



Holy Ghost Orthodox Church

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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 Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, 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, Father Paisius McGrath, Joshua Agosto and his family, 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, 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, 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, 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, Donna Cacioppo [Evelyn's niece], Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Stella Rossi, Howell Swarm, Jane Bielewicz Allred, Carol Mensing's Family, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Billy Sinclair, Evelyn Felouzis, Kyranna Cherpas, Lawrence Deuce Skurcenski, Pastor Bruce Nordeen, Millie Koss Good, Mary Haraczy, Heather Ried, and Mother Ana. 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, SEPTEMBER 13 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
15TH SUNDAY AFTER PENTECOST; THE PLACING OF THE CINCTURE (SASH OR BELT) OF THE MOST HOLY THEOTOKOS; HIEROMARTYR CYPRIAN-BISHOP OF CARTHAGE; SAINT GENNADIUS-PATRIARCH OF CONSTANTINOPLE**

Tone 6

2 Corinthians 4:6-15; Hebrews 9:1-7
Matthew 22:35-46; Luke 10:38-42, 11:27-28

Litany in Blessed Memory of Josephine Roman, Frank Gazella, Sr., & Susie Pelczar—Fr. Bob

**SUNDAY, SEPTEMBER 20 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
16TH SUNDAY AFTER PENTECOST; FOREFEAST OF THE NATIVITY OF THE MOST HOLY THEOTOKOS; MARTYR SOZON OF CILICIA; APOSTLES EVODUS & ONESIPHORUS OF THE 70; MARTYR EUPSYCHIOUS OF CAESAREA IN CAPPADOCIA; MARTYRDOM OF SAINT MACARIUS-ARCHIMANDRITE OF OVRUCH-PEREIASLAV**

Tone 7

2 Corinthians 6:1-10; Galatians 6:11-18
Matthew 25:14-30; John 3:13-17

**SUNDAY, SEPTEMBER 27 OBEDNITZA—DOWNSTAIRS IN CHURCH HALL 10:30 AM
17TH SUNDAY AFTER PENTECOST; EXALTATION OF THE PRECIOUS AND LIFE-GIVING CROSS; REPOSE OF SAINT JOHN CHRYSOSTOM**

*******STRICT FAST DAY*******

Tone 8

1 Corinthians 1:18-24
John 19:6-11, 13-20, 25-28, 30-35

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

BULLETIN INSERT FOR 13 SEPTEMBER 2015

**15TH SUNDAY AFTER PENTECOST; THE PLACING OF THE CINCTURE
(SASH OR BELT) OF THE MOST HOLY THEOTOKOS; HIEROMARTYR
CYPRIAN-BISHOP OF CARTHAGE; SAINT GENNADIUS-PATRIARCH
OF CONSTANTINOPLE**

TROPARION—TONE 6

The angelic powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord who didst rise from the dead: 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 6

When Christ God, the Giver of Life,
Raised all of the dead from the valleys of misery with His mighty hand,
He bestowed resurrection on the human race.
He is the Savior of all,
The Resurrection, the Life, and the God of all!

PROKEIMENON—TONE 6

READER: O Lord, save Thy people and bless Thine inheritance.

PEOPLE: O Lord, save Thy people and bless Thine inheritance.

READER: To Thee, O Lord, will I call. O my God, be not silent to me.

PEOPLE: O Lord, save Thy people and bless Thine inheritance.

READER: O Lord, save Thy people.

PEOPLE: And bless Thine inheritance.

ALLELUIA VERSES—TONE 6

He who dwells in the shelter of the Most High will abide in the shadow of
the heavenly God.

He will say to the Lord: My Protector and my Refuge; my God, in whom I
trust.

Icons in Our Lives

Icons inspire and summon believers to pray before them. Icons
communicate holiness. Icons foster communication between the believer

and the Lord Jesus Christ, the Mother of God or the saints depicted on the icon.

Icons change the way their locations are perceived and understood. Churches, homes, and others places where icons are located are seen as being different.

Places of business having icons visibly present add to and enhance the identity of the location. Icons located along roadways or on the grounds of certain premises draw minds closer to God.

A small number of members of a National Guard Unit deployed in Operation Desert Storm carried guardian angel icons with them during that war and treasured their presence.

Two members of the U.S.military from the same parish church who didn't know each other found a common bond when they met in Iraq and began a conversation because the officer in charge had icons visibly displayed.

Inspirational accounts abound from individuals who travel to churches having services because of the presence of miraculous icons. Serbian Orthodox Christians normally have their Slava icon in their homes.

Orthodox Christians may have icons in their home representing the names of each family member. One parish church is known to have an icon visibly displayed in the church hall named in behalf of each parishioner.

The hunger of the soul finds value in turning to icons for nourishment. Icons enrich the atmosphere in parish churches and monasteries. Clergy commonly distribute icons to hospital patients.

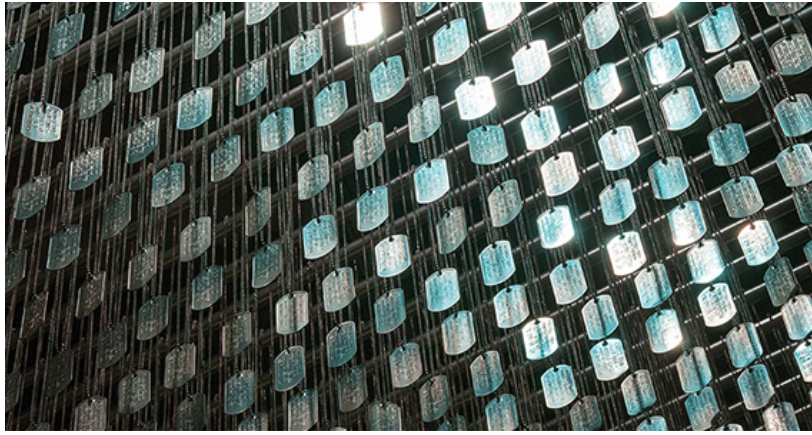
Icons are to be treated with great care. Just as the Bible is viewed and treated differently from other books, icons deserve special care showing they are different from common pictures.

