

### **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: 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, 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 Luciow, 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], Bill Janiro, Jean Symanko & Wilbur Camback-Andy's sister and uncle, William Lemonakis, Barbara McDougall, Roy & Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pyrch, Ema Jean Piper, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

**HAPPY BIRTHDAY to our February Babies:** David Shirley on the 1<sup>st</sup> and Kyle James Weiser on the 12<sup>th</sup>. May God Grant them Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! God Bless!

REMINDER—OUR ANNUAL MEETING WILL BE HELD ON FEBRUARY 23<sup>RD</sup> AFTER THE OBEDNITZA! PLEASE PLAN TO ATTEND AND BRING YOUR IDEAS TO HELP OUR CHURCH! God Bless!

Forgive and pray, in order to live your life serenely. And do not do to others that which you do not want them to do to you, or return the evil which they have done to you. St. Raphael of Lesvos

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 <u>ALWAYS</u> <u>FREE!</u>

<u>Communion Fasting:</u> 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 02 Divine Liturgy of Saint John Chrysostom 10:30 AM THIRTY-SECOND SUNDAY AFTER PENTECOST; ZACCHAEUS SUNDAY; VENERABLE EUTHYMIUS THE GREAT; MARYTRS INNA, PINNA, & RIMMA; MARYTRS BASSUS, EUSEBIUS, EUTYCHIUS, & BASILIDES AT NICOMEDIA; VENERABLE LAURENCE THE RECLUSE & EUTHYMIUS THE SILENT OF PERCHEVSKY LAVRA

Tone 7 1 Timothy 4:3-15 Luke 19:1-10

Litany in Blessed Memory of Milton G. Chicka, Daniel Pysh, Sara Chicka, Nickolai Pivtoraiko, Anne Cherepko Mazock, & Robert Vetosky—Fr. Bob

SUNDAY, FEBRUARY 09 Divine Liturgy of Saint John Chrysostom 10:30 AM SUNDAY OF THE PUBLICAN AND THE PHARISEE TRANSLATION OF THE RELICS OF SAINT JOHN CHRYSOSTOM

Tone 8
2 Timothy 3:10-15
Luke 18:10-14

SUNDAY, FEBRUARY 16 Divine Liturgy of Saint John Chrysostom 10:30 AM SUNDAY OF THE PRODIGAL SON

### HOLY & RIGHTEOUS SIMEON THE GOD-RECEIVER & ANNA THE PROPHETESS; PROPHET AZARIAS; MARTYRS PAPIAS, DIODORUS, & CLAUDIANUS; MRATYRS ADRIAN & EUBULUS; MARTYR BLAISE

Tone 1
1 Corinthians 6:12-20
Luke 15:11-32

## **BULLETIN INSERT FOR 02 FEBRUARY 2014**

THIRTY-SECOND SUNDAY AFTER PENTECOST; ZACCHAEUS SUNDAY; VENERABLE EUTHYMIUS THE GREAT; MARYTRS INNA, PINNA, & RIMMA; MARYTRS BASSUS, EUSEBIUS, EUTYCHIUS, & BASILIDES AT NICOMEDIA; VENERABLE LAURENCE THE RECLUSE & EUTHYMIUS THE SILENT OF PERCHEVSKY LAVRA

## TROPARION—TONE 7

By Thy Cross, Thou didst destroy death!
To the thief, Thou didst open Paradise!
For the Myrrhbearers, Thou didst change weeping into joy.
And Thou didst command Thy disciples, O Christ God,
To proclaim that Thou art 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 7

The dominion of death can no longer hold men captive, For Christ descended, shattering and destroying its powers! Hell is bound, while the prophets rejoice and cry: The Savior has come to those in faith! Enter, you faithful, into the Resurrection!

## **PROKEIMENON-TONE 7**

**READER:** The Lord shall give strength to His people! The Lord shall bless His people with peace!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

**READER:** Offer to the Lord, O you sons of God! Offer young rams to the Lord!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

**READER:** The Lord shall give strength to His people!

**PEOPLE: The Lord shall bless His people with peace!** 

#### ALLELUIA VERSES—TONE 7

It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!

To declare Thy mercy in the morning, and Thy truth by night!

## On the Holy and Dread Mysteries of Christ:

A Homily by Saint Gregory Palamas



The Word which brings about the salvation of our souls is analogous to seed. Just as farmers first cultivate the earth with the plough, then sow seed, so must we prepare ourselves beforehand to accept the heavenly seed, by which I mean the word of spiritual teaching. But we are not inanimate, unfeeling earth which is cultivated and sown by others, but living, breathing, rational ground. For that reason we must make ourselves ready by means of repentance. To give you an indication of the starting point of repentance and the cultivation of the soul, it is what those who approached John's baptism did on their own initiative: "They went out", it saws, "and were baptized in Jordan, confessing their sins" (cf. Matt. 3:5-6, Mark 1:5).

