

Holy Ghost Orthodox Church

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SAINT PHILIPS'S FAST—ADVENT—PILIPKIVA—NATIVITY FAST

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 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, 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 Pyrch, 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 Novak, Jeff Jones, Kristy, Elaine Ellenberger, Margaret Thurston [Evelyn's sister], Donna Cacioppo [Evelyn's niece], Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Greg Schwing, Lydia Wilson, Flora Tomlin, Stella Rossi, Howell Swarm, Jane Bielewicz Allred, 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 December babies: Scot Brunermer on the 14th, Joe Nezolyk on the 15th, Donna Karas on the 18th, and Jean Stutchell on the 29th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita!

Please remember in your prayers—our dear 'Little Father' Emilian, who returned to Romania to undergo surgery for back pain. This particular procedure is not offered here in the United States. He asked for our prayers and expressed his thanks for the love and fellowship he has shared with the Holy Ghost Parish Family. He said he looks forward to returning to us pain-free in the springtime...may God watch over him and heal him...Fr. Bob

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> FREE!

<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, DECEMBER 07 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM 26TH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE ENTRANCE OF THE MOST HOLY THEOTOKOS; GREAT-MARTYR MERCURIUS OF CAESAREA IN CAPPADOCIA; GREAT-MARTYR CATHERINE OF ALEXANDRIA, MARTYRS AUGUSTA THE EMPRESS, PORPHYRIUS & 200 SOLDIERS AT ALEXANDRIA WITH HER; MARTYR PHILOTHEA OF ROMANIA; VENERABLE MERCURIUS THE FASTER OF THE PERCHEVSKY LAVRA—FAR CAVES

Tone 1
Ephesians 5:9-19; Ephesians 6:10-17
Luke 13:10-17; Luke 21:12-19

Litany in Blessed Memory of John Lopushanksy, Samuel Kerr, Helen Likar, Harry Bunio, Mary Pekich, Constantine Hanczar, Anna Lotinsky, and Julia Golofski—Fr. Bob

Parastas in Blessed Memory of Victor Burlack & Stancy Popichak—40 days—Fr.

Bob

SUNDAY, DECEMBER 14 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM 27TH SUNDAY AFTER PENTECOST; PROPHET NAHUM; RIGHTEOUS PHILARET THE MERCIFUL OF AMNIA IN ASIA MINOR; MARTYR ANANIAS OF PERSIA

Tone 2
Ephesians 6:10-17
Luke 18:18-27

SUNDAY, DECEMBER 21 NO SERVICE IN SLICKVILLE—FR. BOB OUT OF TOWN 28TH SUNDAY AFTER PENTECOST; VENERABLE PATAPOUS OF THEBES; HOLY APOSTLES SOSTHENES, APOLLOS, CEPHAS, TYCHICUS, EPAPHRODITUS, CAESAR, & ONESIPHORUS OF THE 70; HOLY 362 MARTYRS OF AFRICA—MARTYRED BY THE ARIANS & MARTYR ANTHUSA-AT ROME; MARTYR VICTORIA; MARTYR ANTHUSA AT ROME

*Tone 3*Colossians 1:12-18
Luke 17:12-19

BULLETIN INSERT FOR 07 DECEMBER 2014

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TROPARION—TONE 1

When the stone had been sealed by the Jews;
While the soldiers were guarding Thy most pure Body;
Thou didst rise on the third day, O Savior,
Granting life to the world.
The powers of heaven therefore cried to Thee, O Giver of life:
Glory to Thy Resurrection, O Christ!
Glory to Thy Kingdom!
Glory to Thy Dispensation, O Thou who lovest mankind.

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

KONTAKION—TONE 1

As God, Thou didst rise from the tomb in glory, raising the world with Thyself.

Human nature praises Thee as God, for death has vanished! Adam exults, O Master!

Eve rejoices, for she is freed from bondage and cries to Thee:

Thou are the Giver of Resurrection to all, O Christ!

PROKEIMENON—TONE 1

READER: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Rejoice in the Lord, O you righteous! Praise befits the just! **PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.**

READER: Let Thy mercy, O Lord, be upon us. **PEOPLE: As we have set our hope on Thee.**

ALLELUIA VERSES

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

Nakedness and Abstinence

A Sermon on St. Mary of Egypt



From the very beginning of the Fall, sensuality has plagued man. It originates from the soul's fundamental desire to be completely known by God and neighbor, which has become twisted by the unnatural passions and bears grotesque fruit in the lusts of the flesh.

