



Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

[724] 468-5581

www.holyghostorthodoxchurch.org

Very Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

NATIVITY FAST—SAINT PHILIP'S FAST--PILIPKIVA

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, Prototropresbyter 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, Rachele, 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, Gaele Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Carl & Margaret Reed, Theodore Demopoulos, Jillian Bowman, Lydia Wilson, Robert Pinton, 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, 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, Jeanneen McCartney Thomson, Peggy Uhring [Eddie Behun's girlfriend], Bill Janiro, Jean Symanko & Wilbur Camback-Andy's sister and uncle, William Lemonakis, Barbara McDougall, Roy & Alma Wyke, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

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, DECEMBER 29 Divine Liturgy of Saint John Chrysostom 10:30 AM
**TWENTY-SEVENTH SUNDAY AFTER PENTECOST; SUNDAY OF THE HOLY
FOREFATHERS; PROPHET HAGGAI; MARTYR MARINUS OF ROME; BLESSED
EMPRESS THEOPHANIA OF BYZANTIUM**

Tone 2

Colossians 3:4-11

Luke 14:16-24

SUNDAY, JANUARY 5 Divine Liturgy of Saint John Chrysostom 10:30 AM
TWENTY-EIGHTH SUNDAY AFTER PENTECOST; SUNDAY BEFORE THE NATIVITY;

Tone 3

Hebrews 11:9-10, 17-23, 32-40

Matthew 1:1-25

Litany in Blessed Memory of Stephen Kuzman & Nicholas Vetosky—Fr. Bob

MONDAY, JANUARY 6 GRAND COMPLINE FOR THE NATIVITY 6:30 PM
STRICT FAST DAY

FOLLOWED BY OUR TRADITIONAL PARISH HOLY SUPPER

TUESDAY, JANUARY 7 Divine Liturgy of Saint John Chrysostom 10:30 AM
NATIVITY OF OUR LORD AND SAVIOR JESUS CHRIST IN THE FLESH

SUNDAY, JANUARY 12 Divine Liturgy of Saint John Chrysostom 10:30 AM
**TWENTY-NINTH SUNDAY AFTER PENTECOST; SUNDAY AFTER THE NATIVITY;
SUNDAY BEFORE THEOPHANY; VIRGIN-MARTYR ANYSIA AT THESSALONICA;
MARTYR ZOTICUS OF CONSTANTINOPLE; APOSTLE TIMON THE DEACON;
MARTYR PHILOTERUS OF NICOMEDIA; VENERABLE THEODORA-NUN OF
CAESAREA IN CAPPADOCIA; VENERABLE THEODORA OF CONSTANTINOPLE**

Tone 4

Galatians 1:11-19\

Matthew 2:13-23

BULLETIN INSERT FOR 29 DECEMBER 2013

**TWENTY-SEVENTH SUNDAY AFTER PENTECOST; SUNDAY OF THE
HOLY FOREFATHERS; PROPHET HAGGAI; MARTYR MARINUS OF
ROME; BLESSED EMPRESS THEOPHANIA OF BYZANTIUM**

TROPARION—TONE 2

When Thou didst descend to death, O Life Immortal,
Thou didst slay hell with the splendor of Thy Godhead!
And when from the depths Thou didst raise the dead,

All the powers of heaven cried out:
O Giver of Life! Christ our God! Glory to Thee!

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever,
and unto ages of ages. Amen.

KONTAKION—TONE 2

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

PROKEIMENON—TONE 2

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

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

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

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

READER: The Lord is my strength and my song.

PEOPLE: He has become my salvation.

ALLELUIA VERSES—TONE 2

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

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

GREEK ORTHODOX ARCHDIOCESE OF AMERICA

8-10 East 79th St. New York, NY 10075-0106 * Tel: (212) 570-3530 Fax: (212) 774-0237

www.goarch.org-Email: communications@goarch.org

Contact: **PRESS OFFICE**—Stavros Papagermanos—pressoffice@goarch.org

Date: December 19, 2013

Archbishop Demetrios Expresses Concern over Rhetoric to Convert Hagia Sophia into a Mosque

NEW YORK – His Eminence Archbishop Demetrios, Primate of the Greek Orthodox Archdiocese of America, expressed his grave concern over current rhetoric by some Turkish state officials regarding the intention to convert

the historic *Hagia Sophia* (the magnificent 6th-century Orthodox Christian Cathedral of the Ecumenical Patriarchate of Constantinople) from a museum to a functioning mosque. Such a step might be interpreted as an expression of intensification of state Islamization policies causing an elimination of Christianity from its 2000-year presence in its lands of origin.

