



Holy Ghost Orthodox Church
714 Westmoreland Avenue
PO Box 3
Slickville, PA 15684-0003
www.holyghostorthodoxchurch.org
Very Rev. Father Robert Popichak, Pastor
23 Station Street
Carnegie, PA 15106-3014
[412] 956-6626 cell
rpopichak@alumni.cmu.edu

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, 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 Strozh [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 Zeliszcuk, 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 Slaugenhaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, 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!, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Brett Crosby, Randy Lapuh, Henry & Shirley [skin cancer] 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, Sue Demko, Tammy & Donnie [cancer] Marsico, Terry & David Hartnett, 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...

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, January 29 **OBEDNITZA—UPSTAIRS** **10:30 AM**
33RD SUNDAY AFTER PENTECOST; VENERATION OF THE CHAINS OF APOSTLE PETER; MARTYRS SPEUSIPPUS, ELEUSIPPUS, & MELEUSIPPUS, GRANDMOTHER LEONILLA, WITH NEON, TURBO, & JOVILLA; MARTYR DANAX THE READER

Tone 8

1 Timothy 4:9-15; Acts 12:1-11
Luke 19:1-10, John 21:15-25

SUNDAY, February 05 **OBEDNITZA—UPSTAIRS** **10:30 AM**
34TH SUNDAY AFTER PENTECOST; SUNDAY OF THE PUBLICAN & THE PHARISEE; HIEROMARTYR CLEMENT-BISHOP OF ANCYRA & MARTYR AGATHANGELUS; VENERABLE MAUSIMAS THE SYRIAN; VENERABLE SALAMANES THE SILENT; SAINT PAULINUS THE MERCIFUL-BISHOP OF NOLA; COMMEMORATION OF THE 6TH ECUMENICAL COUNCIL

Tone 1

2 Timothy 3:10-15
Luke 18:10-14

Litany in Blessed Memory of Milton G. Chicka, Daniel Pysh, Sara Chicka, Nikolai Pivtoraiko, Evelyn Burlack, Anne Cherepko Mazock, Roy Wyke, & Katherine Debick—Fr. Bob

SUNDAY, February 12 **OBEDNITZA—UPSTAIRS** **10:30 AM**
35TH SUNDAY AFTER PENTECOST; SUNDAY OF THE PRODIGAL SON; SYNAXIS OF THE 3 HOLY HIERARCHS—SAINT BASIL THE GREAT, SAINT GREGORY THE THEOLOGIAN, & SAINT JOHN CHRYSOSTOM; HIEROMARTYR HIPPOLYTUS-

POPE OF ROME & MARTYRS CENSORINUS, SABINUS, & OTHERS; SAINT ZENO-HERMIT & DISCIPLE OF SAINT BASIL THE GREAT; MARTYR THEOPHILUS THE NEW; SAINT PETER-KING OF BULGARIA; SAINT ZENO THE FASTER OF PERCHEVSKY LAVRA

Tone 2

1 Corinthians 6:12-20; Hebrews 13:7-16
Luke 15:11-32; Matthew 5 14-19

BULLETIN INSERT FOR 29 JANUARY 2023

33RD SUNDAY AFTER PENTECOST; VENERATION OF THE CHAINS OF APOSTLE PETER; MARTYRS SPEUSIPPUS, ELEUSIPPUS, & MELEUSIPPUS, GRANDMOTHER LEONILLA, WITH NEON, TURBO, & JOVILLA; MARTYR DANAX THE READER

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.

Lisa Ryan has some thoughts worth considering—she's a friend and parishioner at Saints Peter & Paul in Carnegie...

The insight that culture shapes the heart and can make us more receptive to the Truth has inspired many contemporary Orthodox Christian creators in recent years to create works of art and fiction that are indeed beautiful or true, at least in part. I would like to submit to those of us who are American Orthodox Christians that there is a similar supportive value to maintaining the ethnic cultural legacy of our communities. This can be hard to see if you are one of a few outsiders in an "ethnic club," especially if the cultural activities within a parish seem to outnumber the Christian ministries.

Consider that the Christian values of the culture have been applied over generations and can be a more convincing model of virtue than even a good sermon. Compare, for example, ethnic dance traditions modeling healthy interaction between men and women to most interactive dance in the secular culture. Or consider how deeply hospitality is embedded in the ethnic food ways, even in that festival that seems to occupy half the parish.

I would love it if more of the people who embody their folk traditions were more self-aware about the value of that culture for supporting a healthy Orthodox Christian community. I would also love to see the rest of us honor the preservers as much as we do the creators, especially since that is not a core value of our secular culture.

Water for the Heart and Soul

Proverbs 5:15-Drink waters out of thine own cistern, and running waters out of thine own well. (KJV)

Proverbs in the Holy Bible offer words of wisdom to benefit attentive believers. Believers do well to look deep within the self to cleanse and nourish the soul. God is present in each believer and is readily experienced through introspection. Coming to know the self enables the believer to honestly address personal sin. Repentance enables the believer to make new beginnings in the Lord Jesus Christ.

Proverbs 20:5-Counsel in the heart of man is like deep water; but a man of understanding will draw it out. (KJV)

Honestly examining the heart will reveal to the believer the sins needing to be expelled. Repentance is an act in unison with the Lord God for the rejecting of personal sin. Turning the mind deep into the heart, the believer uncovers the impediments of sin. Sins are a burden to the believer

and inhibit full growth in the Lord Jesus Christ. Newness in life is possible when the heart is filled with Christ and sin is expelled.

