



## Holy Ghost Orthodox Church

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Very Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

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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 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 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.

**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 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 14 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM  
27<sup>TH</sup> 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

**Parastas in Blessed Memory of Margaret Thurston [Evelyn's Sister] 40 days  
Mary Ann & Bill Kuznik**

**SUNDAY, DECEMBER 21 NO SERVICE IN SLICKVILLE—FR. BOB OUT OF TOWN  
28<sup>TH</sup> 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

**SUNDAY, DECEMBER 28 NO SERVICE IN SLICKVILLE—FR. BOB IN LIGONIER  
29<sup>TH</sup> SUNDAY AFTER PENTECOST; HIEROMARTYR ELEUTHERIUS-BISHOP OF  
ILLYRIA, HIS MOTHER MARTYR ANTHIA, & MARTYR CORIVUS THE EPARCH;  
VENERABLE PAUL OF MOUNT LATROS; MARTRY ELEUTHERIUS AT  
CONSTANTINOPLE; VENERABLE PARDUS-HERMIT OF PALESTINE; SAINT  
STEPHEN THE CONFESSOR-ARCHBISHOP OF SUROZH IN CRIMEA**

*Tone 4*  
Colossians 3:4-11  
Luke 4:16-24

## **BULLETIN INSERT FOR 14 DECEMBER 2014**

**27<sup>TH</sup> SUNDAY AFTER PENTECOST; PROPHET NAHUM; RIGHTEOUS  
PHILARET THE MERCIFUL OF AMNIA IN ASIA MINOR; MARTYR  
ANANIAS OF PERSIA**

### **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!

**Fasting Is Great, But Love Is Greater**  
**by St. Nikolai Velimirovich**

Fasting is a great thing but love is even greater. If by fasting demons are cast out, passions tamed, the body pacified, the spirit composed, then, by love, God takes up abode in man. The Lord Himself emphasized fasting as necessary but stressed love as the main commandment.

In the first half of the last century, Jeladin Bey ruled in Ochrid, a renegade from the Sultan and an independent ruler. At that time, the Church was governed by Metropolitan Kalinikos. Even though of different faiths, Jeladin Bey and Kalinikos were very good friends and often visited one another. It happened that Jeladin Bey condemned twenty-five Christians to be hanged. They were scheduled to be hanged on Great and Holy Friday [Good Friday]. The Metropolitan, totally disturbed because of this incident, went to Jeladin Bey and began to implore him to be more lenient with the punishment. While they were conversing, the time for lunch arrived and the Bey invited the Metropolitan to dine. Lamb was prepared for lunch. The Metropolitan excused himself, saying that because of fasting he could not remain for lunch, and he prepared to leave. Bey was sorry and said to the Metropolitan: "Choose; either you will dine with me and free twenty-five men from the gallows, or you will not dine and allow them to be hanged." The Metropolitan crossed himself and sat down to eat and Jeladin freed the condemned from the punishment of death.

**Dialogue With an Athonite Elder on Fasting**

*Bless Elder.*

"The Lord bless you, my joy."

*Are you on Mount Athos for many years?*

"I've been here for sixty years, but what is sixty years to God; it is a breath.

*Elder, I would like you to tell me a few things about fasting.*

"In order to say something you must experience it, you must live it. Only one who was born near the sea or is a seaman can speak of the sea. But I will be obedient to your will and tell you what the Fathers said who were friends of fasting."

*Elder, is fasting the aim?*

"Fasting is not the aim, but the means towards it. See, it was your aim to come to Mount Athos, it was your destination. The boat which brought you was the

means by which you arrived. Such is fasting; it is one of the means given to us by the love of God to crave for Him. God is our destination."

*When did fasting appear?*

"Fasting is commingled with humanity. In Paradise it was given to man by God, says Basil the Great."

*But why did God give fasting? To reduce man?*

"No, in order to free him! The Sacred Chrysostom writes that when God created man He took him and placed him in the hands of fasting, which is an affectionate mother and excellent teacher. He entrusted it for his salvation. Though fasting is a teacher, it does not limit but it cultivates man."

*Is fasting necessary, Elder?*

"Chrysostom will again reply to you: 'If fasting was necessary in Paradise, it is much more necessary outside of Paradise. If medicine was useful before an injury, it is much more useful after an injury.' Do you understand?"

*What?*

"Fasting was given in Paradise as a precaution to not fall. Since man fell it is given therapeutically."

*Then what is the purpose of fasting?*

"Fasting withers evil desires, says Saint Maximus the Confessor; and Saint Symeon the New Theologian says it softens our hearts. Through fasting every good work is accomplished and perfected, says Saint Gregory Palamas. For all these reasons Sacred Chrysostom confesses his love for fasting: 'I love fasting, because it is the mother of wisdom and the well of philosophical acts.'"

*How should we fast?*

"Fasting is a means and spiritual tool which is not limited to food, but the entire man must participate in it psychosomatically. Listen to what John Chrysostom says: 'Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of greed. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fish, but bite and devour our brothers?'"