Hagia Sophia's significance as a religious site and globally recognized symbol of intercultural respect and sacred beauty is reflected in the 1985 UNSECO designation of *Hagia Sophia* as a world heritage site. The Archbishop stated, "If any shift should occur from the current use of *Hagia Sophia* as a museum, then, the Turkish government should allow it to operate as originally intended and as it functioned for almost 1000 years, as a Christian Cathedral and not as a mosque."

Preparing for the Feast of the Nativity

Isaiah 9:6: For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace

The Feast of the Nativity of the Lord Jesus Christ is celebrated each year as a contemporary feast. Believers greet each other with the festive message: "Christ is Born!" Choirs sing with great joy: "God is with us!"

Centuries and centuries before Christ took on human flesh as described in the Gospel of St. Luke (Lk.1-2:7), the words in the book of the Holy Prophet Isaiah were proclaimed (Is.9:6) The book of Isaiah is dated between 745-680 BC.[1]

As believers prepare for the celebration of the Feast of the Nativity, the prophecy from Isaiah is mentioned in the Third and Ninth Hour on the Eve of the Nativity.[2] Remembering the continuity through the centuries is important.

Christ's nativity came after a long period of awaiting His birth. God's Holy Church looks back through the centuries. The evidence of Christ's birth being prophesied is preserved in the services of the Church.

The celebration of the Feast of the Nativity has extensive historical roots. The festal services of the Church were formed carefully with much prayer and attention to detail.

The Festal Menaion puts the festal services of the Church in perspective with these words: "Orthodox service books as a whole are in the last analysis little else than one vast and extended meditation upon Holy Scripture." [3]

Believers do well to immerse themselves in the Holy Scriptures from beginning to end. Familiarity with the Holy Scriptures reveals common themes and gives order to life.

The birth of the Lord Jesus Christ changed the world forever. Each year believers take time to celebrate the feast. Each year believers are asked to seriously prepare for the feast with increased prayer and fasting.

Believers are expected to be different and better with each celebration of the Feast of the Nativity. Believers are expected to approach the feast and to celebrate the feast in the spirit intended by God's Holy Church.

The time approaching the Feast of the Nativity is beneficially used for personal examination of the place of Christ in the believer's heart and mind. The believer's love and desire for Christ will be reflected in the preparation. Christ's love for each person is verified in the Nativity. All persons have access to Christ in prayer and in celebration of the feast. All persons can benefit from the message of the feast communicated in the services.

Peace is available in Christ regardless of personal circumstances. Love is found in Christ regardless of personal circumstances. Hope exists in Christ regardless of personal circumstances.

The lives of the saints and martyrs provide evidence through the centuries of the ultimate possibilities of life for those who love Christ. Personal wants and physical conditions take on new meaning when Christ is the center of life.

When Christ is the goal, guide and nourishes life, personal wants, needs and desires take on the proper perspective. Christ said: "Seek first the Kingdom of God."(Mt.6:33)

With the approach of the Feast of the Nativity of Christ, believers must contend with a daily barrage of stimuli from commercial sources that have nothing to do with the Lord Jesus Christ.

Contemporary society has taken on heightened commercialization at this time of the year. The goal is ever increasing financial profits and crass materialism.

Believers need to be vigilant and focused in daily life.

The Church dedicates a set number of days for proper preparation for the feast. The Church designates the days of preparation to include fasting. Writings of the Church serve to enrich believers preparing for the feast in earnest.

At the time of the Holy Prophet Isaiah, the coming of Christ was anticipated. The celebration of Christ's Nativity is greatly anticipated at this time. Believers benefit by increased attendance at the Divine services of the Church.

Church services enable believers to develop and maintain perspective. Church services strengthen believers to deal well with the onslaught of commercialism taking place.

Societal developments taking place at this time of the year have moved far from celebrating the nativity of Christ. Believers need to increase personal knowledge about the teachings of the Church to deal with societal issues.

The book of the Holy Prophet Isaiah spoke about the Wonderful Counsellor, the Prince of Peace. Interested believers will immerse themselves in the life of the Church to benefit from the Wonderful Counsellor and Prince of Peace.

