



**Holy Ghost Orthodox Church**  
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Very Rev. Father Robert Popichak, Pastor

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**ON THE MEND:** Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Antony, Metropolitan Yuriy, Anastasia [Metropolitan Yuriy's mom], Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father Jakiw Norton, 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 & Pani Mary Anne Nakonachny, Father Steve Repa, Protopresbyter William Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smolynech, Father Lawrence & Matushka Sophia Daniels, Father John Harrold [Saint Sylvester], Joshua Agosto and his family, Eva Malesnick, Stella Peanoske, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Gary & Linda Mechtly, 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, 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, Esther Holupka, David Vallor, Henry Faraly, 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 Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, 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], David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, 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, David Hiles, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, 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 Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Howell Swarm, Jane Bielewicz Allred, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Kyranna Cherpas, Pastor Bruce Nordeen, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Michael Pawlyshyn, Sherri Walewski, Marika Zeliszczuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], Stella McKeag, Margie Sekelsky, Gary Howell, Fran Fulton, Gina Catanese, Bill Vizza, Jamie Swarm, Kevin Allen (from Ancient Faith Radio), Kathy Flaherty, Tori Reade-Henry's niece, Derick-Glen Burlack's neighbor, Michael, Nichole & Christopher, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, Gregory Cervo, Lisa Bruce, Martha Nezolyk, Kathy Cvetkovich, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Phil Bouse, Ralph & Beverly Stoker, Noah Willard, Nikola, Natalie, Nikola, & Nevenka Jovonovich, Julia Collier, Amy Kemerer, Thomas Smith, Tracy Slaugenhaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Evelyn Burlack, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam

Grant, Debbie & Jerry Novosel, and Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.  
recovery.

**Every divulgence of sin accompanied by sincere repentance makes the sinner closer, dearer, and more precious to a spiritual father. This is commonly observed. The enemy only frightens one with thoughts contrary to this. *Abbot Nikon [Vorobiev] Abbot Nikon Letters to Spiritual Children p.111***

**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 25 OBEDNITZA DOWNSTAIRS IN THE CHURCH Hall 10:30 AM  
26<sup>TH</sup> SUNDAY AFTER PENTECOST; SAINT JOHN THE MERCIFUL-PATRIARCH OF ALEXANDRIA; VENERABLE NILUS THE FASTER OF SINAI; PROPHET AHIJA

*Tone 1*

Ephesians 5:8-19

Luke 10:25-37

**WEDNESDAY, NOVEMBER 28 NATIVITY FAST [SAINT PHILIP'S FAST-PILIPKIVA] BEGINS**

**SUNDAY, DECEMBER 02      OBEDNITZA UPSTAIRS IN THE CHURCH      10:30 AM**  
**27<sup>TH</sup> SUNDAY AFTER PENTECOST; PROPHET OBEDIAH, MARTYR BARLAAM;**  
**MARTYR HELIODORUS; MARTYR AZES & 150 SOLDIERS WITH HIM; VENERABLE**  
**BARLAAM & MONK IOASAPH-PRINCE OF INDIA & SAINT ABENNER THE KING-**  
**FATHER OF IOASAPH; VENERABLE HILARION OF GEORGIA-WONDERWORKER**  
**OF THESSALONICA; VENERABLE BARLAAM-ABBOT OF PERCHEVSKY LAVRA**

*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, and Robert Vetosky--Fr. Bob***

**SUNDAY, DECEMBER 09      OBEDNITZA UPSTAIRS IN THE CHURCH      10:30 AM**  
**28<sup>TH</sup> SUNDAY AFTER PENTECOST; SAINT ALYPIUS THE STYLITE OF**  
**ADRIANOPOLIS; SAINT JAMES THE SOLITARY OF SYRIA; DEDICATION OF THE**  
**CHURCH OF SAINT GEORGE AT KIEV**

*Tone 3*

Colossians 1:12-18

Luke 13:10-17

## **BULLETIN INSERT FOR 25 NOVEMBER 2018**

**26<sup>TH</sup> SUNDAY AFTER PENTECOST; SAINT JOHN THE MERCIFUL-**  
**PATRIARCH OF ALEXANDRIA; VENERABLE NILUS THE FASTER OF**  
**SINAI; PROPHET AHIJA**

### **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!

Every divulgence of sin accompanied by sincere repentance makes the sinner closer, dearer, and more precious to a spiritual father. This is commonly observed. The enemy only frightens one with thoughts contrary to this. *Abbot Nikon [Vorobiev]*

Anger is by nature designed for waging war with the demons and for struggling with every kind of sinful pleasure. Therefore angels, arousing spiritual pleasure in us and giving us to taste its blessedness, incline us to direct our anger against the demons. But the demons, enticing us towards worldly lusts, make us use anger to fight with men, which is against nature, so that the mind, thus stupefied and darkened, should become a traitor to virtues. *Abba Evagrius the Monk*

On Commemorative Prosphora

[This article is from Our Lady of Kazan Russian Orthodox Church, Spokane WA.]

