



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

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 John Harvey, 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, 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, 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, Patrick, Linda Morris, Howard Simpson, Chris, Pastor Ed Bowen, David Hiles, Karen Johnson, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Susan Bertram, Gail, Sirena Sharp, Ron Paulovich, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Barbara McDougall, Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, Susan Lucas, Manny Lopez, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Judi Danser, Mira Filipovic, Lynn, Jacqueline, Irma Opacic, Sharon, Zan Cheng, Debby, Jeff Jones, Kristy, Elaine Ellenberger, Margaret Thurston [Evelyn's sister], Donna Cacioppo [Evelyn's niece], Brandon, Anna Tranchine, Demetra, Blasé Urban, 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!

PRAYER LIST: Please help update our prayer list. If you or someone you know no longer needs to be on the prayer list or if there is someone who needs to be on the list please let Father Bob know. Remember—Prayers are ALWAYS FREE! Thank you!

Please remember ALL American service men and women in your prayers. May God watch over them and all American service men and women—and bring them all home safely!

PLEASE REMEMBER TO BRING YOUR “BOXTOPS FOR EDUCATION” AND CAMPBELL’S SOUP LABELS TO CHURCH. There is a shoebox in the basement for Debbie Paouncic’s class. THANK YOU ALL FOR YOUR HELP!

REMEMBER—PRAYERS ARE ALWAYS FREE!

Communion Fasting: nothing to eat or drink after midnight, EXCEPT in cases where your doctor tells you to eat or drink something for medical reasons: medication, diabetes, etc. If you have a question, please ask Father Bob.

AT ANY TIME—if there is an emergency, if you have questions, or if you just need to talk, please CALL FATHER BOB at [412] 279-5640.

SCHEDULE OF SERVICES

**SUNDAY, SEPTEMBER 14 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
14TH SUNDAY AFTER PENTECOST; CHURCH NEW YEAR; SAINT SYMEON
STYLITIES THE ELDER & HIS MOTHER SAINT MARTHA; RIGHTEOUS JOSHUA
THE SON OF NUN; MARTYRS CALLISTA & HER BROTHERS EVODUS &
HERMOGENES AT NICOMEDIA; MARTYR AEITHALAS OF PERSIA**

Tone 5

1 Timothy 2:1-7; 2 Corinthians 1:21-2:4; Colossians 3:12-16
Luke 4:16-22; Matthew 22:1-14; Matthew 11:27-30

Parastas in Blessed Memory of Michael Holupka—Mike Holupka

**SUNDAY, SEPTEMBER 21 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
15TH SUNDAY AFTER PENTECOST; SUNDAY BEFORE THE EXALTATION OF THE
HOLY CROSS; THE NATIVITY OF THE MOST HOLY THEOTOKOS AND EVER-
VIRGIN MARY**

Tone 6

Galatians 6:11-18; 2 Corinthians 4:6-15; Philippians 2:5-11
John 3:13-17; Matthew 22:35-46; Luke 10:38-42, 11:27-28

Parastas in Blessed Memory of Tillie Kuzman—John & Debbie Paouncic

**SUNDAY, SEPTEMBER 28 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
16TH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE EXALTATION OF THE
CROSS; GREAT-MARTYR NICETAS THE GOTH, UNCOVERING RELICS OF SAINT
ACACIUS THE CONFESSOR-BISHOP OF MELITENE; MARTYRS THEODOTUS,**

**ASCIEPIODOTUS, & MAXIMUS OF ADRIANOPOLIS; UNCOVERING RELICS OF
HOLY PROTOMARTYR & ARCHDEACON STEPHEN**

Tone 7

2 Corinthians 6:1-10; Galatians 2:16-20
Matthew 15:14-30; Mark 8:34-9:1

**BULLETIN INSERT FOR 14 SEPTEMBER 2014
14TH SUNDAY AFTER PENTECOST; CHURCH NEW YEAR; SAINT
SYMEON STYLITIES THE ELDER & HIS MOTHER SAINT MARTHA;
RIGHTEOUS JOSHUA THE SON OF NUN; MARTYRS CALLISTA & HER
BROTHERS EVODUS & HERMOGENES AT NICOMEDIA; MARTYR
AEITHALAS OF PERSIA**

TROPARION—TONE 5

Let the faithful praise and worship the Word,
Coeternal with the Father and the Spirit;
Born for our salvation from the Virgin;
For He willed to be lifted up on the Cross in the flesh,
To endure death,
And to raise the dead by His glorious Resurrection!

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

KONTAKION—TONE 5

Thou didst descend into Hell, O my Savior,
Shattering its gates as almighty;
Resurrecting the dead as Creator,
And destroying the sting of death.
Thou hast delivered Adam from the curse,
O Lover of Man,
And we all cry to Thee: O Lord, save us!

PROKEIMENON—TONE 5

READER: Thou, O Lord, shalt protect us and preserve us from this
generation forever.

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this
generation forever.

READER: Save me, O Lord, for there is no longer any that is godly.

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this
generation forever.

READER: Thou, O Lord, shalt protect us and preserve us...

PEOPLE: From this generation forever.

ALLELUIA VERSES—TONE 5

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be prepared in the heavens.

Distinguishing between I can't and I won't in efforts to forgive

September 4, 2014 By [fatheralexis](#)

I just can't! How often have we heard these words from another person? How often have we uttered them ourselves? Often, other people hear these words as expressing not so much our inability to do something as our refusal to do so. We use the expression "I can't" in order to absolve ourselves of making a choice, when in fact a choice has already been made. In the context of forgiveness, "I can't" is often a pretext meant to imply that some force outside ourselves makes it impossible for us to forgive. This force may be the one who has wronged us, the hurt that remains with us, or our perception of justice that guides us. Whatever that force may be, we choose to cling to it, to strengthen it, and to use it as a wall to keep us imprisoned in a state that benefits none. And so when asked to forgive, we look at our own personal wall and say "we just can't forgive," while as a matter fact, we can.