The mighty God spoken of in the book of Isaiah deserves the daily attention of each believer. The mighty God deserves the continuous gratefulness of each believer.

When considering the giving of gifts for the Feast of the Nativity, make sure to give God the gift of time in prayer and fasting each day leading to the Feast of the Nativity. Give God your increased personal presence in the Divine services.

Prepared for Adult Class. St. George Serbian Orthodox Church Carmichaels, Pa.
November 28/December 11, 2013. Ven. Stephen, Martyr. St. Hristo, Martyr. Father
Rodney Torbic

[1] *The Orthodox Study Bible. St. Athanasius Academy of Orthodox Theology, Thomas Nelson, Nashville, 2008, p.1058.*

[2] *The Festal Menaion. St. Tikhon's Seminary Press, South Canaan, Pennsylvania, 1998, p.231, p.246.*

[3] *Ibid., p.16.*

Heidi Hadsell Surunis

December 8 at 6:48am ·Edited

~**everyday is Christmas day**~

on Friday night I experienced one of life's most perfect moments...it's just so special I have to share it with you. Because I know it will touch you like it did me...and I feel like it's a moment that will change you...just like it changed me, just a little bit. I am changed.

On Friday night I went to Luke's game at Boyce Middle School and sat up on the top bleacher near my friends Vic and Brian...up top with "the dads". I was early because I had come straight from work so I was there to see the 8th grade team play. The score was close pretty much the whole game but little by little our boys pulled ahead and had a comfortable lead but not one that couldn't have been overcome...USC wanted to win and they battled like they always do. With about four minutes left in the game,

and BP leading by 9 points, the USC coach called for subs. And one by one five boys got up from the bench and crouched over by the scorekeeper waiting. I hadn't really paid attention to their bench much but one boy caught my eye this time....that one boy who didn't just stand from his place on the bench...he SPRANG from it...that boy who didn't really squat there with the other players, he sort of bounced there...he was excited...he was REALLY excited... I noticed that boy...I noticed his enthusiasm and I noticed that he had a subtle uniqueness that set him apart from the other boys....different only by the physical cues of mis-aligned chromosomes...different eyes...mannerisms...stride...but a smile that was so full of JOY....one of those boys wasn't like the others and he was going in the game!!! My heart started to pound and tears, always pretty close to falling ALL the time, streamed down my cheeks when I realized what was happening. It wasn't the last 6 seconds of the game, there were 4 minutes left to play....it wasn't a blowout...we weren't crushing them or them us...there was time for that USC coach to put together a win, but he didn't...he subbed in those boys...he subbed in that miracle of a boy and for four minutes nobody cared about anything but him...willing the ball into his hands...hoping he would get a chance to make a shot and praying that if he did...that it would go into the hoop. I watched the coach encouraging him...and cheering and yelling...for HIM...and you could feel a shift in the room as each of us realized what was happening, and then you could feel a softening of the tension on the court as their players, and OUR players recognized it too and began to work together as ONE team for that beaming boy. Four minutes. For four minutes of goodness. Four minutes of acceptance. Four minutes of maturity and compassion. Four minutes I'll never forget.

Children want to love and care and TAKE care of each other. Kids want to help and nurture and do the good and right things in life. It's our job to show them how...and every now and then, we get to see it happen in a perfect and beautiful way and when we do we're changed by the experience. Kids want to make a difference in those lives and for their whole lives they don't forget the sweetness of that compassion. I got to witness that Friday night. I got to see a USC coach who was so kind...so incredibly kind...I forgot a deep and ongoing animosity and I felt love. Changed.

I wish I could describe that game to you, ...so you can feel the way I'm feeling right now, but I can't. I can't put it into words...like so many other things in life...it's just to grande and perfect. I can say this though...there are ways we can all be changed, heroic, kind; there are ways WE can be a blessing and see these moments; and know this kind of love.

Winning matters and it's meaningful. Losing is important too; it provides lessons that take you to the next level in competition, it makes you analyze, and adjust and work harder. Competition can be healthy and it can be fierce, it pits neighbor against neighbor and friend against friend and sometimes it fosters hatred that lasts a lifetime. But what I witnessed on the court at Boyce Middle School broke down those barriers ...it really did.... Love is universal...caring is universal...compassion is universal...and when you GIVE with that pureness of heart....for a moment...you forget the hatred.

