



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

*****FAST FREE WEEK—FEBRUARY 09 THROUGH FEBRUARY 16*****

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 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, 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-Andy's sister, William Lemonakis, Barbara McDougall, Roy & Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, Ema Jean Piper, Susan Lucas, Manny Lopez, Neil Carter & family, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

God watches how we treat each other and how we help each other—always, not just on special occasions! Do HIS work and LOVE EACH OTHER!

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

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, 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

*******FAST FREE WEEK—FEBRUARY 09 THROUGH FEBRUARY 16*******

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

SUNDAY, FEBRUARY 23 Divine Liturgy of Saint John Chrysostom 10:30 AM
SUNDAY OF THE LAST JUDGMENT
HIEROMARTYR CHARALAMPUS-BISHOP OF MAGNESIA IN THESSALY &
MARTYRS PORPHYRIUS & BAPTUS; MARTYRS ENNATHA, VALENTINA, & PAULA
OF PALESTINE; VENERABLE PROCHORUS OF PERCHEVSKY LAVRA; SAINT ANNA-
WIFE OF PRINCE YAROSLAV

Tone 2
1 Corinthians 8:8-9:2
Matthew 25:31-46
*******ANNUAL PARISH MEETING AFTER SERVICE*******

BULLETIN INSERT FOR 09 FEBRUARY 2014

SUNDAY OF THE PUBLICAN AND THE PHARISEE

TRANSLATION OF THE RELICS OF SAINT JOHN CHRYSOSTOM

TROPARION—TONE 8

Thou didst descent from on high, O Merciful One!
Thou didst accept the three-day burial to free us from our sufferings!
Our Lord, our Life and Resurrection, 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 8

By rising from the tomb,
Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,
And the world celebrates Thy Rising from the dead,
O greatly Merciful One!

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!

PEOPLE: Pray and make your vows before the Lord our God!

READER: In Judah, God is known; His name is great in Israel!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows.

PEOPLE: Before the Lord our God!

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to Him with psalms.

Doing the will of God is a discipline in the best sense of the word. It is also a test of our loyalty, of our fidelity to Christ. It is by doing in every detail, at

every moment, to the utmost of our power, as perfectly as we can, with the greatest moral integrity, using our intelligence, our imagination, our will, our skill, our experience, that we can gradually learn to be strictly, earnestly obedient to the Lord God. Unless we do this our discipleship is an illusion and all our life of discipline, when it is a set of self-imposed rules in which we delight, which makes us proud and self-satisfied, leaves us nowhere, because the essential momentum of our discipleship is the ability in this process of silence and listening, to reject our self, to allow the Lord Christ to be our mind, our will and our heart. Unless we aim at what St. Paul defines as 'it is no longer I but Christ who lives in me', we shall never be either disciplined or disciples." +*Metropolitan Anthony, Metropolitan Anthony of Sourozh: Essential Writings, pg. 18, Orbis Books, publisher*



You can thank this Eagle Scout for the wind chill

(or at least its name) 29 January 2014 [Bryan on Scouting blog]

OK, so maybe it's unfair to blame Paul Siple for the cold weather blanketing the country this week, including below-freezing temps from Washington State to the Florida Panhandle and all across the Northeast.

But Siple, who earned the Eagle Scout rank in 1923, is responsible for coining the term we use to describe just how cold it feels out there: "wind chill."

The Sea Scout, Silver Buffalo Award recipient, Vigil Honor member of the Order of the Arrow and Antarctic explorer died in 1968 at age 59. But his legacy lives on every time we check the weather apps on our phone before stepping outside.

As [this Order of the Arrow writeup](#) explains, Siple was chosen among 600,000 Scouts to join an Antarctic expedition in 1928. Siple's place on the expedition had to be publicly funded; "pennies, nickels and dimes" were raised by the *Weekly Reader* "to help send Paul to the Antarctic." His companion on the trip was none other than Admiral Richard Byrd.

Siple later wrote four books, appeared on the cover of *Time* magazine and became a hero to all Scouts.

But "wind chill" is his most lasting legacy. Siple did doctoral thesis research on the ways in which wind affects how humans feel outside. So the next time you check the weather to decide whether to add another layer, think of this great Eagle Scout.

H/T: Thanks to Eagle Scout and Scouting magazine contributor [Mark Ray](#) for the post idea.

Be angry and sin not: let not the sun go down upon your wrath. Neither give place to the devil. Ephesians 4:26-27

From my personal experience, from my experience as a spiritual father, and from my observations in society, I have found that one of the endemic sins of contemporary mankind is anger. This sin can be of a personal nature and also of a group nature. The first is individual anger and the other is the anger of a people which can lead to destructive war, for a short or a long time, but executed with a cruelty which the technology of past centuries could not carry out..

Personal anger transforms the heart of a man from a dwelling place of the Holy Spirit into a demonized house, because it changes the spiritual structure of the soul, orienting it toward the dark regions of the human being. History knows disastrous events brought about by anger and tragic incidents caused by impetuous anger, which created regrets and hopelessness in he who allowed himself to be seized by it.

