



**Holy Ghost Orthodox Church**  
**714 Westmoreland Avenue**  
**PO Box 3**  
**Slickville, PA 15684-0003**

[www.holyghostorthodoxchurch.org](http://www.holyghostorthodoxchurch.org)

Very Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

**ON THE MEND:** Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Daniel, 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 [Archbishop 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—young man 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 [young lady 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 Slaughaupt, 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, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], and Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.

*St. Gregory the Theologian: "When the most sacred body of Christ is received and eaten in a proper manner, it becomes a weapon against those who war against us, it returns to God those who had left Him, it strengthens the weak, it causes the healthy to be glad, it heals sicknesses, and it preserves health. Through it we become meek and more willing to accept correction, more longsuffering in our pains, more fervent in our love, more detailed in our knowledge, more willing to do obedience, and keener in the workings of the charismata of the Spirit. But all the opposite happens to those who do not receive Communion in a proper manner."*

**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 27 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM**

**35<sup>TH</sup> SUNDAY AFTER PENTECOST; LEAVE-TAKING OF THEOPHANY; HOLY FATHERS SLAIN AT SINAI & RAITHU-ISAIAH, SABBAS, MOSES & HIS DISCIPLE MOSES, JEREMIAH, PAUL, ADAM, SERGIUS, DOMNUS, PROCLUS, HYPATIUS, ISAAC, MACARIUS, MARK BENJAMIN, EUSEBIUS, ELIAS, & OTHERS; VENERABLE JOSEPH ANALYTINUS OF RAITHU MONASTERY; VENERABLE THEODULUS; VENERABLE STEPHEN; SAINT SAVA I, FIRST ARCHBISHOP OF SERBIA**

**\*\*\*\*Blessing of water after service downstairs\*\*\*\***

*Tone 2*

Colossians 3:12-16

Luke 18:18-27

**SUNDAY, FEBRUARY 03 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM**

**36<sup>TH</sup> SUNDAY AFTER PENTECOST; VENERABLE MAXIMUS THE CONFESSOR; MARTYR NEOPHYTUS; MARTYRS EUGENE, CANDIDUS, VALERIAN, & AQUILA; VIRGIN-MARTYR AGNES; MARTYR ANASTASIUS; VENERABLE MAXIMUS THE GREEK**

*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 Cherepko Mazock, & Roy Wyke—Fr. Bob***

**SUNDAY, FEBRUARY 10 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM**

**37<sup>TH</sup> SUNDAY AFTER PENTECOST; ZACCHAEUS SUNDAY; SAINT EPHRAIM THE SYRIAN; SAINT PALLADIUS THE HERMIT OF ANTIOCH; SAINT ISAAC THE SYRIAN-BISHOP OF NINEVEH; SAINT EPHRAIM-BISHOP OF PEREYASLAVL-PERCHEVSKY LAVRA**

*Tone 4*

1 Timothy 4:9-15

## **BULLETIN INSERT FOR 27 JANUARY 2019**

**35<sup>TH</sup> SUNDAY AFTER PENTECOST; LEAVE-TAKING OF THEOPHANY; HOLY FATHERS SLAIN AT SINAI & RAITHU-ISAIAH, SABBAS, MOSES & HIS DISCIPLE MOSES, JEREMIAH, PAUL, ADAM, SERGIUS, DOMNUS, PROCLUS, HYPATIUS, ISAAC, MACARIUS, MARK BENJAMIN, EUSEBIUS, ELIAS, & OTHERS; VENERABLE JOSEPH ANALYTINUS OF RAITHU MONASTERY; VENERABLE THEODULUS; VENERABLE STEPHEN; SAINT SAVA I, FIRST ARCHBISHOP OF SERBIA**

**\*\*\*\*BLESSING OF WATER AFTER SERVICE DOWNSTAIRS\*\*\*\***

### **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**

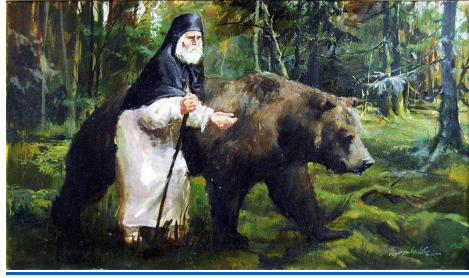
The Lord answer you in the day of trouble! The name of the God of Jacob  
protect you!

Save the king, O Lord, and hear us on the day we call!