*How do we bite and devour our brothers?*

"With slander and criticism, which proceed from the lack of love for our brother."

*Thank you, Elder. You have benefited me much.*

**Source:** [http://trelogiannis.blogspot.com/2010/11/blog-post\\_7534.html](http://trelogiannis.blogspot.com/2010/11/blog-post_7534.html)

*Translated by John Sanidopoulos*

## **To Forgive Is More Admirable Than To Fast**

By St. Nikolai Velimirovich

There is heroism above heroism and asceticism above asceticism. St. Epiphanius of Cyprus invited Hilarion the Great to dinner and in order to show the greatest hospitality to his distinguished guest, placed fried chicken on the table and offered it to him. Hilarion said to him: "Forgive me, but ever since I was tonsured a monk, I have eaten nothing butchered." To that Epiphanius replied: "And I, ever since I was tonsured a monk, have never lay down in bed until I first forgave my enemy." Amazed, Hilarion said: "Your virtue is greater than mine, O holy master!" This is a great lesson for all of us. Fasting is an admirable thing but it is more admirable to forgive insults. Through fasting, man is preparing for charity but, by forgiving insults, man shows charity. Fasting precedes forgiveness but fasting alone, does not save without forgiveness.

### **Joint declaration of Pope Francis and Patriarch Bartholomaios I: "We call on all religious leaders to pursue and strengthen interreligious dialogue"**

Vatican City, 30 November 2014 (VIS) – Following the Divine Liturgy, Pope Francis and Patriarch Bartholomaios I appeared on the balcony of the Ecumenical Patriarchate and blessed the faithful gathered in the street. Francis imparted the blessing in Latin, and Bartholomaios I in Greek. They subsequently ascended to the Throne Room where they signed and read the following joint Declaration:

"We, Pope Francis and Ecumenical Patriarch Bartholomew I, express our profound gratitude to God for the gift of this new encounter enabling us, in the presence of the members of the Holy Synod, the clergy and the faithful of the Ecumenical Patriarchate, to celebrate together the feast of Saint Andrew, the first-called and brother of the Apostle Peter. Our remembrance of the Apostles, who proclaimed the good news of the Gospel to the world through their preaching and their witness of martyrdom, strengthens in us the aspiration to continue to walk together in order to overcome, in love and in truth, the obstacles that divide us.

"On the occasion of our meeting in Jerusalem last May, in which we remembered the historical embrace of our venerable predecessors Pope Paul VI and the Ecumenical Patriarch Athenagoras, we signed a joint declaration. Today on the happy occasion of this further fraternal encounter, we wish to re-affirm together our shared intentions and concerns.

"We express our sincere and firm resolution, in obedience to the will of our Lord Jesus Christ, to intensify our efforts to promote the full unity of all Christians, and above all between Catholics and Orthodox. As well, we intend to

support the theological dialogue promoted by the Joint International Commission, instituted exactly thirty-five years ago by the Ecumenical Patriarch Dimitrios and Pope John Paul II here at the Phanar, and which is currently dealing with the most difficult questions that have marked the history of our division and that require careful and detailed study. To this end, we offer the assurance of our fervent prayer as Pastors of the Church, asking our faithful to join us in praying 'that all may be one, that the world may believe'.

"We express our common concern for the current situation in Iraq, Syria and the whole Middle East. We are united in the desire for peace and stability and in the will to promote the resolution of conflicts through dialogue and reconciliation. While recognising the efforts already being made to offer assistance to the region, at the same time, we call on all those who bear responsibility for the destiny of peoples to deepen their commitment to suffering communities, and to enable them, including the Christian ones, to remain in their native land. We cannot resign ourselves to a Middle East without Christians, who have professed the name of Jesus there for two thousand years. Many of our brothers and sisters are being persecuted and have been forced violently from their homes. It even seems that the value of human life has been lost, that the human person no longer matters and may be sacrificed to other interests. And, tragically, all this is met by the indifference of many. As Saint Paul reminds us, 'If one member suffers, all suffer together; if one member is honoured, all rejoice together'. This is the law of the Christian life, and in this sense we can say that there is also an ecumenism of suffering. Just as the blood of the martyrs was a seed of strength and fertility for the Church, so too the sharing of daily sufferings can become an effective instrument of unity. The terrible situation of Christians and all those who are suffering in the Middle East calls not only for our constant prayer, but also for an appropriate response on the part of the international community.

"The grave challenges facing the world in the present situation require the solidarity of all people of good will, and so we also recognise the importance of promoting a constructive dialogue with Islam based on mutual respect and friendship. Inspired by common values and strengthened by genuine fraternal sentiments, Muslims and Christians are called to work together for the sake of justice, peace and respect for the dignity and rights of every person, especially in those regions where they once lived for centuries in peaceful coexistence and now tragically suffer together the horrors of war. Moreover, as Christian leaders, we call on all religious leaders to pursue and to strengthen interreligious dialogue and to make every effort to build a culture of peace and solidarity between persons and between peoples. We also remember all the people who experience the



sufferings of war. In particular, we pray for peace in Ukraine, a country of ancient Christian tradition, while we call upon all parties involved to pursue the path of dialogue and of respect for international law in order to bring an end to the conflict and allow all Ukrainians to live in harmony.

