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ADVENT—SAINT PHILIP'S FAST

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 Joe Cervo, Father John Harrold [Saint Sylvester], Pani Mary Ann Chubenko, Joshua Agosto and his family, Eva Malesnick, Nick Behun, Grace Holupka, 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, 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, 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, Sherri Walewski, Marika Zeliszczyk, 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, Dena & George, Georgia, Lawanda [Evelyn's niece],

Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam & Gordon Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Marianne Mulroy, Joe Samchuck—vocations, Albert Heckman, Brianna Stumpf, Stanley Porembka, David & Terry Coyne Hartnett, Mike C., Jennifer Scheirer [Nick Behun's daughter], Catherine Beecham [Father Bob's cousin], JoAnne & Dave Andrews, Rev. Peg Bowman, Pat Jennings, Patrick Felice [Melanie's husband] Tim Sams, Mike Ruzzi, Cindy M., Stephen Popichak—Fr. Bob's brother, Pearl Hanczar, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, and Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer Paul Kline and Walter Sakol. We pray that God will grant them all a speedy recovery.

My Lord Jesus Christ, Son of God, through the intercession of the Theotokos and Ever-Virgin St. Mary, have mercy on me, a sinner.

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, DECEMBER 08 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
25TH SUNDAY AFTER PENTECOST; LEAVE-TAKING OF THE ENTRY OF THE MOST
HOLY THEOTOKOS; HIEROMARTYR CLEMENT-POPE OF ROME; HIEROMARTYR
PETER-ARCHBISHOP OF ALEXANDRIA; VENERABLE PETER THE SILENT OF
GALATA, SYRIA**

Tone 8

Ephesians 4:1-6; Hebrews 9:1-7

Luke 13:10-17; Luke 10:38-42,11:27-28

***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 15 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
26TH SUNDAY AFTER PENTECOST; PROPHET HABAKKUK; MARTYR MYROPE OF
CHIOS; VENERABLE JOHN, HERACLEMON, ANDREW & THEOPHILUS OF EGYPT;
VENERABLE JESSE-BISHOP OF TSILKANI IN GEORGIA; SAINT ATHANASIUS-
RECLUSE OF PERCHEVSKY LAVRA, WHOSE RELICS ARE IN THE NEAR CAVES;
SAINT ATHANASIUS-RECLUSE OF PERCHEVSKY LAVRA, WHOSE RELICS ARE IN
THE FAR CAVES**

Tone 1

Ephesians 5:8-19

Luke 18:18-27 [of the 30th Sunday!]

**SUNDAY, DECEMBER 22 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
27TH SUNDAY AFTER PENTECOST; CONCEPTION BY SAINT ANNA OF THE MOST
HOLY THEOTOKOS; PROPHETESS ANNA-MOTHER OF THE PROPHET SAMUEL;
SAINT SOPHRONIOS-ARCHBISHOP OF CYPRUS; VENERABLE STEPHEN THE
"NEW LIGHT" OF CONSTANTINOPLE**

Tone 2

Ephesians 6:10-17; Galatians 4:22-31

Luk3 27:12-19; Luke 8:16-21

BULLETIN INSERT FOR 08 DECEMBER 2019

**25TH SUNDAY AFTER PENTECOST; LEAVE-TAKING OF THE ENTRY OF
THE MOST HOLY THEOTOKOS; HIEROMARTYR CLEMENT-POPE OF
ROME; HIEROMARTYR PETER-ARCHBISHOP OF ALEXANDRIA;
VENERABLE PETER THE SILENT OF GALATA, SYRIA**

TROPARION—TONE 8

Thou didst descent from on high, O Merciful One!

Thou didst accept the three-day burial to free us from our sufferings!

Our Lord, our Life and Resurrection, 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 8

By rising from the tomb,
Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,
And the world celebrates Thy Rising from the dead,
O greatly Merciful One!

PROKEIMENON—TONE 8

READER: Pray and make your vows before the Lord our God!

PEOPLE: Pray and make your vows before the Lord our God!

READER: In Judah, God is known; His name is great in Israel!

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows.

PEOPLE: Before the Lord our God!

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our
Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to
Him with psalms.

Thanksgiving

***Psalm 26:7-That I may publish with the voice of thanksgiving, and
tell of all thy wondrous works. (KJV)***

The time is now and always to give praise and thanksgiving to the Lord
God. God's wonders, goodness and mercy exceed understanding and
comprehension. The love of God is often expressed in showing praise,
thanksgiving and wonder. Thanksgiving to God comes from deep within the
hearts and minds of believers. A believer can never fully give thanks to
God for all that the Lord God does.

Psalm 50:14-Offer unto God thanksgiving; and pay thy vows unto the most High: (KJV)

The Psalms speak often, abundantly, and clearly about giving thanksgiving to God. Believers do well to look to the Psalms in learning how best to give thanks to God. The Psalms are a proven source to verify giving thanks to God to benefit the soul. As a believer matures and grows the importance of giving thanks to God increases. Throughout the day responsible believers will offer thanksgiving to the Lord God.