In Genesis 2:25—3:11, we see that Adam and Eve "were both naked...and they were not ashamed." And then immediately after the serpent's temptation and their disobedience, Adam says, "I was afraid, because I was naked; and I hid myself."

This "nakedness" refers both to the physical body and to spiritual intimacy. We are "all naked and open in His sight" (Hebrews 4:13). But because of the Fall and ensuing sins, to be naked both physically and spiritually requires a terrifying degree of vulnerability. Perverted by the Fall, nakedness is something we both desire and fear.

Like Adam and Eve, we fear being absolutely and completely known because we are aware of our imperfection, our spiritual and physical perversions, our estrangement from God and neighbor. Yet we long to be restored and to be known completely.

The unnatural passions and the sins they give birth to suggest that we should overcome this fear of being known by hardening our hearts. In the world around us, both physical and spiritual (psychological) nakedness are achieved with a crude and unnatural boldness. All around us we see people revealing their bodies and hearts by rendering rude and public things that should be private and tender. From the Hollywood/TV reduction of marital intimacy to nothing more than a marketing tool for pornography, to talk shows wherein couples and families publicly air their great brokenness, we see that everyone so badly wants to be known and known completely. Yet hardness of heart and crude "honesty" are not the answer.

Enter St. Mary of Egypt. Naked and known, and an example to all of us, she restored in herself the physical and spiritual nakedness that Adam and Eve had before the Fall. At first, she too sought to be known by hardness of heart and public displays of private matters. At Matins on Sunday morning we will sing, "With the baited hook of the flesh and through the lust of the eyes you took many men prisoner, and by means of short-lived sensual pleasure you made them food for the devil."

But this brought no peace to her soul, which longed for true intimacy with God and man. And by the grace of God she discovered the one thing that calms the chaos of sensuality and restores physical and spiritual nakedness to its proper place: abstinence.

One of the many paradoxes of the Orthodox Christian life, abstinence from sensual things is what restores and sanctifies nakedness. By sin Mary

found herself naked in fornication and prostitution, but by abstinence she found herself naked like an innocent child before God.

Deep inside we all want to be known and we all want to be healed; we all want to be "naked and unashamed." Keep the commandments of Christ! Not because breaking them is simply wrong, but because in keeping them, we find that every core desire in our being is sanctified and fulfilled beyond our imagination, in a fullness that is only imitated and perverted by the lusts of the flesh.



Orthodox Christian Prison Ministry An Agency of the Assembly of Bishops

Dear to Christ Friends of Orthodox Christian Prison Ministry,

The blessings of our Lord be yours throughout this Nativity Fast.

One of the highlights of the Nativity Fast each year is the Feast Day of St. Nicholas. The stories of his life are filled with miracles and selfless giving to those in need. He also served time in a horrid prison, where he suffered from much torture. Of course, he wasn't known as Saint Nicholas while he suffered in prison; that came much later after his death. He was simply another Orthodox Christian that was persecuted in prison.

Could the prisons in our country today hold some future saints? People often point out that the "convicts" of today deserve to suffer in prison for their acts. How many of our wonderful saints also committed crimes long before we knew them as saints? Consider the former murderer and robber now known as Saint Moses of Ethiopia, or perhaps the former prostitute Saint Mary of Egypt, who played a part in the destruction of many men's souls.

There are indeed people in prisons today who may have the opportunity to become great men or women of God. They are spiritually hungry and looking for the Truth that will set them spiritually free. OCPM wants to make sure that every one of them has the opportunity to embrace and grow in the Holy Orthodox Faith. We need your continued help.

As we enter the Nativity Fast, "again, we are given time by our Lord and God and Savior Jesus Christ for the seeds of almsgiving to fall upon our hearing...Believe the Scripture which tells you: "He who has mercy on the poor lends to God" (Proverbs 19:17). When we give alms "then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you" (Isaiah 58:7-8). Do you see how great a share you are granted for a bit of bread or for a coin that you part

with? Do you know how much light is the fruit of almsgiving? Do you wish to learn how great a treasure is granted to us for giving but a small amount to the poor?" (St. John Chrysostom, taken from a homily on Alms Giving).

