



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 Daniel, Metropolitan Antony, Metropolitan Yuriy, Archbishop Jovan, Metropolitan Savas, Father Jakiw Norton, Father Paul Stoll, Father Joseph Kopchak, Father Elias Warnke, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John & Pani Mary Anne Nakonachny, Father Steve Repa, Protopresbyter William & Pani-Dobrodijka Sonia Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Paisius McGrath, Father Michael Smolynec, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father George & Dobrodijka Oksana Bazylevsky, 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, 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, Yvonne Christy, Father Deacon Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, 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, Corey Guich,

Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, 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, Susan Lucas, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, 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 Zeliszczuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], 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, 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 & Jan Jennings, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy & Sharon Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Theresa Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Steven—Harry Batch's cousin, Rose Mary Pavlovich—Mary Anne Kuznik's

*Cousin, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Micky Delans [COVID-19], Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Father Joe Uzar—newly ordained, Tim—surgery, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko [triple by-pass], John, Kris & Kait, Jeff & Mary Jane Double [COVID-19], Terri Crosby-Vega [COVID-19], Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Mike, Amy, Nathan, & Ben Forbeck [COVID-19], David Salazar, Ann Zurasky [knee replacement], James Mary, Barb Bookser, Dr. Paul Riley, David Hess, Serena, Wyatt, Makenzie, Jennifer, Carolyn Strittmatter, Barbara Shegat & Chaplain Rachelle Zazzu, Candace Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [infant], Elizabeth [5-year-old], Lillian Skowvron, Pani Cathy Danczak, Sue & Greg Heinen, Paul Simpson [Father Bob's cousin, car accident], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Linda Snow, Zack Blair [Pani Gina's nephew], Greg & Mary Lou Sheakley [Pani Gina's cousins—COVID], the McKenna family, David Gazella, Brian & Michele Cannone, Robert & Eleanor Rodrigues & family, Don Menagon [COVID-19], Father Deacon James Rossetti & Diakonissa Kari—ordination!, ichael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Brett Crosby, Randy Lapuh, Henry & Shirley Tkacik, Diane & Arthur Chaklis, Denny Mader, Robert Chicka [cancer], Myra Woodruff [cancer], Zoe Oswalt—Fr. Bob's cousin [cancer], Barbette [cancer] & Scott, Kristin [cancer], Erm Hartmann, Barbara Bookser [cancer], Bob Mazzuca [cancer], Marko, Taylor, Terri Crosby-Vega, Christine Mohamed, 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.***

PLEASE REVIEW THE NAMES ON THE PRAYER LIST ABOVE AND LET FATHER BOB KNOW ANY NAMES THAT CAN BE REMOVED...

We wish you all a Peaceful, Prayerful, and Blessed Thanksgiving! If you travel, please stay SAFE! GOD BLESS YOU ALL! I also thank Him every day for all of you! Father Bob, Pani Gina, Alex, Matt, the Parish Board, and the Holy Ghost Parish Family!

PLEASE, PLEASE, PLEASE! PRAY FOR PEACE IN THE WORLD—AND OUR LIVES!

Dear Brothers and Sisters in Christ... There is NOTHING to keep us from praying...for each other, for our family and friends, and most of all for the first responders—EMTs, nurses, doctors, firefighters, police officers, and members of our military who keep us safe. Be well and be **SAFE!!! God Bless!**

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] 956-6626.

SERVICES IN SLICKVILLE

SUNDAY, November 20 OBEDNITZA—UPSTAIRS 10:30 AM
23RD SUNDAY AFTER PENTECOST; HOLY 33 MARTYRS OF MELITENE; VENERABLE LAZARUS; MARTYR THEODOTUS OF ANCYRA; MARTYRS MELASIPPUS, CASSINA, & SON ANTONINUS; MARTYRS AUCTUS, TAURION, & THESSALONICA

Tone 6

Ephesians 2:4-10

Luke 8:41-56

SUNDAY, November 27 OBEDNITZA—UPSTAIRS 10:30 AM
24TH SUNDAY AFTER PENTECOST; HOLY & ALL-PRAISED APOSTLE PHILIP; SAINT JUSTINIAN-EMPEROR OF BYZANTIUM & HIS WIFE THEODORA; SAINT GREGORY PALAMAS-ARCHBISHOP OF THESSALONICA

