



## 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 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!**

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 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

**SUNDAY, JANUARY 04 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM  
30<sup>TH</sup> SUNDAY AFTER PENTECOST; SUNDAY BEFORE THE NATIVITY; FOREFEAST  
OF THE NATIVITY; HOLY GREATMARTYR ANASTASIA OF ROME-ALLEVIATRIX-  
OF-CAPTIVES AND HER TEACHER MARYT CHRUSOGONUS, MARTYRS THEODOTA,  
EVODIAS, EUTYCHIANUS, & OTHERS**

**HOLY SUPPER IMMEDIATELY AFTER DIVINE LITURGY**

*Tone 5*

Hebrews 11:9-10, 17-23, 32-40

Matthew 1:1-25

***Litany in Blessed Memory of Steve Kuzman & Nicholas Vetosky—Fr. Bob***

**TUESDAY, JANUARY 06 NATIVITY EVE—STRICT FAST DAY**

**WEDNESDAY, JANUARY 07 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM  
THE NATIVITY OF OUR LORD, GOD, AND SAVIOR JESUS CHRIST**

Galatians 4:4-7

Matthew 2:1-12

**SUNDAY, JANUARY 11 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM**

**31<sup>ST</sup> SUNDAY AFTER PENTECOST; SUNDAY AFTER THE NATIVITY; AFTERFEAST OF THE NATIVITY; 14,000 HOLY INNOCENTS SLAIN BY HEROD; VIRGIN-MARTYR ANYSIA AT THESSALONICA; MARTYR ZOTICUS OF CONSTANTINOPLE; APOSTLE TIMON THE DEACON; MARTYR PHILOTERUS OF NICOMEDIA; VENERABLE THEODORA-NUN OF CAESAREA IN CAPPADOCIA; VENERABLE THEODORA OF CONSTANTINOPLE**

*Tone 6*

Galatians 1:11-19

Matthew 2: 13-23

*Parastas in Blessed Memory of Steve Kuzman—John & Debbie Pauncic*

## **BULLETIN INSERT FOR 28 DECEMBER 2014**

**29TH 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**

### **TROPARION—TONE 4**

When the women disciples of the Lord  
Learned from the angel the joyous message of Thy Resurrection;  
They cast away the ancestral curse and elatedly told the apostles:  
Death is overthrown! Christ God is 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 4**

My Savior and Redeemer,  
As God rose from the tomb  
And delivered the earthborn from their chains.  
He has shattered the gates of Hell,  
And as Master, He has risen on the third day!

### **PROKEIMENON—TONE 4**

**READER:** O Lord, how manifold are thy works! In wisdom hast Thou made them all.

**PEOPLE:** **O Lord, how manifold are thy works! In wisdom hast Thou made them all.**

**READER:** Bless the Lord, O my soul! O Lord my God, Thou art very great!

**PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.**

**READER: O Lord, how manifold are thy works!**

**PEOPLE: In wisdom hast Thou made them all.**

### **ALLELUIA VERSES—TONE 4**

Go forth and prosper and reign, because of truth and meekness and righteousness.

You love righteousness and hate iniquity.



PRESS RELEASE

[DONATE NOW](#)

Did you know that **45 million Americans do not have health insurance?** Did you know that **people who are uninsured have a 40% higher risk of dying than those with insurance?**

At FOCUS, we see the faces behind these numbers every day. We meet families who've lost mothers or fathers to chronic conditions that could have been managed if care had been accessible and affordable. We meet people who are working but unable to pay health insurance premiums or the out-of-pocket costs of seeking preventive care.

They are the reason why we recently opened our *FOCUS Pittsburgh Free Health Center*. The center provides free, quality physical and mental health care as well as pharmaceutical and laboratory services to uninsured individuals. Patients are seen by Orthodox physicians and health care providers who volunteer their time. The center specifically targets and serves people who fall through the gaps in today's health care system: those who don't qualify for government assistance and don't have employer-sponsored health insurance.

**The FOCUS Pittsburgh Free Health Center is the first, fully-accredited Orthodox health center in the US.** We hope it is the first of many.

Using this model, FOCUS hopes to launch more health centers in areas where Orthodox physicians are available to donate their time and skills to serve the uninsured and working poor. A church hall, Sunday school rooms, an office—any of these can double as a health center in your community on a weekly or monthly basis. Medical malpractice liability protection under the FOCUS model is provided by the federal government and the Federal Tort Claims Act for free to any physician or medical staffer serving at a FOCUS clinic.

