill themselves with the cares of this life.

It's time to get smart, People. But if you do, remember that it takes common sense to be smart and innocent.

Just as the earth becomes productive when the plow tills it deeply, likewise the soul becomes fruitful in virtues when pain and illness visit it frequently and intensely! The more pain and affliction a person has, the more beautiful his crown becomes. And if there are many and various

pains that oppress him, then the crown of glory is adorned with many flowers and pearls.

Gold has to pass through the furnace to become purified, and the soul of a Christian has to pass through the furnace of temptations to receive the seal of eternal glory in the royal treasury of Christ the King. If holy and blessed people passed through the furnace of pain and were benefited, how much more pain suits us and how much benefit we will derive from it when we endure it with knowledge and gratitude! It is when we see pain oppressing us, physically or spiritually, that we should consider that we are loved by God and that He has placed us in the ranks of His chosen. *Elder Ephraim of the Holy Mountain (Athos)*

Lord Jesus Christ, my righteous Judge, I know that my sins are without number, therefore I pray to You on this day when Joseph and Nicodemus placed You in the tomb and You descended to hades with Your holy and divine soul. There, the light of Your divinity drove away the darkness and You brought unspeakable joy to our first parents, saving them from terrible slavery, and raising them up to paradise. Bury my wicked and evil sins and deeds; erase them from my mind, that they may no longer war against my soul. Illumine the dark hell of my heart, driving off the blackness of my sins, and raise my mind to heaven so that I may delight in Your face. Yea, O Lord, accept my humble prayer as sweet-smelling incense, through the prayers of Your beloved Mother who was wounded in her heart by piercing pain when she beheld You crucified upon the cross between two thieves. Together with Your apostles and the myrrh-bearing women, she saw You placed in the tomb, and then beheld You risen from the dead on the third day and also ascending, together with Your holy angels, from earth to heaven. Have compassion O Lord, on the living and the departed, through the prayers of Your saints, to whom I the unworthy one cry out: O blessed servants of God, do not cease to intercede with Him day and night for us unworthy ones who ever transgress with innumerable sins. Intercede for us that God will send us His grace and help for we do not know how to rightly petition Him. Do not cease to intercede, that through your prayers sinners may obtain forgiveness, the poor find help, the sorrowful be comforted, the troubled be quieted, the oppressed find shelter and that God's grace may descend upon all for whatever is needful for their souls, to

the glory of God Who is extolled in the Trinity, and to Whom is due honor and worship forever. Amen. From the **Orthodox Prayer Book**, New Varatic Publishing, Lake George, CO, pp 23-24

**Here is Liz's new address: Redstone, 4949 Cline Hollow Road, Apartment 207-Second Floor, Murrysville, PA 15668-1580. I'm sure she would love to hear from her church friends!**