Tone 7

Ephesians 2:14-22; 1 Corinthians 4:9-16

Luke 10:25-37; John 1:43-51

MONDAY, November 28 ADVENT—SAINT PHILIP'S FAST—PILIPKIVA BEGINS

SUNDAY, December 04 OBEDNITZA—UPSTAIRS 10:30 AM
25TH SUNDAY AFTER PENTECOST; ENTRY OF THE MOST HOLY THEOTOKOS INTO THE TEMPLE

Tone 8

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

Luke 12:16-21; Luke 1:36-42, 11:27-28

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

BULLETIN INSERT FOR 20 NOVEMBER 2022

23RD SUNDAY AFTER PENTECOST; HOLY 33 MARTYRS OF MELITENE; VENERABLE LAZARUS; MARTYR THEODOTUS OF ANCYRA; MARTYRS MELASIPPUS, CASSINA, & SON ANTONINUS; MARTYRS AUCTUS, TAURION, & THESSALONICA

TROPARION—TONE 6

The angelic powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord who didst rise from the dead: 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 6

When Christ God, the Giver of Life,
Raised all of the dead from the valleys of misery with His mighty hand,
He bestowed resurrection on the human race.
He is the Savior of all,
The Resurrection, the Life, and the God of all!

PROKEIMENON—TONE 6

READER: O Lord, save Thy people and bless Thine inheritance.
PEOPLE: O Lord, save Thy people and bless Thine inheritance.
READER: To Thee, O Lord, will I call. O my God, be not silent to me.
PEOPLE: O Lord, save Thy people and bless Thine inheritance.
READER: O Lord, save Thy people.
PEOPLE: And bless Thine inheritance.

ALLELUIA VERSES—TONE 6

He who dwells in the shelter of the Most High will abide in the shadow of
the heavenly God.

He will say to the Lord: My Protector and my Refuge; my God, in whom I trust.

The Twenty First Sunday after Pentecost Luke 8:5-15

Believers are blessed to hear the word of God at each Divine Liturgy. God's Holy Church proclaims the word of God consistently through the centuries and in all parts of the world.

The word of God is available in written and recorded form for individuals interested in further study and development in Christ. Each person experiences the word of God differently.

The Gospel describes different responses by those hearing the word of God. Some hear the word but it does not take root in their personal lives. In others the word of God takes root but eventually dies or is choked off by worldly cares.

The word of God takes firm root in some believers and remains throughout life. According to the Gospel these individuals bring forth fruit with patience.

Holding firm to the word of God requires valuing the word of God.

Ascribing value to the word of God comes from within the believer. The Church teaches the word of God and the value. The believer's acceptance of this value and making it a part of daily life rests with the believer.

According to the Gospel read on Pascha each year, Christ is the word and the word became flesh and dwelt among us.(Jn,.1;17) The way a believer lives in Christ determines the fruits of his or her life.

Jesus said many years ago these enlightening words: "Blessed are they that hear the word of God, and keep it." (Lk.11:28) During the course of each day and throughout life, believers are challenged to hear and keep the word of God.

Thank God for the accessibility of the word of God. Thank God for the martyrs and faithful through the centuries having protected and lived the word in God's Holy Church.

Deep in the heart, mind and soul, believers determine their love of the word of God and their interest in keeping it. Worldly cares and temptations strike at the believer in attempts to dilute the focus on keeping the word of God.

Home, work, and community environments do not always lend themselves to believers holding to the word of God. Only the most focused

of believers can ward off the distractions and hostilities to the word arising during the course of the day.

Societal values can run counter to the word of God. Often society promotes alternatives to the word that are perilous to the soul. Discernment is necessary to avoid the dangers that creep into the home, the workplace and community.

Love of God springs from the heart, mind and soul. Love of God is learned and strengthened through nourishment by God's word. Embracing the word of God transforms the believer with the passing of time.

Consistent effort is necessary to cling to and learn from the word of God. A willingness to sacrifice time and interests of lesser value brings greater benefit with the word of God.

Exercising patience over the long-term proves the wisdom of the Scriptures as fruit develops and is manifested. Personal life changes when the word of God governs daily actions.

God's Holy Church provides the necessary nourishment through the word of God. Believers are required to make the effort to embrace the word and make the word a part of daily life.