Psalm 69:30-I will praise the name of God with a song, and will magnify him with thanksgiving. (KJV)

Song is an appropriate and very responsible way of giving thanks to the Lord God. Believers are very responsible when giving thanks to the Lord in heartfelt song. The Church is always a proper place for giving thanksgiving in song to the Lord. Choirs often express thanksgiving to the Lord God in ways that are most beautiful. The depths of the soul are often touched when choirs sing in thanksgiving to God.

Psalm 95:2:-Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. (KJV)

God's Church welcomes believers to always enter with hearts full of thanksgiving. Hearts full of love for the Lord God readily lead to many thoughts of giving thanks. Being thankful to the Lord God flows from very grateful hearts, minds and souls. Grateful believers' experiences result in most joyful expressions of thanksgiving. Days and nights are not sufficient in length for gratitude to be fully expressed.

Psalm 100:4-Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. (KJV)

Each individual has the responsibility to personally give thanks to the Lord God. Continuously the Church offers opportunities for all believers to express thanks. Consciously giving thanks to the Lord in church and daily life makes a difference. Giving thanks to the Lord God keeps the focus on God and all that the God does. We wisely spend all of our lives being thankful for all that the Lord does for us.

*Holy and All-Praised Apostle Philip. November 14/27, 2019.
Hidden Valley, Pennsylvania. Father Rodney Torbic*

***His Eminence, Metropolitan Gregory's
NATIVITY FAST PRAYER CHALLENGE 2019
To Be Prayed Every Evening of the Nativity Fast***

O Christ our God, at Your Holy Birth, the choirs of angels proclaimed peace to the shepherds in the fields. (*Luke 2:14*) After Your Glorious Resurrection, You came to Your disciples saying "Peace be with you!" (*John 20:19*) May Your Holy Peace be present in our hearts, in our homes, in Your Church, and in the entire world. Cleanse us of all impurity, O Lord, so that we may be filled with Your peace which surpasses all understanding, and which will guard our hearts and minds. (*Philippians 4:7*) Sanctify us completely, O God of Peace, so that our whole spirit, soul, and body be preserved blameless at Your coming. (*1 Thessalonians 5:23*) For You are the King of Peace and the Savior of our Souls, and to You we give glory forever. **Amen.**

NATIVITY FAST PRAYER CHALLENGE 2019

Protocol No. 11/2019

Glory to Jesus Christ!

Dear Beloved Faithful Clergy and Laity of our God-Protected Diocese,

It is hard to believe that this month marks the seventh anniversary of my Consecration and Enthronement as your Hierarch. During my visits to the parishes you have often heard me preaching on the state of affairs, locally, nationally, and globally. Conflicts, wars and senseless violence continue to inflict pain and suffering and spill blood everywhere. I continue to be deeply saddened that peace and stillness elude us. Recent events continue to reveal that demonic forces are fighting against us, that evil continues to exist in the world. So many innocent people are killed or wounded on a daily basis. Everyday people are dying needlessly in our towns and cities. For what? Can someone please explain it to me? This lack of peace and stillness is the direct result of increased selfishness and hatred throughout the world. Whatever we as inhabitants of this planet are doing it is not working, somehow it is not enough. Obviously, we as humans cannot achieve peace and stillness on our own. We need the help of someone and that someone is the Lord.

In addition, many ills (demons) afflict us, just like the demon-possessed man in the land of the Gadarenes. Whether it is an addiction to drugs, alcohol, pornography, gambling, lying, cheating, stealing, ungratefulness, anger, hatred, domestic violence, or something else, we need the Lord. If we are feeling like we are sinking because we are overwhelmed in our home life, work life, school life or even our social life (including social media and technology) we must be like Peter. He was

walking on the water towards Jesus and he was distracted by the winds and waves. As he began to sink, Peter cried out, "Lord, save me!" (Matthew 14:30).

As we once again enter the Season of the Nativity Fast, I ask you, actually I plead with you, the good faithful people of our Diocese, to join me on a journey to meet the new born King. During these 40 days leading to the Nativity of our Lord let us increase our efforts in church attendance, in prayer, in fasting, in scriptural reading, in almsgiving, in repentance and confession, in receiving the Eucharist.

This year, just like the last four years, I am challenging everyone, clergy and laity, to offer a special prayer for peace and stillness during evening prayers. During the Litany of Fervent Supplication at each Divine Liturgy a special petition is also to be included. The text of these prayers will be provided to the Clergy for distribution. Each household should have sufficient copies so that young people who can read have one by their bed to use nightly and those who are too young to read may say the prayer with their parents before they go to bed. Of course, all the adults should also participate.

To assist with this challenge, a special web page has been created on the Diocesan Website, Praying for Peace, which contains downloadable texts of the special prayers. Other postings will be made on various social media outlets to encourage maximum exposure and participation.

With all of us united in prayer and laboring for peace and stillness this Nativity Fasting Season, I am convinced that we will help to make our lives and that of others throughout the world more peaceful and still, even if only in a small way.

Working in His Vineyard with much love,

+Metropolitan Gregory of Nyssa