The confession of sins is the beginning of this cultivation, the start, that is, of repentance and preparation to accept within us the saving seed, the word of God, which is able to save our souls. Ploughing the ground was devised by farmers as a means of extracting wild roots from deep down in the earth, and rendering it capable of receiving our seeds and plants. Confession does exactly this for the reasonable field, our heart. It digs up the evil passions concealed within it and throws them out, making it ready to take in the sacred seeds and suitable to grow a fine harvest of virtues. Just as, after Adam's transgression, the earth began to bring forth thistles, thorns, and other useless plants (Gen. 3:18), so man's heart bears

shameful and evil passions and thoughts, and the sins which they in turn produce.

This is the reason, brethren, why it is necessary for each of you to have a spiritual father, to approach him with faith, humble himself before him and declare the evil passions of his heart. Accepting spiritual therapy, he must cast out from his soul by the roots those thorns and thistles of sin which each of you has nourished within him through a pleasure-loving life in the grip of passions, and so open his ears to the Spirit's teaching and be persuaded by what we preach and put forward to you for the good of all, and be reconciled, through the absolution and blessing he receives from us, with Him who bowed the heavens and came down on account of the boundless ocean of His love for mankind, and cast words of life and saving seeds into the hearts of those who obeyed Him. Let none of you shun this starting-point of repentance. How can you go forward and make progress for the better from now on, if you have not even grasped the very beginning of virtues? From Homily 56 in Saint Gregory Palamas: The Homilies

# Nun specializes in baking variety of breads



Tiffany Wolfe for The Ledger

Posted: Friday, January 24, 2014 12:15 am | *Updated: 10:19 am, Fri Jan 24, 2014.*By Louise Carroll For The Ledger

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WAYNE Twp. — The enticing smell of freshly baked bread often greets visitors as they open the door to the Orthodox Monastery of the Transfiguration in Wayne Township.

Sister Martha Korban, the baker, not only enjoys baking the bread, but considers that greeting and getting to know the people who buy it are equally important.

"Bread is life, and I see it come to life and it is like a miracle," Korban said.

The idea for selling bread came about because Korban wanted to help with the monastery's building program.

"I wanted to do something personal with my hands to help the building fund, and I like to meet people," Korban said.

She was inspired when the abbess, Mother Christophora, told her that they would have little signs made and put at the driveway saying "Bread Sale Today."

Korbin bakes a wide variety of breads including whole-wheat sourdough, regular sourdough, Kalamata olive sourdough, Vermont maple-oatmeal bread, potato bread, raisin bread, and many other kinds of white and wheat breads.

"I like to try all kinds of breads. I get bored easily, so I like to try different recipes," Korban said. "And I'm always open to suggestions."

She personally greets each person when they pick up their bread usually between 3 and 5 p.m.

"Because I love baking and being with people the personal contact is so important to me,"

Korban said. "Half the delight of baking is meeting people and hearing how much they like the bread."

Korbin sends emails to those who have requested them, listing what breads will be available that week, when to order and when to pick them up.

If you are interested in being on Korban's email list, you can email her at

omtbakery@gmail.com. Those who do will receive an email to order for the next bread day and the information for picking it up.

Korbin bakes 60 loaves for each sale, so customers need to order early to get the ones they want. When a bread sells out she repeats it at the next sale.

Sourdough bread is Korban's favorite, because it is a challenge and an art to get it right. Ideally it is baked in a brick oven, and because she doesn't have a brick oven, Korban tries to duplicate it as well as she can by putting the bread on a hot pan as it goes into the oven and adding some steam. Sourdough bread is slow to raise as most of it happens in the oven.

"The quick heat gives it the holes and the chewy crust. It is the most completely natural bread and the easiest bread to digest," Korban said.

Her sourdough starter, which she bought from King Arthur Flour in Vermont, is more than 250 years old. Four days before baking she gets out the starter and begins feeding it flour and water on a regular basis including at 2 a.m. on the day she is baking because it must be at the proper point to start mixing that day.

"It is like a baby. You feed it, and it grows," Korban said.

She can keep her starter in the refrigerator for up to a month as she needed to do over the busy holidays.

In addition to baking bread to sell, Korbin bakes all the bread for the monastery and the special breads for its church services. Her other duties include cooking, sewing, cleaning and personal shopping for the other nuns.

Originally from Vermont, Korban began baking bread with her mother as a young teenager and they alternated baking, her mother one week and Korban the next.

