



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, 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 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, 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, 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, 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, Dennis McDaniel, Mike Mangan, Luke Tinsley, and Jackie Crimbchin. 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, JANUARY 31 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
35TH SUNDAY AFTER PENTECOST; SAINT ATHANASIUS THE GREAT & SAINT
CYRIL-ARCHBISHOPS OF ALEXANDRIA; VENERABLE MARCIAN OF CYRRHUS IN
SYRIA-MONK**

Tone 2

Colossians 3:12-16

Luke 18:18-27

**SUNDAY, FEBRUARY 07 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
36TH SUNDAY AFTER PENTECOST; SAINT GREGORY THE THEOLOGIAN-
ARCHBISHOP OF CONSTANTINOPLE; MARTYRS FELICITAS OF ROME & 7 SONS:
JANUARIUS, FELIX, PHILIP, SILVANUS, ALEXANDER, VITALIS, & MARTIAL;
VENERABLE PUBLISU, ASCETIC OF SYRIA; VENERABLE MARES THE SINGER OF
SYRIA**

Tone 3

1 Timothy 1:15-17

Luke 18:35-43

***Litany in Blessed Memory of Milton G. Chicka, Daniel Pysh, Sara Chicka, Nikolai
Pivtoraiko, Mary Lokie, Anne Chrenko Mazok, & Roy Wyke—Fr. Bob***

**SUNDAY, FEBRUARY 14 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
37TH SUNDAY AFTER PENTECOST; MARTYR TRYPHON OF CAMPSADA NEAR
APAMEA IN SYRIA; MARTYRS PERPETUA, SATURUS, REVOCATUS, SATURNINUS,
SECUNDULUS, & FELICITAS; VENERABLE PETER OF GALATIA; VENERABLE
VENDEMAINUS-HERMIT OF BITHYNIA**

Tone 4

1 Timothy 4:9-15

Luke 19:1-10

BULLETIN INSERT FOR 31 JANUARY 2016

**35TH SUNDAY AFTER PENTECOST; SAINT ATHANASIUS THE GREAT &
SAINT CYRIL-ARCHBISHOPS OF ALEXANDRIA; VENERABLE
MARCIAN OF CYRRHUS IN SYRIA-MONK**

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!

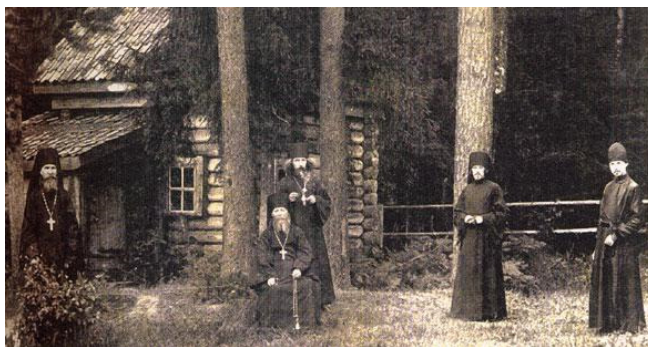
Susan Schneider January 17 at 5:35am

A brother asked Abba Poemen: "Some brothers live with me, do you want me to be in charge of them?" The Elder said to him: "No, just work first and foremost, and if they want to live like you, they will see to it themselves." The brother said to him: "But it is they themselves, father, who want me to be in charge of them." The Elder said to him: "No, be their example, not their legislator." -The Sayings of the Desert Fathers



Counsels to a Christian on Unceasing Watchfulness Over Oneself

By St. Ambrose of Optina



Monks of Opina Monastery

Your Illustrious Excellency!