"Our thoughts turn to all the faithful of our Churches throughout the world, whom we greet, entrusting them to Christ our Saviour, that they may be untiring witnesses to the love of God. We raise our fervent prayer that the Lord may grant the gift of peace in love and unity to the entire human family.

"May the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you".

After the signing of the Declaration, the Pope, the Ecumenical Patriarch and various members of the respective delegations lunched together on the third floor of the Phanar.

*The Hurriyet Daily News* reports on 'Ecumenical Patriarchate title would elevate Turkey's reputation' *The Hurriyet Daily News* recently interviewed the Very Reverend Dr. John Chryssavgis and reported on 'Ecumenical Patriarchate title would elevate Turkey's reputation' by Cansu Camlibel. Fr. Chryssavgis is the Archdeacon of the Ecumenical Throne and serves the Greek Orthodox Archdiocese of America.

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### **'Ecumenical Patriarchate title would elevate Turkey's reputation'**

by Cansu Camlibel

#### **The Turkish government can 'only benefit from recognizing the ecumenical status of the Patriarchate' a senior official from the Fener Orthodox Patriarchate says in an exclusive interview**

Stopping resistance to the title "Ecumenical Patriarchate" and reopening the Halki Seminary can only elevate the reputation of Turkey as a democratic nation, according to a senior official from the Fener Orthodox Patriarchate.

"The 'ecumenical' status is a spiritual and religious jurisdiction. It is not legal or secular," John Chryssavgis, who holds the title of Archdeacon of the Ecumenical Throne, told *Hurriyet*.

"The Ecumenical Patriarch has direct authority over churches in Australia, Asia and Western Europe, as well as in North and South America. Moreover, he has the responsibility of coordinating all of the 14 independent Orthodox Churches in the world, including the Church of Moscow and the

Church of Antioch [encompassing today's Syria and Lebanon], and so on," said Chryssavgis, who also serves as an advisor to Patriarch Bartholomew.

"So the ecumenical nature of the Patriarchate is genuinely historical and real. The Turkish government can only benefit from recognizing the 'ecumenical' status of the Patriarchate and from supporting the global reputation of Ecumenical Patriarch Bartholomew. I would say that ignoring the title 'ecumenical' is what the scriptures would call 'having eyes, but choosing not to see,'" he added.

Chryssavgis said more communication and more dialogue between the government and the Patriarchate would help solve issues, adding his opinion that attitudes toward the Patriarchate have improved overall in recent years.

"Ecumenical Patriarch Bartholomew himself has undoubtedly played a major role in this change through his charismatic and cordial personality. There has also been significant progress achieved through such bodies as the General Assembly of the General Directorate of Foundations and the Association for the Support of the Greek Community's Foundations," he said.

In particular, Chryssavgis praised the government for the return of many properties to minority communities and for granting Turkish citizenship to bishops with formal positions at the patriarchate. He also, however, stressed that these were simply "the right thing to do."

"The rights and privileges requested and expected by minorities in Turkey – whether Greek, Armenian, Jewish, or others – are their rightful prerogatives and lawful entitlements as citizens of this land. So, while these developments are welcome and promising, they are what every sovereign state should extend to all of their citizens, irrespective of religious or ethnic background," he said.

Chryssavgis described the current picture in Turkey regarding religious freedom as "somewhat inconsistent."

"On the one hand, we see clear signs of a willingness to address issues of religious freedom, especially in light of Turkey's accession to the EU. But on the other hand, the signs are not as clear when it comes to converting pronouncements of good will into concrete legislation and practical application," he said.



6:30 PM - Sunday, December 14, 2014

Holy Cross Greek Orthodox Church  
123 Gilkeson Road  
Pittsburgh, PA 15228

The Orthodox Choirs of Pittsburgh  
*Sing for Pittsburgh's needy*

Audience communal singing during concert

Free-will offering will go to support the ongoing work of FOCUS  
North America in serving the poor of the Pittsburgh area.

*Coffee and Pastries will be served*

Proceeds to FOCUS

On December 13, 1997, I was ordained to the Holy Priesthood by His Beatitude, Metropolitan Constantine of Blessed Memory, to serve Holy Ghost Orthodox Church in Slickville. Not a day has gone by in the past 17 years that I have not thanked God for the joy he has given to me—and for the love that our parish has given me. Through good times and bad times, you have all been a joy. We have shared tears—a few—and laughter—a lot—over the years. You have welcomed my family and taken us in as your own. I can only say THANK YOU to each of you for your love, understanding, and support. May God Bless you all! Fr. Bob, Pani Gina, Alex, and Matt...



Slickville's favorite nun, Mother Alexandra, keeps us with her in Guatemala

I have a special parish project for Christmas—see me downstairs after Divine Liturgy for more information—it's easy, quick, and will cost you very little money and a few minutes of your time...God Bless! Fr. Bob