If you are interested in learning more, contact us. We would be happy to share what we've learned with you and discuss the possibility of opening

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a FOCUS health center in your community.

In the meantime, please consider making a donation to support our new health center and those we serve. We thank you.

*FOCUS North America is a national movement of Orthodox Christians, united in faith and joined by a desire to provide action-oriented and sustainable solutions to poverty in communities across America. FOCUS has operations and youth volunteer experiences in more than 25 cities in the United States. To learn more or to donate, visit [www.focusnorthamerica.org](http://www.focusnorthamerica.org) or visit us on [Facebook](#) and [Twitter](#).*

Mr. Joel Smith

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## ***On the Nativity Fast...via the Hermitage of the Holy Cross***



For us, the Nativity Fast serves to refresh the last part of the year-mystically renewing our spiritual unity with God and preparing us for the Feast of the Nativity of Christ.

St. Leo the Great wrote: "Four periods [of the year] have been set aside as times of abstinence, so that over the course of the year we might recognize that we are constantly in need of purification, and that amid life's distractions, we should always strive by means of fasting and acts of charity to extirpate sin, sin which is multiplied in our transitory flesh and in our impure desires."

According to Leo the Great, the Nativity Fast is a sacrifice to God [in return for] the gathered harvest.

The Holy Hierarch stated, "Just as the Lord has generously granted us abundance of the fruits of the earth, so should we, during the time of this Fast, be generous to the poor."

According to St. Simeon of Thessalonica, "...the Nativity Forty-day Fast represents the fast undertaken by Moses, who, having fasted for forty days and forty nights, received the Commandments of God, written on stone tablets [of the Law]. And we, fasting for forty days, will reflect upon and receive from the Virgin of the living Word - not written upon stone, but born, incarnate, and we will commune of His Divine Body."

The Nativity Fast was established to allow us through repentance, prayer and fasting to cleanse ourselves before the Nativity of Christ, so that with clean heart, soul, and body, we might reverently meet the Son of God, Who has come into the world and so that in addition to bringing the usual gifts and sacrifices, we might bring Him our clean hearts and a desire to follow His teachings.

May God grant that we all spend the salvific days of the Nativity Fast in such a way as to be a great benefit to our souls.



### **The Nativity and the Christmas Tree are signs of light and hope**

Vatican City, 19 December 2014 (VIS) – This morning in the Clementine Hall the Pope received delegations from the Italian provinces of Verona and Catanzaro, which provided the Nativity scene with its terracotta figures and the Christmas tree that are decorating St. Peter's Square during the festive season this year, and which will be illuminated before the public this evening.

“Christian values have enriched the culture, literature, music and art of your lands, and today such values continue to constitute a valuable heritage to be preserved and transmitted to future generations”, he said. “The Nativity and the Christmas tree are evocative festive symbols very dear to our Christian families: they recall the mystery of the Incarnation, the only begotten Son of God, made flesh in order to save us, and the light that Jesus has brought to the world through His birth. But the creche and the tree touch the hearts of all, as they speak of fraternity, intimacy and friendship, calling to people of our time to rediscover the beauty of simplicity, sharing and solidarity. They are an invitation to unity, harmony and peace; an invitation to make room, in our personal and social life, for God, Who does not come with arrogance, imposing His power, but instead offers His omnipotent love through the fragile figure of a Child. The creche and the tree therefore bring a message of light, hope, and love”.

“The Messiah made Himself man and came among us, to dispel the shadows of error and sin, bringing His divine light to humanity. Jesus Himself says of Himself: 'I am the light of the world; whoever follows me will never walk in darkness but will have the light of life'. Let us follow Him, the true light, so as not to lose our way and in turn to reflect light and warmth on those who go through moments of difficulty and inner darkness”.

As we continue our fasting journey, please remember those in your prayers who protect us—firefighters, emergency medical workers, hospital workers, law enforcement, and especially those who serve in our armed forces in the United States and around the world. They work and serve so that we may enjoy our lives in peace and comfort. Remember also those who have no one to celebrate with except the Christ child—who came into the world to raise us out of our despair and to open the Gates of Paradise again. Please remember Mother Alexandra and all the monastics who pray constantly for us. Also, please pray for our Orthodox hierarchs, priests, deacons, and all who serve God’s Holy Church. Lastly—pray for each other, as we all need the added strength that prayer gives us. God Bless you all!