The Holy Scripture is intensely preoccupied with the problem of anger. In comparison to ancient times, our times give greater occasion for anger to manifest. This is due to the great increase in the density of the population, which has reduced the personal security of the individual to a minimum. The appearance of anger presents a major temptation which the devil uses to lure us, knowing that anger darkens the mind and equips the tongue and hands with a violence which gravely wounds...

In chapter thirty-four of Genesis, there is a reason for the anger of Jacob's sons. The son of the prince of the country of Shalem dishonored Dinah, the daughter of Jacob and Leah. This deed provoked anger in

Jacob's sons who decided to avenge their sister, even though that youth asked Dinah to marry him.

The place where Jacob had settled, not far from Shalem, was very convenient for this family to live for many reasons. But his sons were roused to anger and the desire for revenge. When the youth from Shalem asked for the hand of Dinah, his brothers answered deceitfully—that it would be shameful for their sister to marry one who is uncircumcised. And they asked that all the males of the town be circumcised, and they accepted. After two days, when all the men were still in pain, Jacob's sons entered the city at night with their servants and slew the fiancé, his father and all the men with the sword. Then they robbed the city of all its wealth and took the women and children captive. Thus, under the impulse of anger, they used the token of Abraham's sacred covenant with God (circumcision) as a means of deception through which they carried out their revenge, disregarding the holy for their personal gratification. When Jacob found out, he said to his sons, *Ye have troubled me to make me to stink among the inhabitants of the land, among the Canaanites and the Perizzites (Genesis 34:30).*

And Jacob had to depart from that place with all who were with him and all his wealth, where he had desired to stay, because of the uncontrolled anger of his sons. Behind him he left a spoiled city and murdered men, and he was followed by the hate and anger of the inhabitants of that region.

This intervention of the devil in arousing the anger of the sons of Jacob and, as a result, the inhabitants of the region, was unto the fulfillment of the journey toward the Promised Land. The meaning of this story is like all that happens as part of God's will, through which He communicates something to us or drives us toward something which we must fulfill, but this does not mean that the sin of anger remains unpunished.

The Christian, however, must not get angry. He knows that God watches over him and that not a hair of his head falls without the Lord's knowledge. In relation to his neighbors, he must moderate his anger, because the Savior was not angered against those who mocked and crucified Him. Will we get angry with our neighbor, knowing that he is created in the image of God? Indeed, how can we utter words of anger

against him if he did something to us, knowing well that we have done the same thing to him or to another, and even worse?

Man today lives under such overwhelming pressure that his nerves are strained to the limit and even the slightest provocation arouses in him the sin of anger. Causes for anger could be the child who does not listen to us, or the husband or wife who contradicts us, or the driver who cuts us off with his car, or only seems to us to cut us off, giving a motive for us to be roused to anger. Even if, through self-restraint, our anger is not outwardly expressed or is not heard by the one who provoked it, it is still a sin, because it harms our soul and our heart. It is an action against oneself, under the temptation of the devil to anger. *(to be continued)*



Father George Calciu, Interviews, Homilies and Talks, pp 309-10, published by St. Herman of Alaska Brotherhood

So, I beg you, let each of you show interest now at least, even if not in the past, to excise from the soul whatever blemish you have perceived to be troubling you more than other passions, and by recourse to pious thinking as though by some spiritual sword rid yourself of that passion. God, you see, has given us the power of thinking that is adequate and capable, if we were prepared to ponder a little, of subduing each of the passions rising within us. For this reason the grace of the Spirit has left written for us in the pages of the sacred writings the lives and conduct of all holy people so that we might learn all the deeds of virtue they performed, people of the same nature as ourselves, and that we might not be lazy in the practice of virtue. *St. John Chrysostom*

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: Jan. 28, 2014

Assembly Faces Temporary Withdrawal of Participation by Hierarchs of Patriarchate of Antioch

NEW YORK - Archbishop Demetrios of America, Chairman of the Assembly of Canonical Orthodox Bishops of North and Central America, has issued the following statement in response to the temporary withdrawal of the Hierarchs of the Antiochian Orthodox Christian Archdiocese of North America from their participation in the Assembly of Canonical Orthodox Bishops of North and Central America. The Synod of the Patriarchate of Antioch, in October 2013, decided to temporarily withdraw from all Assemblies of Canonical Orthodox Bishops around the world because of a jurisdictional issue in the Middle East.

The statement of Archbishop Demetrios is as follows:

"We are deeply grieved that this temporary withdrawal has occurred, and we pray for a swift resolution. We hope that the Antiochian faithful who are participating in the many good works under the aegis of the Assembly—the philanthropic activities of IOCC, the prison ministries of OCPM, the college work of OCF, the missionary efforts of OCMC and the work of other Assembly Agencies—will be encouraged to stay involved. While it is true that from time to time throughout the Church's history jurisdictional issues have caused unintended consequences, we pray that the particulars of this matter, which have nothing to do with the situation here in North and Central America or in other global regions with Assemblies of Bishops, will quickly be resolved. Until such time, the Assembly, as established by a unanimous consent of all the Autocephalous Churches, will continue to serve the faithful and its mission to foster *the unity of the Spirit in the bond of peace* (Ephesians 4:3), and we continue to pray that the Holy Spirit, the Comforter, will guide the work of the Assembly and inspire unfeigned brotherly love among all Orthodox Christians."