The Christian life entails effort, sacrifice and resolute focus. Perils to the soul exist throughout life. Adhering to the word of God enables believers to begin again and again when having lost focus or slacked in effort.

Joy exists in the word of God and is derived from the word of God. Joy abounds in life when the word of God is central to life. Believers learn of Christian joy through living in Christ, abiding in Christ and loving Christ.

Living in Christ entails not being corrupted by the world. Living in Christ requires the ability to see the falsehoods existing in the world and the perils to the soul.

The word of God gives focus to life for believers and direction for daily life.

Perils and temptations of the world are overcome when believers arm themselves with the word of God.

Be grateful and appreciate God's Holy Church. Be thankful for the presence of the word of God as part of daily life. Be resolute and joyful in having the word of God as guide to the Heavenly Kingdom and eternal life.

The Twenty First Sunday after Pentecost. Holy Greatmartyr Arethas and Martyrs with him. October 24/November 6, 2022. Hidden Valley, Pennsylvania. Father Rodney Torbic

Seek Refuge in the Lord God

Psalm 9:9-The Lord also will be a refuge for the oppressed, a refuge in times of trouble. (KJV)

Turn to the Lord God for guidance, direction and refuge when difficulties arise. Turning to the Lord in prayer seeking refuge utilizes time to develop perspective. The Lord God welcomes believers seeking refuge and direction in difficult times. The good Lord is loving and provides comfort when believers seek refuge. Hunger in the soul leads believers to seek refuge in the Lord for nourishment.

Psalm 13/14:6- Ye have shamed the counsel of the poor, because the Lord is his refuge. (KJV)

Naysayers fail to see the benefit of turning to the Lord for beneficial refuge. Wise believers treasure the wisdom of the Psalms describing God as a refuge. The wisdom in the Psalms has nourished and enriched believers for centuries. The proof of the Psalms' wisdom is experienced as believers live out their faith. Believers experience the value of taking refuge in God in life's difficult times.

Psalm 45/46:1- God is our refuge and strength, a very present help in trouble. (KJV)

The Psalms are ready sources of wisdom available to believers putting forth effort. The Lord God is within reach of each person making the effort to seek in faith. Opening the heart, mind and soul to the Lord when taking refuge is beneficial. The Lord fills the heart, mind and soul of the believer desiring nourishment. Nourishment and strength from the Lord are necessary throughout earthly life.

Psalm 56/57:1-Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until these calamities be overpast. (KJV)

The Lord strengthens and nourishes believers during the time of prayer and refuge. Difficult times in life serve as learning periods for believers enriched by the Lord. Seeking refuge in the Lord puts the difficulties of life into manageable perspective. The Lord does not disappoint believers seeking refuge with hope and firm faith. Joy arises in the believer as a result of the refuge experience with the Lord God.

Psalm 58/59:16- But I will sing of thy power; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble. (KJV)

Believers learn from Christ's experience on the Cross that goodness will follow. The glorious Resurrection followed Jesus' death on the Cross and His burial. Difficulties are followed by improved life in Christ when refuge is sought in God. The life in Jesus Christ is more than experiencing periods of difficulties in life. The life in Jesus Christ leads believers to the Kingdom of God and eternal life.

Holy Greatmartyr Artemius; Nativity of St. Mardarije of Libertyville, October 20/November 2, 2022. Hidden Valley, Pennsylvania. Father Rodney Torbic

Eternal Life

John 3:15-That whosoever believeth in him should not perish, but have eternal life. (KJV)

Conscious planning for secure retirement is a common expectation for workers. Workers often consider retirement plans when determining their employment. Unions make a strong effort for their members to have secure retirement plans. Christians select the plan at Holy Baptism with the intended path for eternal life. The Gospel of St. John offers enduring words about eternal life for believers.

John 5:39- Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me. (KJV)

Readers and students of the Scriptures make a sound investment in eternal life. The Lord Jesus Christ is found in the Scriptures and unites with conscious readers. Believers delving seriously into the Scriptures are transformed by the experience. Seriously studying the Holy Scriptures transforms the heart, mind and soul. Learning about Jesus Christ and experiencing Christ in the Scriptures changes life.

John 6:54- Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. (KJV)

The Lord Jesus Christ overcame the barrier of death when He rose from the Tomb. Eternal life is achievable for believers following the way of the Lord Jesus Christ. The path to eternal life is narrow, extremely challenging and can be very lengthy. Assurance exists for believer choosing to follow Christ that eternal life is possible. A focused heart, mind and soul are essential for serious seekers of eternal life.