Venerating icons inspires peace and joy. Believers venerating icons know they are drawing near to holiness. Love of God is expressed in the veneration of icons.

Wherever icons are located, their locations express the message the space is holy space. A restaurant having the icon of the Hospitality of Abraham affirms the far reaching importance of hospitality.

Kitchens with the icon of St. Ephrosynus the Cook connect holiness with cooking. Icons bring out the better interests of believers. Icons are a way of expressing interests of believers and strengthening those interests.

Adult Class. St.George Serbian Orthodox Church, Carmichaels, Pennsylvania. August 21/September 3, 2015. Father Rodney Torbic



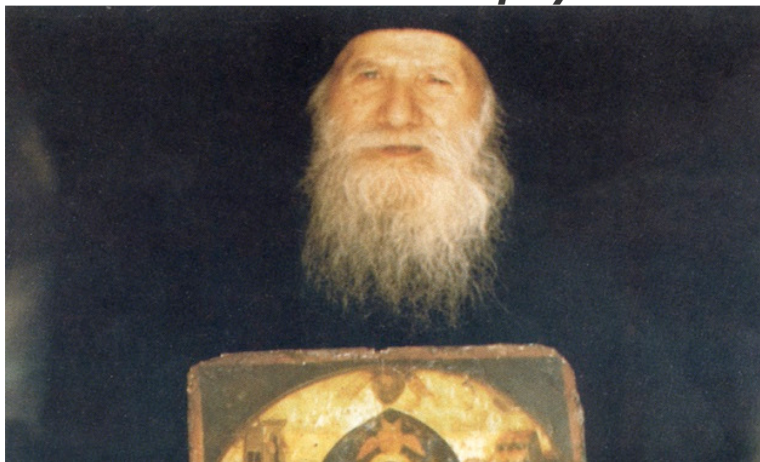
5 Facts About Pittsburgh & WWII

From the ***We Can Do It! WWII*** exhibition at the History Center.

1. More than 16 million Americans served in the military during World War II, including 175,000 from the Pittsburgh region.
2. The Westinghouse Company hired J. Howard Miller to create a series of posters during WWII, including the famous "We Can Do It!" poster.
3. In 1944, U.S. Steel produced enough steel every hour for 703 fighter planes. In total, Pennsylvania produced more steel than the Axis powers combined.
4. Mitchell Paige, a U.S. Marine from Charleroi, earned a Medal of Honor for holding off an entire Japanese regiment at the Battle of Guadalcanal.
5. Each of the nearly 7,000 dog tags hung from the ceiling at the end of the exhibit (shown in the above photo) represent approximately five of the more than 33,000 Pennsylvanians who died during the war.

Learn more about Pittsburgh's role during WWII at the [We Can Do It! WWII](#) exhibit.

A Word from St. Porphyrios...



What is simple is also the most precious.

So struggle in the spiritual life simply, gently, without violence. The soul struggles and is cleansed with the study of the words of the Fathers, in

getting psalms by heart, scriptural passages, with chanting, with the Prayer. Give yourself to these spiritual things, and leave all the rest.

We can attain to the worship of God easily, without shedding blood. There are two paths that lead us to God, the hard and the wearisome, with fierce assaults on evil, and the easy one with love.

There are many who have chosen the hard way and have "shed blood to gain the Spirit", such that they attain to great virtue.

I find that the shorter road is that of love. You too should follow it.

So maybe you can have another go. Study to pray, and have it as your goal to progress in the love of God and the Church. Do not wage a war of chasing the darkness from the chamber of your soul. Make a little chink for the light, and the darkness will scatter.

The same holds true for the passions and weaknesses. Don't engage in battle with them, but turn them into strengths which defy evil.

Busy yourself in troparia, canons, in the worship of God, in intense divine longing [θεῖο ἔρωτα]. All the holy books of our Church, the Paraklitiki, the Horologion, the Psalter, the Menaia, contain holy words, words of intense longing for our Christ.

When you give yourself to this attempt with longing, your soul will be sanctified in a simple fashion, secretly, without you noticing it.

The lives of the saints and more particularly the life of [St John Kalyvites](#) have made an impression on me.

The saints are friends of God. All day long, you can delight in and relish their accomplishments, and imitate their lives. The saints have given themselves entirely to Christ.

Little by little, through this study you will acquire meekness*, humility, love, and your soul will be cheered.

Don't opt for negative ways to correct yourself. You don't need to be afraid of the devil, or of punishment, or anything. These things create a reaction.

I myself have a little experience of these things. The aim is not to sit bolt upright, to afflict yourself, to strain, but to improve. The aim is to live, to study, to pray, to make progress in love, the love of Christ, the love of the Church.

This is the holy and beautiful thing which gladdens the soul and liberates it from every kind of evil, this is the effort one makes to be united with Christ.

To love Christ, to long for Christ, to live in Christ, like the Apostle Paul who said: "I live; yet not I, but Christ liveth in me" [Gal 2:20].

This is your goal.