As you consider your increased almsgiving this Nativity Fast, we humbly ask you to continue to include Orthodox Christian Prison Ministry in your giving.

By your prayers,

Fr. Stephen Powley, Executive Director

In the Book of Proverbs we read, Where there is no guidance, a people falls like leaves, but in an abundance of counsellors there is safety. Prov. 11:14

You see the force of this saying, brothers and sisters. You see what the sacred Scripture is teaching us. It is ensuring that we do not trust in our own strength, that we do not consider ourselves experts, that we do not imagine that we can manage our own affairs.

In fact, we need help; we need guidance and the aid of God. There is nothing more miserable, nothing more risky than people having no one to guide them on the road to God. What does the Scripture say? Where there is no guidance, a people falls like leaves.

The leaf at its beginning is always green, fresh and delightful. Then by degrees it dries up and falls, and after that it is disregarded and trampled on. Anyone without a guide is like that. At first he is always enthusiastic for fasts and vigils, for tranquility of mind and for obeying his conscience in everything. Then by degrees that enthusiasm wanes, and because he has no director to feed and rekindle that flame, he dries up without anyone noticing, he falls down and from then on becomes prey to his enemies who do what they like with him.

It is different, however, with those who share their thoughts with others and only act after taking the advice, *In an abundance of counsellors there is safety.* It does not mean by 'an abundance of counsellors,' that one should consult everyone, but that one should always seek advice from those whom one trusts most, and not keep silent about some things while speaking of others.

Woe to those who say one thing and do another! One should bring everything out into the open and consult, as I said, about everything. There is safety then, meaning salvation, precisely in the abundance of counsellors. *St. Dorotheos of Gaza*



November 30/December 13 Andrew the First-Called Apostle

The Holy Apostle Andrew the First-Called was the first of the Apostles to follow Christ, and he later brought his own brother, the holy Apostle Peter, to Christ (John 1:35-42). The future apostle was from Bethsaida, and from his youth he turned with all his soul to God. He did not enter into marriage, and he worked with his brother as a fisherman. When the holy Prophet, Forerunner and Baptist John began to preach, St. Andrew became his closest disciple. St. John the Baptist himself sent to Christ his own two disciples, the future Apostles Andrew and John the Theologian, declaring Christ to be the Lamb of God.

Upon Christ's glorious Ascension, St. Andrew and the other Apostles committed themselves to spreading the logos and sowing the seed of Christianity throughout the world. St. Andrew dedicated his teaching to Asia Minor, part of Greece, and an area along the Black Sea, which included the city now known as Constantinople. St. Andrew was blessed with a gift of eloquence that enabled him to convert thousands of people to Christianity in one day with his mere words. His love and passion for Jesus Christ was evident in the words he spoke, and his popularity grew greatly within each place he visited. However, not all were converted to Christianity by St. Andrew's words alone, but by the miracles of healing which Christ performed through him. Moreover, among St. Andrew's incredible accomplishments are the numerous parishes that he founded throughout Thrace, Macedonia, Pontos, Greece, Asia Minor, Byzantium, and Russia, where he is regarded as patron saint to this day.

While in the city of Patras, St. Andrew met and converted to Christianity a woman named Maximilla. Maximilla was the wife of the ruler Aigeates, who did not accept or condone Christianity. Out of anger, Aigeates sentenced St. Andrew to die by crucifixion. However, St. Andrew did not find himself worthy enough to die in the same manner as Christ, and requested that he be crucified upon an "X-shaped" cross. In order to prolong the suffering of the saint, Aigeates gave orders not to nail the saint's hands and feet, but to tie them to the cross. For two days the apostle taught the citizens who gathered about. The people, in listening to him, with all their souls pitied him and tried to take St Andrew down from the cross. Fearing a riot of the people, Aigeates gave orders to stop the execution. But the holy apostle began to pray that the Lord would grant him death on the cross. Just as the soldiers tried to take hold of the Apostle Andrew, they lost

control of their hands. The crucified apostle, having given glory to God, said: "Lord Jesus Christ, receive my spirit." Then a blazing ray of divine light illumined the cross and the martyr crucified upon it. When the light faded, the holy Apostle Andrew had already given up his holy soul to the Lord. Maximilla had the body of the saint taken down from the cross, and buried him with honor. A few centuries later, under the emperor Constantine the Great, the relics of the holy Apostle Andrew were solemnly transferred to Constantinople and placed in the church of the Holy Apostles beside the relics of the holy Evangelist Luke and St Paul's disciple St Timothy.