I was reading what you dictated, and also heard a verbal explanation from Fr. K. regarding your present situation in an ailing condition. And you would like to know my feeble-minded opinion on everything that you expressed. I reflected not a little on your situation, and I find that now, especially in your ailing condition, you should not despise the fact that—whether it be words that you heard, or a dream of this sort—it had a good influence on you and produced a good impression. The Lord God has many means to the end of turning the thought and care of a person to the one thing needful, in time, and primarily to what was spoken by the Lord in the Gospel: "be ready at all times, for ye know neither the day nor the hour in which the Son of Man will come." If, according to the word of St. John of the Ladder, the thought of death brings a Christian great benefit, then how

much more can preparation for death profit the soul of a person who awaits his departure out of this life with faith and hope! It seems to you that being solicitous about preparing for death makes you less capable of everything good and necessary. But this is wrong. It seems this way to you because you are not completely sure of your future fate. But who can be completely sure of this, when even the perfect ones and God-pleasers, for instance Arsenius the Great and Agathon the Great, awaited the approaching hour of death not without fear? The monk-martyr Peter Damascene says that "the salvation of a Christian is found between fear and hope, and therefore under no circumstances must one either be bold or despair." You complain of old habits and your imagined laziness. But what sick person does not feel both mental and spiritual weakening? Recently, in "Soul-Profiting Reading," there was printed a conversation of St. Anastasius of Sinai on Psalm 6 (March issue). I find that this conversation is very fitting to your present situation. Read it with attention yourself, or have someone read it to you—and read it through more than once. In it you will find much that can set you at ease, and strengthen you, and make understood to you on what primarily you should focus your attention regarding that well-known preparation. The outward preparation, however, as I think, should start from two main subjects: to write your spiritual testament, and to receive the mystery of Unction, after having made confession and received Holy Communion beforehand. As to which of these two you ought to pursue first, it doesn't matter—as circumstances direct.

In the spiritual testament, regarding your possessions, look at the zeal and disposition of your soul; but do not make the disposing of it according to simply human feelings alone, but behave with discernment, having in view what is profitable for your soul. I likewise will say to you concerning Holy Unction, that you should not put it off. Through this mystery bodily health has been restored to many. Its main benefit, however, is the forgiveness of forgotten transgressions.

Finally, you are in doubt as to where you should begin your preparation—on Mt. Athos or in our monastery, or in Moscow. I find that, in your present situation, you should postpone all concern about a trip to Athos, as something difficult to fulfill, and impossible. But if it pleases the Lord God to grant you strength to such an extent that you are able not only to travel, but also to live there for a while, then it will be possible to think

about this subject. But meanwhile begin your preparation in Moscow, waiting to see what state your health will be in at the beginning of the year. If you have strength enough then to travel to our monastery, then nothing hinders doing that—and welcome! Then we will talk in person about everything, if by the will of God we are alive. It says in the proverb: “in one’s homeland even death is beautiful.”

Preparations For Pan Orthodox Synod

Until 27 January the leaders of the orthodox churches will be in Chambésy, in order to prepare for the big synod. It should begin at Pentecost, and probably will take two weeks.

The list of topics has been published on the council to be discussed:

1. The Orthodox Diaspora
2. The autocephalous and the way in which it is to be announced
3. The autonomy and the manner in which it is to be proclaimed;
4. Diptychs
5. Common calendar
6. Marriage obstacles
7. Adaptation of Fast order
8. Relations of the orthodox churches with the other Christian world
9. Orthodoxy and the ecumenical movement
10. Contributions from the local orthodox churches to promote Christian ideals of peace, freedom, Brotherhood and love among the nations, and the elimination of racial discrimination.

Silence greatly helps in spiritual life. It is good for one to practice silence for about an hour a day: to test himself, to acknowledge his passions and to fight in order to cut them off and purify his heart. It is very good if there is a quiet room in the house which gives him the feeling of a monastic cell. There, “in secret”, he is able to do his spiritual maintenance, to study, and to pray. A little spiritual study done before prayer helps greatly. The soul warms up and the mind is transported to the spiritual realm. That’s why, when a person has many distractions during the day, he should rejoice if he has ten minutes for prayer, or even two minutes to read something, so as to drive away distractions. - St. Paisios