We can forgive, regardless of how we feel or what comes to our minds, because we have been given the power to choose to forgive. On this point in *Ancient Christian Wisdom*, I write, "Being made in the image of God, each human being receives as a royal birthright, the sovereign power of the intelligence and the free will. In fact, Saint Nicodemos of the Holy Mountain, well aware of the radiant examples of the martyrs and great ascetics, writes, 'God bestowed on our will so much freedom and power, that even if every kind of sensual provocation, every kind of demon, and the entire world united to take arms against our will and vehemently to make war against it, despite all that, our will remains entirely free to despise that attack and will what it chooses to will or not will what it does not choose to will.'" Our will has the power and the freedom to shift focus, to change course, and to act in accordance with the image of a loving God that is at

the very core of our being. And although emotions of anger and sadness as well as memories of insult and injury might swell up to oppose us, our will can look elsewhere, namely to the person of Christ, and act.

Once we recognize our power to choose, the statement "I can't" becomes "I won't." In this sea change of perception, we have to ask the question, "Why won't I forgive?" In some cases, this becomes the tipping point toward forgiveness. As a Christians we have countless examples and reasons to forgive. Saint Gregory the Theologian, for instance, wrote his friend Bishop Theodore, who couldn't seem to forgive: "The Disciples ask to call down the flames of Sodom upon those who drive Jesus away, but He deprecates revenge. Peter cuts off the ear of Malchus, one of those who outraged Him, but Jesus restores it. And what about him who asks whether he must seven times forgive a brother if he has trespassed, is he not condemned for his stinginess, for to the seven is added seventy times seven? What of the debtor in the Gospel who will not forgive as he has been forgiven? Is it not more bitterly exacted of him for this? And what says the model for prayer? Does it not desire that forgiveness may be earned by forgiveness?" (Letter 78). We can look at these examples and then choose in Saint Gregory's words, to "show ourselves to be merciful rather than severe, and to be lovers of the poor rather than of abstract justice"(Letter 78). Truly, the persons we need to forgive are often poor souls in need of love and our refusal to forgive is often based on an abstraction, an idea, that we place above all things, even the example of Christ. If we recognize these truths and embrace our God-given freedom and strength, we will see that "we can do all things through Christ Who strengthens us" (Philippians 4: 13). Then, to the question, can you forgive? We will answer, "I can and I will God helping me." Amen.

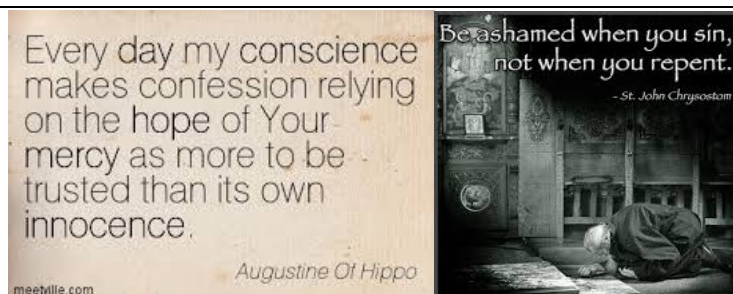
+ + The Dark Yet Luminous Radiance of the Cross + +

Of all of the Mysteries of Faith, Hope, and Love, none is more mysterious indeed yet more life-giving than the sign of the Cross of Christ. We as faithful Christians wear it on our breast, venerate it with reverence, and celebrate it as the sign and token of victory of life over death. Why is this so? Because contrary to all reason our very Faith is intimately tied up with a correct understanding and acceptance of the Cross in our own life. It is a ready and willing means and gift of a life in Christ that steadily leads to

Paradise and thus to an unending, grateful, and loving life with God. When we accept and use the Cross of suffering and death of the narrow confines of our merely worldly understanding, then the wide and glorious expanse of Divine life opens before us with radiance and hope. Christ Himself told us to "Enter ye in at the strait gate...because strait is the gate, and narrow is the way, which leadeth unto life." (Matt 7:13-14) (to read more)

Finally, if we enter into this great Mystery, not just read about it or watch it from the shore at a distance, we will see ourselves that life, true life, blessed life, so filled with God's glorious radiance, is made manifest by our active participation within the Cross of Christ. We must reverence His Cross, and we must reverence our own cross too. When Christ appeared to His Disciples, the first thing He did was to show them His wounds from the Cross in His hands and His feet, and the wound from the lance in His side. He still has them today in Paradise. The Good Thief Dismas has his own blessed wounds too. All of the Faithful Christians in Heaven are adorned with the Cross of Christ, and wear this Cross gratefully today in His presence. This is the Cross of Life and Love, darkly radiant, yet full of glory, and streaming love, great Love, into our hearts if we will receive it, for "now abideth Faith, Hope, and Love, these three: but the greatest of these is Love." (1 Cor. 13:13) We venerate Thy Cross, O Christ, and Thy Holy Resurrection we glorify.

*The Monks of St. Isaac of Syria Skete
and the Nuns of the Convent of St. Silouan
and the Faithful of St. Nicholas Church
and the Staff of Orthodox Byzantine Icons and St. Isaac's Bookstore.*



Humble yourself, and from now on confess, for confession contains holy humility, without which no one is saved. The devil greatly rejoices when he manages to persuade a person to hide diabolical thoughts. This is because he will achieve his premeditated, soul-destroying goal. Elder Ephraim of the Holy Mountain (Athos)