On Having a Prayer Rule by St. Theophan the Recluse



We must continue to hold our attention on God during the day. To support our attention, I have said more than once: Remember God through a briefly worded prayer.

At times, it is very fruitful to substitute a few psalms for the short prayer psalms you have reflected upon thoroughly and memorized. You can do this during free moments and throughout the day's activities. Repeating memorized psalms is an ancient Christian custom that was developed and brought into the monastic rule in the fourth century by Saints Pachomius and Anthony [the Great].

After spending the entire day in such a prayerful attitude, take even more time in the evening to concentrate at prayer and increase your prostrations. Intensify your supplications to God and, having again dedicated to God's care, bed down with a brief prayer on your lips and fall asleep with it, or with the repetition of a psalm.

Which psalms to learn? Memorize those that drop into your heart when you read them. Different people are moved by different psalms. Begin with Psalm 50, then Psalms 102 and 145, the antiphons for the Liturgy; also, the psalms from the Preparation for Communion (Psalms 22, 2:3, 115); as well as Psalm 69, Psalm 4 (the first psalm of [Great] Compline [during the first week of Great Lent]), the psalms for the Hours, and the like. Read the Psalter and choose.

Having memorized all this, you will be totally armed for prayer. When a disturbing thought comes to mind, rush to the Lord with a brief prayer or some

psalm, especially, "O God, be attentive unto helping me" (Psalm 69), and the disturbing cloud will immediately vanish.

That summarizes prayer rules.

But I repeat: Remember, all of this is a guide. The heart of the matter is: Stand with reverence before God, with the mind in the heart, and strive toward Him with longing.

+ + Reluctance, Regret, and Repentance + +

All of us experience at times a reluctance to follow through with a challenge or a calling that we are asked to perform, especially if it seems unpleasant or inconvenient. This is common to all who share our fallen human nature in this world. If our comfort zone is disturbed by such a challenge, it is hard to agree to try to do what we can to meet that challenge, or hard not to choose delay. Moreover, even if we do get going at last, we may have a bad attitude in doing the task, and then can turn in regret to blaming the person or circumstances we face as unfair or unfeeling, as if we have been put upon and are somehow a victim. None of this is, of course, seen or felt with a Godly understanding and heart. Christ said, "In patience possess ye your souls." (Luke 21:19) Now how can we possibly learn such an important virtue as patience without much varied and daily practice? Without this daily instruction in its various forms, patience will not be our willing companion in each day's occurrences. Seeing things in this new way changes life's inconveniences into the training ground of blessedness with a heavenly mind, which is so foundational to our true life.

The Prophet Jonah in the Old Testament is a good example of this whole process of reluctance, regret, and finally repentance. He was told by God to go to Nineveh and preach repentance to them so they could turn away from their sins and live. He ran away on a ship instead. When caught by casting lots on the ship seized in a violent storm, he confessed that he was running away from God and His guidance in his life. When cast then into the sea, God preserved him miraculously in the deep in the belly of a great fish, which then after three days set Jonah out on dry land. After reluctantly preaching as he was called to do after so much hardship, the people of Nineveh repented and God forgave them by their humility and their remorse over their sins. In regret, Jonah was mad at God for being merciful, then mad about a shade that had been given him by a plant and then taken away. Finally God showed him a higher way to think and act, which is full of mercy, and Jonah turned inside in deep repentance to see how God and His mercy are only good, thoroughly good through and through. Let us ask the holy Prophet Jonah today to pray that we too learn this important lesson of patience in

faith, and avoid such self-imposed calamities, and may Christ so answer us in our hope of sweet repentance. Amen!

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.

Just a short reflection...it has been 17 years since His Beatitude, Metropolitan Constantine of Blessed Memory, ordained me to the Holy Priesthood on the Feast Day of Saint Andrew the First-Called Apostle—to serve His Holy Church and the parish of the Holy Ghost in some place called Slickville, PA. These past years have made a huge change in my life and I have both Christ and each of you to thank for that! May your faith and love for our Lord and Saviour Jesus Christ never waiver or stumble—remember that He is the Alpha and Omega—the beginning and the end! May He bless and keep you always! With His Love, Fr. Bob, Pani Gina, Alex, & Matt