As a teenager she found a book at her local library, "Artisan Baking Across America" by Maggie Glezer, and still enjoys the book. She gets most of her recipes from the King Arthur Flour website and sometimes adapts the recipes.

Her recipe for the cranberry whole-wheat walnut bread is in the monastery's cookbook, "From the Monastery Kitchen" which can be purchased at the monastery.

"Bread was the first thing that I ever had that I couldn't stop reading about and studying and making," Korban said. "When I first got the book my dream was to bake bread and sell it at a farmers' market."

Ten years ago, when Korban was 20 years old, she came to the Monastery of the Transfiguration because she wanted to leave home but didn't want to live on her own. Korban said. "I was here one week and I knew this was what I wanted to do."

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#### **GENERAL AUDIENCE: THE DIVISION OF CHRISTIANS MUST STOP**

Vatican City, 22 January 2014 (VIS) – Pope Francis dedicated the catechesis of this Wednesday's general audience to the Prayer Week for Christian Unity, which ends next Saturday, the feast of the Conversion of St. Paul. It is a spiritual initiative in which Christian communities have participated for over one hundred years, and is a time dedicated to prayer for the unity of all baptised persons, in accordance with Christ's will "that they may all be one". Every year an ecumenical group from one region in the world, under the guidance of the Ecumenical Council of Churches and the Pontifical Council for Promoting Christian Unity, suggests the theme and prepares the activities for the Prayer Week. This year the initiatives will be prepared by the Churches and Ecclesiastical Communities of Canada, who have proposed the question posed by St. Paul to the Christians of Corinth: "Is Christ divided?"

"No, Christ is not divided", said the Holy Father. "But we must recognise sincerely, although with suffering, that our communities continue to experience divisions, which are a scandal. There is no other word for it: the divisions between Christians are a scandal". Evoking the words of St. Paul, he added, "Each one of you is saying, 'I am of Paul', and 'I of Apollos', and 'I of Cephas', and 'I of Christ'. Even those who named Christ as their leader were not applauded by Paul, because they used Christ's name to separate themselves from others within the Christian community. But the name of Christ creates communion and unity, not division! Baptism and the Cross are central elements in our common Christian discipleship. Divisions, on the other hand, weaken the credibility and effectiveness of our commitment to evangelization".

In his Letter, the Apostle rebukes the Corinthians for their divisions, but also gives thanks to the Lord because the community has been enriched in Jesus Christ, "in all speech and all knowledge". "These words are not a

simple formality, but rather the sign that first and foremost he sees God's gifts to the community, for which he is sincerely joyful. In spite of the suffering of divisions, which unfortunately persist to this day, we welcome Paul's words as an invitation to rejoice sincerely in the grace conceded by God to other Christians. We have experienced the same baptism, the same Holy Spirit has bestowed grace upon us, so let us rejoice!".

"It is good to recognise the grace with which God blesses us and, moreover, to find in other Christians something which we need, something we can receive as a gift from our brothers and sisters", continued the Bishop of Rome. The Canadian group which has prepared this Prayer Week has not invited the communities to think about what they might give to their Christian neighbours, but rather has exhorted us to encounter one another to understand what all communities can receive from time to time from the others. This requires something more. It requires humility, reflection and continual conversion. Let us follow this path, praying for Christian unity and an end to this scandal", he concluded.



27-01-2014 - Year XXII - Num. 17

#### AMONG CHRISTIANS, UNITY IS ALWAYS GREATER THAN CONFLICT

Vatican City, 26 January 2014 (VIS) – The 47th Prayer Week for Christian Unity – for which this year's theme is "Has Christ been divided?" – concluded yesterday afternoon, the solemnity of the Conversion of St. Paul, with the celebration of the second Vespers in the Roman basilica of St. Paul Outside-the-Walls. The event was attended by representatives of other Churches and ecclesiastical communities present in Rome.

In his homily, Pope Francis, referring to the theme of the Prayer Week, drawn from St. Paul's letter to the Corinthians, observed that the Apostle was grieved to learn that the Christians of Corinth had split into various factions, and "could not even praise those who claimed to belong to Christ, since they were using the name of the one Saviour to set themselves apart from their other brothers and sisters within the community. In other words, the particular experience of each individual, or an attachment to certain significant persons in the community, had become a yardstick for judging the faith of others".

"Amid this divisiveness, Paul appeals to the Christians of Corinth 'by the name of our Lord Jesus Christ' to be in agreement, so that divisions will not reign among them, but rather a perfect union of mind and purpose. The

communion for which the Apostle pleads, however, cannot be the fruit of human strategies", continued the Pope. "Perfect union among brothers and sisters can only come from looking to the mind and heart of Christ. This evening, as we gather here in prayer, may we realise that Christ, who cannot be divided, wants to draw us to himself, to the sentiments of his heart, to his complete and confident surrender into the hands of the Father, to his radical self-emptying for love of humanity. Christ alone can be the principle, the cause and the driving force behind our unity.

