



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

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 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, 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, 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, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Evelyn Felouzis, Kyranna Cherpas, Pastor Bruce Nordeen, Millie Koss Good, Mary Haraczy, Heather Ried, Carla Perry, Linda Elliot, Bob Swansboro, 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 at some time in the future...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!

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, NOVEMBER 29 OBEDNITZA—DOWNSTAIRS IN CHURCH HALL 10:30 AM
26TH SUNDAY AFTER PENTECOST; HOLY APOSTLE & EVANGELIST MATTHEW;
SAINT FULVANUS-PRINCE OF ETHIOPIA-IN BAPTISM MATTHEW**

Tone 1

1 Corinthians 4:9-16; Ephesians 5:9-19
Matthew 9:9-13; Luke 10:25-37

**SUNDAY, DECEMBER 06 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
27TH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE ENTRY OF THE MOST
HOLY THEOTOKOS; SAINT AMPHILOCHIUS-BISHOP OF ICONIUM; SAINT
GREGORY-BISHOP OF AGRENTUM; SAINT SISINIUS THE CONFESSOR-
BISHOP OF CYZICUS; MARTAHRY THEODORE OF ANTIOCH**

Tone 2

Ephesians 6:10-17
Luke 12:16-21

Litany in Blessed Memory of Thomas Bryan, John Hanczar, Edward & Helen Pytlak, Mary Blitzkan, Marjorie Yarmeak, Mary Sharon, Rose Pyrch, Frank Barankovich, Mary Krevanich, Katherine Holowaty, & Robert Vetosky—Fr. Bob

**SUNDAY, DECEMBER 13 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
28TH SUNDAY AFTER PENTECOST; HOLY AND ALL-PRAISED APOSTLE ANDREW
THE FIRST-CALLED; SAINT FRUMENTIUS-ARCHBISHOP OF ABYSSINIA**

Tone 3

Colossians 1:12-8; 1 Corinthians 4:9-16
Luke 13:10-17; John 1:35-51

BULLETIN INSERT FOR 29 NOVEMBER 2015

**26TH SUNDAY AFTER PENTECOST; HOLY APOSTLE & EVANGELIST
MATTHEW; SAINT FULVANUS-PRINCE OF ETHIOPIA-IN BAPTISM
MATTHEW**

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!

With colder, winter weather on the way, the Pennsylvania Department of Environmental Protection (DEP) is encouraging residents to stay safe and warm this winter by winterizing their homes which can keep you warmer while using less energy and costing less money. The DEP offers the following tips to keep your home running efficiently:

- Set back the thermostat. Each degree lowered can save up to 3 percent on heating. A programmable thermostat, which cost as little as \$20 at a local hardware store, can be programmed to be setback automatically at designated timeframes, saving you more energy and money.
- Clean warm-air registers, baseboard heaters, and radiators regularly and make sure they are not blocked by furniture, carpeting or drapes.
- Weather-strip windows and exterior doors where you can feel air leakage. Check the bottom of the door to see if there is a gap. If there is a gap of a quarter inch or more, significant air can flow in and out of the house. Install a door sweep on the bottom of the door. Weather-stripping for the windows and doors is available in foam, rubber, vinyl and metal. For homes without storm windows, consider purchasing a window insulator kit. Install insulating drapes or curtains for windows that still feel drafty after weatherizing.
- Use the sunlight to heat your home by opening the curtains on south-facing windows during sunny days and close all curtains at night.
- Check the door to the attic to make sure it seals well and closes tightly. Some manufacturers make insulated attic covers.
- Do not heat unused spaces, other than as needed to prevent freezing of pipes. Close vents in unused rooms.
- If you have a wood stove, be sure to clean the flue vent and inside of the stove regularly.
- If you have a fireplace, reduce heat loss from the fireplace by keeping the damper closed. Install tempered glass and a heat-air exchange system that blows warmed air back into the room. Check the seal on the fireplace damper and ensure it is snug and add caulking around the hearth. It is a good idea to have a carbon monoxide monitor as well.

If you have a furnace, have it checked by a heating professional. This will make the unit more efficient and provide peace of mind that it is running safely. A heating professional should check the exhaust flue and

venting to prevent carbon monoxide poisoning. Be sure to replace the air filter as directed to keep the air in your home clean and the unit running well. A properly maintained furnace can result in a 10 percent reduction in fuel consumption.

For more information about home winterization, please visit www.dep.state.pa.us.

Winter Mission Trip Fundraising Announcement

If anyone had asked me ten years ago if I would consider being a Christian missionary, I am not sure what my answer would have been at that time. If after such an unsure response, I would have been told that in the next few years I would have participated in four mission trips (two domestic and two international), I might have been surprised. However, after participating in various missions, I have been asked if I would consider returning or going on other trips to serve. Since my first four trips, my answer to this question is: "God-willing."

Each mission trip increased a tugging feeling at my heart to seek ways to fulfill the Great Commission (Matthew 28:19-20). Deep inside of me, I never felt that I wouldn't go on another mission, but rather that it would be a matter of time when God would reveal the proper circumstances for me to actively participate in another mission trip. That tugging feeling in my heart is why I recently applied for another mission to the orphanages in Ukraine. As it would seem, God has blessed this opportunity for me, and I was accepted to join the mission team!

This mission trip will take place December 20-27, 2015. I will be traveling with seven other team members and His Grace Bishop Daniel, of the Ukrainian Orthodox Church in the U.S.A. We will be visiting one orphanage in Znamyanka where there are approximately 110 children who experience various levels of physical and mental disabilities. Children living in the orphanage have suffered substantial trauma in their lives. These children, who have been orphaned, physically limited, and abandoned, benefit from as much love and attention as the mission teams can give them! For children who have spent most of their lives experiencing nothing but rejection, feeling unique and special is a critical part of their healing process. They have a special need to feel loved, wanted, cherished, and cared for. While on this trip, we will be able to offer assistance in basic care

for the children; take daily walks with the children in wheel chairs; complete possible repairs, construction and painting of murals at the orphanage; and work on basic therapeutic / educational projects with the children.

I was blessed to visit this orphanage twice in college on two separate trips. The second trip, I was able to become the Godmother of a child there, who, God-willing, I will be able to reconnect with for the first time since her baptism.

I would appreciate your prayers and support as I go on this trip. This will be a life changing experience and having your support will make it a success. Please prayerfully consider how you may possibly support me in this humble attempt to serve our Lord and His children. The cost for the trip is \$2500 plus additional travel per person. Cost includes airfare, travel within Ukraine, food, housing, visa costs, and materials for the orphanages. Any money collected above this amount will be used for additional trip expenses or given to the orphanages on my behalf. If you are unable to help me financially, please keep the team and me in your prayers – especially during these turbulent times.

In Christ,
Lara Haluszczak

Come join your fellow brothers and sisters in Christ of the UOC of USA on a Lenten journey as we pray special hymns, feast day offerings, Royal Hours and read the Gospels!

What: Praying Nativity Lenten Hymns, Royal Hours, Feast Day Offerings; Reading from the Gospels

Where: The Comfort of Your Own Home

When: Dec.7, 2015–Jan. 5, 2016 at any convenient time, 6 days per week–Monday through Saturday(for 26 days)

How: By Prayer and the Holy Spirit

Praying Our Way Together Through Nativity Lent

Sponsored by the Ukrainian Orthodox League

MATT 1:23 "Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel," which is translated, "God with us."

If you would like to journey with us, please email your name, address, parish name, parish address, phone number to Janice

Meschisen at Bridesong150@gmail.com and more information will be sent to you. Please sign up by December 2, 2015!