John 6:68- Then Simon Peter answered him, Lord, to whom shall we go? thou hast the words of eternal life. (KJV)

The world offers unlimited paths for individuals to take in life's journey. Seekers of eternal life make conscious decisions to take God's defined path. For most the path to eternal life is begun at Holy Baptism and continues in life. Some people come to seek eternal life after a major transformation later in life. Not everyone remains true to Jesus Christ from the moment of Holy Baptism.

John 10:28- And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand. (KJV)

The Lord Jesus Christ welcomes individuals choosing to repent to seek eternal life. The thief on the Cross turning to Christ is an example that change is always possible. Hope exists for every person to turn to the Lord Jesus Christ and to seek eternal life. Depression, despair, and despondency can be overcome with the help of Jesus Christ. Eternal joy awaits those seriously seeking the Kingdom of God and eternal life.

Rebecca Danchenko passes along this absolute gem via Joe Becigneul: For those of us who are 60 years old and above. This is for us. I really like what is being said here. Thank you to the person who wrote this.

▶ Between 60 and death. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital.

▶ Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

▶ Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. The responsibility is now theirs to earn their own money.

▶ Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

▶ Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

▶ Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

▶ Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbor, and remember: "A man is not old as long as he has intelligence and affection."

▶ Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

▶ Don't lose sight of fashion trends for your age, but keep your own sense of style. You've developed your own sense of what looks good on you—keep it and be proud of it. It's part of who you are.

▶ ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet.

▶ Respect the younger generation and their opinions. They may not have the same ideas as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time.

▶ Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you feel older and harder to be around.

▶ Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is.) Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. Even then, do so only if you feel you really need the help or do not want to live by yourself.

▶ Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a kitchen garden, play cards, checkers, chess, dominoes, golf.

▶ Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time. Go to museums, go walk through a park. Get out there.

▶ Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are.

▶ Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of life.

▶ If you've been offended by someone—forgive them. If you've offended someone—apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget, and move on with your life.

▶ Laugh. Laugh away your worries Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life.

To My valued friends, enjoy a peaceful life at this stage of it.

Don't worry...be happy.

Focus on Humility

Proverbs 15:33- The fear of the LORD is the instruction of wisdom; and before honour is humility. (KJV)

The Lord Jesus Christ is the Embodiment of humility taking on human flesh. Believers learn the value of humility from Jesus' demonstrated earthly demeanor. Each person chooses whether to learn from Jesus and to follow His example. Discipline in decision-making and bodily actions reveal a person's values. A person's actions will reflect the extent a person lives in ways pleasing to Christ. Choosing the way of humility requires active and conscious decision-making.

Proverbs 18:12- Before destruction the heart of man is haughty, and before honour is humility. (KJV)

Keeping the personal focus on Jesus Christ is necessary for humility in behavior. Guarding the heart, mind and soul is necessary for humble behavior to develop. A personal willingness to serve God is essential in a life of blessed humility. Humility is possible for believers in all walks of life choosing to follow Christ. Consistently rejecting the perils to the soul is required for maintaining humility. Only by living in Jesus Christ does humility come to be present in a believer.

Proverbs 22:4- By humility and the fear of the LORD are riches, and honour, and life. (KJV)

A person does not achieve humility in life through his or her own actions. Jesus Christ alive in the heart, mind and soul enable a person to be humble. Joy arises in life when Jesus Christ is embraced and guides the believer daily. Baptism serves as the beginning for believers seeking God's Heavenly Kingdom. The path leading to the Heavenly Kingdom and eternal life is narrow. (Mt.7:13-14) Life can be many years in length and choices made determine the outcome.

I Peter 5:5- Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. (KJV)

The world offers many treacherous paths in life that are devastating for the soul. Great vigilance keeps the believer focused on Christ to learn from His example. Humility seems contrary to the ways of the world that encourage aggression. Jesus Christ took on human flesh and went to the

Cross in supreme humility. The Lord Jesus Christ washed His disciples' feet as a teaching lesson in humility. Wise believers exercise self-examination to ensure choosing the way of humility.

Holy Martyr Terence, St. Arsenius of Srem, Archbishop of Serbia. October 28/November 10, 2022. Hidden Valley, Pennsylvania. Father Rodney Torbic