Prosporion is a Greek word which translates to an 'offering.' Prosphora (plural) can be eucharistic – that which is used for the performance of the

Liturgy, or commemorative – that which is brought to the Altar by the faithful “for health” or “for departed” loved ones.

Commemorative prosphora is only practiced in the Russian tradition. Usually, they are purchased at the candle stand and are brought to the Altar along with the names for Commemoration. During the Proskomedia, in the Altar, the priest removes a small piece from each prosphoron (singular) and places it on the Diskos. The removed piece represents the person (or persons) for whom the sacrifice of our Lord Jesus Christ is brought. The piece will be placed next to the Lamb – the bread which becomes the Body of Christ during the Sacrament of the Eucharist, and from which the faithful will receive Communion.

Then, after Communion, the pieces from the Commemorative Prosphora are put by the priest into the Chalice with the Blood of Christ, reciting the prayer, “Wash away, O Lord, the sins of all those remembered here, by Thy precious Blood, and through the prayers of all the saints.” So, the sacrificial Blood of Christ cleanses the sins of those for whom the Commemorative Prosphora were offered and whose names were written on the lists for Commemoration. This is the most powerful prayer because it is not merely the prayer of one person, but of the whole Church, “the Church of God, which He hath purchased with His own Blood” (Acts 20:28). For this reason, only the names of baptized Orthodox Christians may be brought to the Altar during the Proskomedia; that is, members of the Orthodox Church.

After the Liturgy, the Commemorative Prosphora are returned to the candle stand, from where the faithful may take them home. These prosphora are consecrated bread. During the week, at home after Morning Prayers, one may eat a piece of prosphoron and drink some Holy Water with the following prayer:

O Lord my God, may Thy holy gift and Thy holy water be for the enlightening of my mind, the strengthening of my soul and body, the conquering of my passions and weaknesses, by your boundless mercy, through the prayers of Thy Holy Mother and all Thy saints. Amen.

Eat the prosphoron in the mornings on an empty stomach. Consecrated things must be treated reverently. When you return from church, divide the prosphoron into six parts (i.e. the number of days until the next Liturgy) and keep them with the Holy Water in your icon corner. If the prosphoron dries out, you can still consume it by softening it in Holy Water. However, if you store it in a plastic bag, then it could spoil and become moldy.

Therefore, it’s better to store it in a paper napkin. If it does happen that the prosphoron spoils, do not throw it away in the trash! Instead, you can burn

it or throw it into a river, or bring it to church to be burned. [Give it to the Priest.]

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Please remember and teach our children to handle holy things with reverence!



### **Council of Bishops of the UOC of the USA:**

*2018 Thanksgiving Day Message to the Clergy and Faithful of the Church  
Beloved clergy, brothers and sisters in Christ,*

Every November, the United States of America celebrates Thanksgiving, marking a day when the earliest inhabitants of our nation expressed gratitude to God for the bounty that would ensure their survival through winter. Across our country, in towns and villages, cities and municipalities, families and friends gather together for meaningful religious and secular rituals of celebration and praise acknowledging the One from Whom all good things come.

In the spirit of this Thanksgiving Day, we, the spiritual fathers of our Holy Ukrainian Orthodox Church of the USA wish to express our deepest gratitude to God for each of you and for your abundant sacrifices and faithfulness to the ministry of service of the Church and the truth of the Gospel. Because of you—through you—God is working a great miracle of His Love for and in the Church.

Gratitude to God must surely be the cornerstone of our faith, particularly in our Holy Ukrainian Orthodox Church. This year alone we have experienced much to give thanks for—to say the least! Let us remember and be grateful for the pastoral vision of His All-Holiness Ecumenical Patriarch Bartholomew, who reminded us that unity of faith allows for vibrant diversity in the expression of that Faith. Let us give thanks for the efforts of our brothers and sisters in Ukraine, as they strive for unity in One United Ukrainian Orthodox Church.

As your hierarchs we travel across our great nation to visit the parishes of the UOC of the USA, and without hesitation we can say that faith is strong among the people of our Holy Church. We are humbled to

know and serve each of you. On this day of Thanksgiving, we can think of no better prayer than to offer gratitude for each of you and your service to the Lord.

We pray that you and your loved ones will be blessed with a joyful Thanksgiving Day and that during the upcoming holy season of St. Philip's Fast and Nativity of our Savior, we may continue to bring the Gospel to a world that needs Christ to be born in the hearts of all.

*With prayers and love in Christ, your spiritual fathers*

**+Antony, Metropolitan**

**+Daniel, Archbishop**

"As we search for a meaningful life, we should avoid the mirages in our world that lead to short term fulfillment. Our goal should be to avoid the illusory pleasurable life that leads to despair and melancholy. A life centered on striving toward Absolute Good, leads to fulfillment in an encounter with Absolute Good that gives us that which will ultimately lead to a life of lasting fulfillment and joy." (*Abbot Tryphon in 'Morning Offering'*)