**Commemorating St. Seraphim, Wonderworker of Sarov  
(Jan. 15/Feb. 2)**

St. Serafim of Sarov did not write books, did not leave a single  
theological treatise. With two short phrases, he grabbed the very essence  
of Christian life: **"The goal of a Christian's life is the acquisition of the  
Holy Spirit of God"** and: **"Acquire the Spirit of Peace [Holy Spirit]  
and a thousand around you will be saved!"**

Holy Father St. Seraphim please pray to God for us!



### **Prayer to St. Seraphim of Sarov**

O Great Saint of God, our venerable and God-bearing Father Seraphim! Look down from the glory that is above, upon us who are humble and weak, burdened with our many sins, and ask thy help and consolation. Bend down to us in thy loving kindness and help us to carry out God's commandments without stain, firmly to keep the Orthodox faith, to approach God in heartfelt contrition for all our sins to make progress in Christian devotion and to be w

"How mistaken are those people who seek happiness outside of themselves, in foreign lands and journeys, in riches and glory, in great possessions and pleasures, in diversions and vain things, which have a bitter end! In the same way, to construct the tower of happiness outside of ourselves as it is to build a house in a place that is consistently shaken by earthquakes. Happiness is found within ourselves, and blessed is the man who has understood this. Happiness is a pure heart, for such a heart becomes the throne of God. Thus says Christ of those who have pure hearts: 'I will visit them, and will walk in them, and I will be a God to them, and they will be my people.' (II Cor. 6:16) What can be lacking to them? Nothing, nothing at all! For they have the greatest good in their hearts: God Himself!"-*St. Nektarios of Aegina: Path to Happiness*

### **THE LITTLE THINGS IN LIFE**

By Saint John Maximovitch

Many people believe that to live according to the faith and to fulfill the will of God is very difficult. Actually—it's very easy. One needs only attend to details, to trifles, and try to avoid evil in the slightest and most trivial things. This is the simplest and surest way to enter the world of the Spirit and draw near to God. A man often thinks that the Creator demands great things of him, that the Gospel insists on complete self-sacrifice, the abolition of one's personhood, etc., as a condition of faith. A man is so frightened by this that he begins to be afraid of becoming acquainted with God, of drawing near to God, and hides himself from God, not even wishing

to look into God's Word. "If I can't do anything important for God, then I'd just better stay away from things spiritual, stop thinking about eternity, and live "in a normal way."

When you sit down to eat, pray. When you eat bread, do so thanking Him for being so generous to you. If you drink wine, be mindful of Him who has given it to you for your pleasure and as a relief in sickness. When you dress, thank Him for His kindness in providing you with clothes. When you look at the sky and the beauty of the stars, throw yourself at God's feet and adore Him who in His wisdom has arranged things in this way. Similarly, when the sun goes down and when it rises, when you are asleep or awake, give thanks to God, who created and arranged all things for your benefit, to have you know, love and praise their Creator.

*St. Basil the Great, from Homily V, In martyrem Julittam*

"Do not do anything without signing yourself with the sign of the Cross! When you depart on a journey, when you begin your work, when you go to study, when you are alone, and when you are with other people, seal yourself with the Holy Cross on your forehead, your body, your chest, your heart, your lips, your eyes, your ears. All of you should be sealed with the sign of Christ's victory over hell. Then you will no longer be afraid of charms, evil spirits, or sorcery, because these are dissolved by the power of the Cross like wax before fire and like dust before the wind." —*Elder Cleopa*





PRAY ALWAYS †



Metropolitan of Moscow Morning Prayer of the Optina Elders Morning Prayer of St. P

Grant unto me, O Lord, that with peace of mind I may face all that this new day is to bring. Grant unto me to dedicate myself completely to Thy Holy Will. For every hour of this day, instruct and support me in all things. Whatsoever tidings I may receive during the day, do Thou teach me to accept tranquilly, in the firm conviction that all eventualities fulfill Thy Holy Will.

Govern Thou my thoughts and feelings in all I do and say. When things unforeseen occur, let me not forget that all cometh down from Thee. Teach me to behave sincerely and rationally toward every member of my family, that I may bring confusion and sorrow to none.

Bestow upon me, my Lord, strength to endure the fatigue of the day, and to bear my part in all its passing events. Guide Thou my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love. Amen.

“The Church is both a refuge and a boot camp...a sanctuary of peace and healing, and a training ground for the confrontations that we encounter. We should never forget that balance, and ever avail ourselves of her bounty which will prepare us for all that may come – all that will come.”  
(Fr Alban Waggner, Holy Trinity Western Orthodox Church)