As this action has precipitated the temporary absence of the Secretary, the Chairman of the Assembly has named an interim Secretary, the Very Rev. Archimandrite Nathanael Symeonides, to ensure that the work of the Assembly continues uninterrupted.

UKRAINIAN ORTHODOX CHURCH OF THE USA
CONSISTORY OFFICE OF PUBLIC RELATIONS
PRESS RELEASE

Bishop Daniel Announces Pilgrimage to the Holy Land and Constantinople

Jerusalem, the Holy City! Since the earliest days of Christianity, pilgrims have made their way to this place. In 2014, we will follow in the ancient and venerated footsteps of these faithful Christians.

With the blessing of His Eminence Metropolitan Antony, the Prime Hierarchy of the UOC of the USA, His Grace Bishop Daniel of the Western Eparchy of the Ukrainian Orthodox Church of the USA will lead Sacred Pilgrimage to the Holy Land and Constantinople on November 10-22, 2014, the Consistory office announced today. The 13-day visit to the most significant sites of the New Testament is being coordinated by Bishop Daniel and clergy of the UOC of the USA.

"This pilgrimage, second in turn and hopefully another of many to the Holy Land for our Metropolia, will send down the blessing of God, not only on all of those participating, but on our entire Ukrainian Orthodox Church. The Council of Bishops of the Church has given a blessing and encourages all of our clergy and parishes to promote such pilgrimages, both to Holy Land and other holy sites, which facilitate our coming closer to God. By traveling to the Holy Land this time around, we will literally walk in the steps of our Lord, God and Savior Jesus Christ. I sincerely pray that the Almighty One will bless us traveling, keep us safe and bring us all closer to Him during the time of the year that in the United States of America we offer gratitude to God for the blessing received," said His Grace Bishop Daniel.

During the course of the pilgrimage, the group from the Metropolia will have the opportunity to visit and pray at the Tomb of Lazarus, Cana, Mt. Tabor - the site of the Lord's Transfiguration, the River Jordan, the Mount of Olives, the Upper Room and Gethsemane, as well as the sites of the Lord's suffering on Holy Thursday and Good Friday. The pilgrimage will culminate with the group's participation in the Divine services and Hierarchical Divine Liturgy at the Church of the Holy Sepulcher.

"The sacred sites in the Holy Land are the place where the Bible comes to life for Christians," explained the bishop.

In addition, Bishop Daniel and the pilgrims, will be received by His Holiness Patriarch Theophilus III of Jerusalem. While in Constantinople the pilgrims of the Ukrainian Orthodox Church of the USA in addition to various

historic sites, will visit the Hagia Sophia – St. Sophia (Holy Wisdom) Cathedral and the Patriarchate of Constantinople, concluding with a private audience with his All-Holiness Ecumenical Patriarch Bartholomew I.

"As we travel together, we will worship and learn. We will visit sites where Christ the Savior walked, where He taught and prayed. We will discover the images that He used to illustrate His parables. We will come closer to understanding Him as we gain understanding of world in which He conducted His ministry..." said the bishop.

"I hope many of you will accompany us on this spiritual pilgrimage. This will not be a commercial tour! This will be a true Faith experience and I would consider it a privilege to have you with us..." - concluded His Grace Bishop Daniel.

Brochures, tour host information, and general information - available by reviewing the information at the following link:

http://www.uocofusa.org/files/PDF%20files_news/2014/Pilgrimage_to_Holy_Land.pdf

When we believe in God and have trust in His fatherly providence and concern, then we do not think of ourselves; instead we know that God is aware of our needs and looks after our problems, from the simplest to the most serious one. The only things we must want is to allow God's love and providence to function for us. When we have this kind of faith and inner disposition, we are able to see God's miracles--God himself--who is always close to us under all circumstances. In order to experience this we must reject any form of worldly assistance or human hope, and with a pure heart, unhesitatingly and trustfully devote our mind to God. Then the grace of Christ will fill our souls at once.

Some people have the wrong impression, however; they think they can be involved in worldly matters and be attached to material possessions, and at the same time, expect the help of God's providence. God's help to people who think this way can be destructive, for it prolongs their attachment to worldly things. God helps them by letting them be exposed to temptations and difficulties; this will eventually make them loath worldly matters and totally devote their hearts to God. *Elder Paisios of Mt. Athos*



**"The saints were ordinary people
but what separated them from
the rest of the ordinary people
was their willingness to step out
in faith and trust Christ."**



REMINDER: Our annual meeting will be held on Sunday, February 23, after the Obednitsa. Please plan to be there and help YOUR parish plan for OUR future!