"As we find ourselves in his presence, we realise all the more that we may not regard divisions in the Church as something natural, inevitable in any form of human association. Our divisions wound Christ's body, they impair the witness which we are called to give to him before the world". The Bishop of Rome cited the Second Vatican Council's Decree on Ecumenism, "Unitatis Redintegratio", which affirms that "Christ the Lord founded one Church and one Church only. However, many Christian communities present themselves to people as the true inheritance of Jesus Christ; all indeed profess to be followers of the Lord but they differ in outlook and go their different ways, as if Christ were divided", and adds, "such division openly contradicts the will of Christ, scandalises the world, and damages the sacred cause of preaching the Gospel to every creature".

"We have all been damaged by these divisions. None of us wishes to become a cause of scandal. And so we are all journeying together, fraternally, on the road towards unity, bringing about unity even as we walk; that unity comes from the Holy Spirit and brings us something unique which only the Holy Spirit can do, that is, reconciling our differences. The Lord waits for us all, accompanies us all, and is with us all on this path of unity".

"Christ, dear friends, cannot be divided! This conviction must sustain and encourage us to persevere with humility and trust on the way to the restoration of full visible unity among all believers in Christ. Tonight I think of the work of two great Popes: Blessed John XXIII and Blessed John Paul II. ... Pope John blazed new trails which earlier would have been almost unthinkable. Pope John Paul held up ecumenical dialogue as an ordinary and indispensable aspect of the life of each Particular Church. With them, I think too of Pope Paul VI, another great promoter of dialogue; in these very days we are commemorating the fiftieth anniversary of his historic embrace with the Patriarch Athenagoras of Constantinople".

He continued, "The work of these, my predecessors, enabled ecumenical dialogue to become an essential dimension of the ministry of the Bishop of Rome, so that today the Petrine ministry cannot be fully understood without this openness to dialogue with all believers in Christ. We can say also that the journey of ecumenism has allowed us to come to a deeper understanding of the ministry of the Successor of Peter, and we must be confident that it will continue to do so in the future. As we look with gratitude to the progress which the Lord has enabled us to make, and without ignoring the difficulties which

ecumenical dialogue is presently experiencing, let us all pray that we may put on the mind of Christ and thus progress towards the unity which he wills. And to journey together is already to be making unity!"

Finally, the Pope greeted the Metropolitan Gennadios, the representative of the Ecumenical Patriarch, David Moxon, the representative in Rome of the Archbishop of Canterbury, and all the representatives of the various Churches and Ecclesial Communities gathered in the basilica of St. Paul Outside-the-Walls. "With these two brothers representing everyone, we have prayed at the Tomb of Paul and have said to one another: 'Let us pray that he will help us on this path, on this path of unity and of love, as we advance towards unity'. Unity will not come about as a miracle at the very end. Rather, unity comes about in journeying; the Holy Spirit does this on the journey. If we do not walk together, if we do not pray for one another, if we do not collaborate in the many ways that we can in this world for the People of God, then unity will not come about! But it will happen on this journey, in each step we take. And it is not we who are doing this, but rather the Holy Spirit, who sees our goodwill".

"Let us ask the Lord Jesus, who has made us living members of his body, to keep us deeply united to him, to help us overcome our conflicts, our divisions and our self-seeking; and let us remember that unity is always better than conflict! And so may he help us to be united to one another by one force, by the power of love which the Holy Spirit pours into our hearts", the Holy Father concluded.

The Scripture tells of different ways of how God has fought on our behalf to attain the good so that we might have abundant occasions to thank Him for His benefits. Psalm 106 immediately begins with 'Give thanks to the Lord because He is good, for His mercy endures forever.' This verse is an acknowledgement of thanksgiving; they are not merely words, for we are bidden to glorify God for His goodness only. Both the good and salvation for mankind come from God, for all things come through His grace and goodness. *St. Gregory of Nyssa* 

These afflictions from the Lord, Who watches over us, do not happen to the servants of God without benefit, but for a trial of true love toward the God Who created us. For as the toils of the contests lead the athletes on to their crowns, so also the test, through tribulations, leads Christians on to perfection, if we receive, with appropriate patience, and in all gratitude, what is dispensed to us by the Lord. All things are directed by the goodness of the Master. *St. Basil the Great* 

## Please remember in your prayers:

The protesters and all who are supporting freedom in Ukraine The oppressed Christians of the Middle East and around the world All who are without shelter, family, and friends in this terrible weather