Friday was Christmas....and I'm celebrating it today again...and again tomorrow....and every single day I will celebrate.....Christmas!

My friend Heidi is the office secretary at All Saints Greek Orthodox Church in Canonsburg, PA. Her son Luke goes to Bethel Park and is the subject of many of her amazing ramblings on Facebook! Fr. Bob

Have a Happy Low-Stress Holiday and New Year!

Hello everyone! I know we're all working to wrap up the year on a high note while weaving in our holiday preparations. I urge you to take a moment and read this blog from Dr. ck Andrade, a guest blogger [you've heard from on Chief's Corner before](#). Dr. Andrade is a volunteer Scouter in Pacific Skyline Council/Discovery District and a member of the BSA Emotional Fitness Task Force. She teaches youth and adults in Scouting and the community how to control their stress levels. Today, she gives us all some helpful guidance on managing stress during the holidays.

******From the Blogsite of Chief Scout Executive Wayne Brock******

The holidays are here!

For many of us, Thanksgiving marked the beginning of the holiday season – a period filled with family, friends, fun, worship, shopping, gifts, food, festivities, travel, get togethers, and, sometimes, stress. In reality, the holidays, while fun, can also be quite demanding.

Even noted psychiatrists Thomas Holmes and Richard Rahe recognized this when they added Christmas to their well-known [list of 43 most stressful life events](#). It's little wonder that sometimes we find ourselves thinking "Tis the season to be jolly, so how come I'm not?" Now, before you say "Bah humbug" and start resenting the holiday cheer of the people around you, try some of these strategies for sailing through the holidays with less stress and more smiles.

A Recipe for a Low-Stress Holiday Season

- Plan ahead: Take a moment to identify which situations are likely to make your blood pressure rise. Decide what you can do before, during, or after the event to bring your stress level down a notch.
- Check in with yourself: Learn to recognize how your body, thoughts, and behavior change in response to stress-provoking situations. For example, do you have tense muscles, headaches, racing thoughts, or a loss of appetite? Do a quick scan and look for your signs of stress as you go through the day.
- Slow down: trying to maintain a hectic schedule is likely to exhaust you and make you tense. Resist the temptation to race through the holidays by slowing your pace and making time for rest breaks.
- Get organized: Focus on what is essential and use your time more effectively. Take a few minutes each night to make a To Do list for the next day. Select the one to three things that are most important to complete by the end of the day and concentrate on those.
- Give yourself some alone time: Set aside 20 minutes of quiet time alone each day to gather your thoughts. This can help you to stay calm even when there is holiday chaos around you.
- Look beyond your own life to help others: The holiday season is about more than giving and receiving gifts. Find a way to bring some holiday cheer to someone who is in need.

Start Afresh for the New Year

You can bring that low-stress approach into the New Year in a few simple steps.

- Clear your workspace: A tidy workspace energizes you and makes it easier to concentrate, while clutter can increase your sense of being under stress.
- Surround yourself with people whom you consider to be supportive.

- Find a focus: If you know where you are headed, then you can concentrate on getting there and spend your energy on productive activities. First set a long term goal for the upcoming year and then set smaller goals that you can work on each day to get to that big goal.
- Get the Ball Rolling: Take action and build your sense of success by completing one daily goal every day. When you achieve a goal, check it off your list and reward yourself for this accomplishment. You'll soon find that your motivation increases and your stress level decreases.

Need Other Stress Busters?

Want some more suggestions for easy stress busters that you can use to relax during the holidays and prepare for the New Year? Here are tips for youth in ["99 Ways to Chillax and Bounce Back"©](#) and for adults in ["60 Stress Busters for Scouters.©"](#)

Enjoy your holidays!

Dr. ck Andrade

We owe thousands of thanks to the sweetest Heavenly Father, Who providentially allows painful events to occur in our lives, so that we will not find ourselves in the other world incapable of showing that we endured something for the sake of His love. *Elder Ephraim of the Holy Mountain (Athos)*

For our friends who will be celebrating the New Year this coming week—please be careful and watchful of other drivers when out and about. Between the winter weather and "partying" there will be extra challenges for all who venture out on New Year's Eve. We value you and your parish family loves and needs you! Please be careful and safe! God Bless you all—HAPPY NEW YEAR!