Proverbs 25:21-If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink: (KJV)

Sincere acts of love are the way to alleviate despair and heal difficult relationships. Heartfelt acts of love serve to ease tensions in difficult and strained relationships. An enemy's anger is more likely to subside when the believer responds with love. Love and kindness are antidotes to acts of hostility and serve to facilitate peace. Maintaining peace in personal relationships enables growth among the participants.

Proverbs 25:25-As cold waters to a thirsty soul, so is good news from a far country. (KJV)

Cold water invigorates the thirsty soul and restores vigor to the receptive believer. Good news from afar enlivens and energizes the heart of the welcoming listener. The body is positively affected and stronger when good news reaches the ears. Life's outlook improves and hope increases when good news arrives from afar. Personal demeanor quickens when bright words of hope and promise are heard.

Proverbs 27:19-As in water face answereth to face, so the heart of man to man. (KJV)

The Holy Scriptures reveal God to the seeker looking to experience the Divine. Seekers of God find the Divine revealed when searching the Holy Scriptures. The heart desiring to experience God will enjoy being immersed in the Scriptures. The Church offers the Holy Scriptures to further the direct experience with God. God and believers unite and remain united when the Holy Scriptures fill the heart.

*Holy Theopemptus and Theonas-Holy Cross Day. January 5/18, 2023.
Hidden Valley, Pennsylvania. Father Rodney Torbic*

Patty Martinovich offers:

If you are troubled, in pain, have some worries, anxiety, sadness, or any of the ills of our world, find a local Orthodox Church and attend a vespers service, usually held at dusk as the sun is setting usually at 5 pm. It is a short service, less than an hour, held on Saturdays. There are not a lot of people, it will be calm and serene, quiet, and dark. Light a candle if you wish, stand (or sit) in the back, and give the Lord all of your troubles to carry. All are welcome.

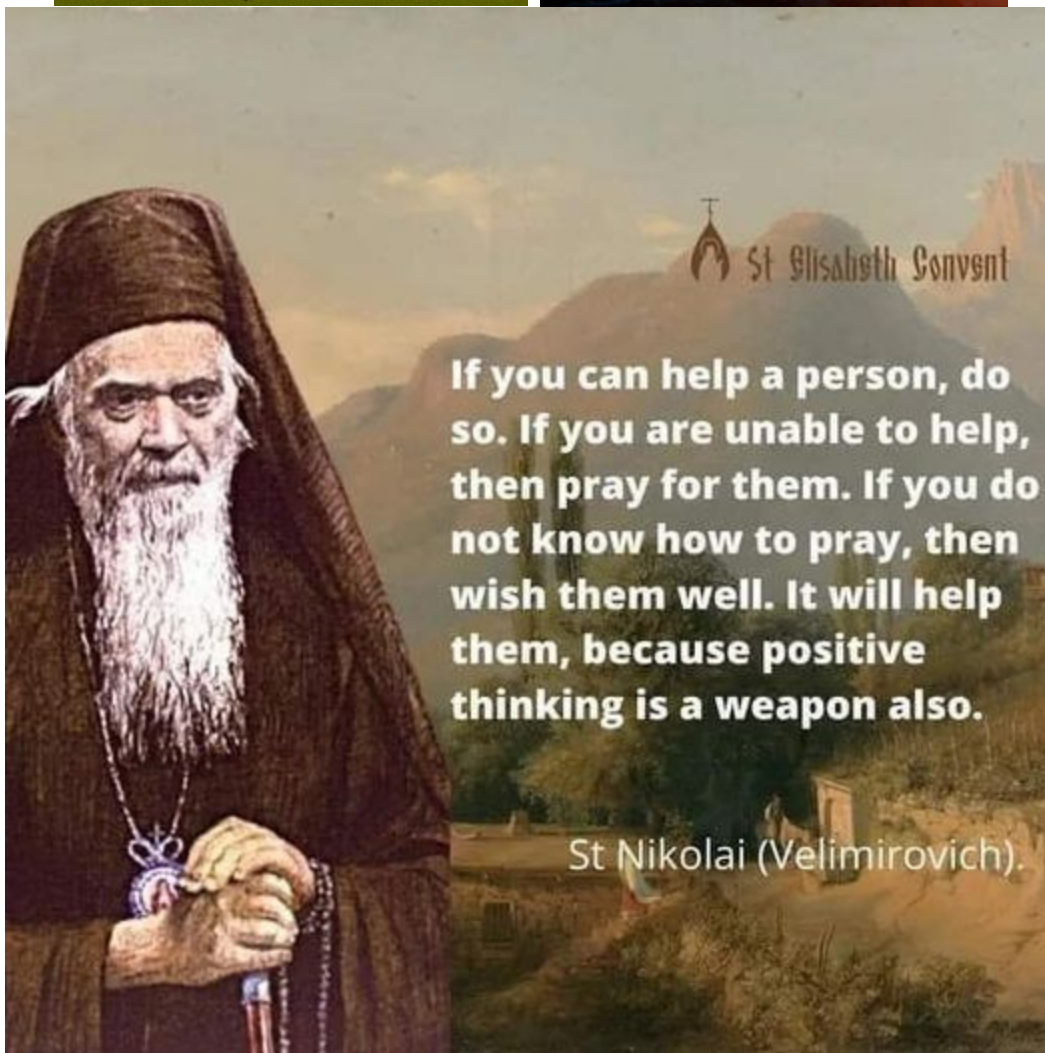
God

is saying to you today...
Something stressful and
painful is about to exit
your life and be replaced
with something beautiful
and wonderful.

Amen!

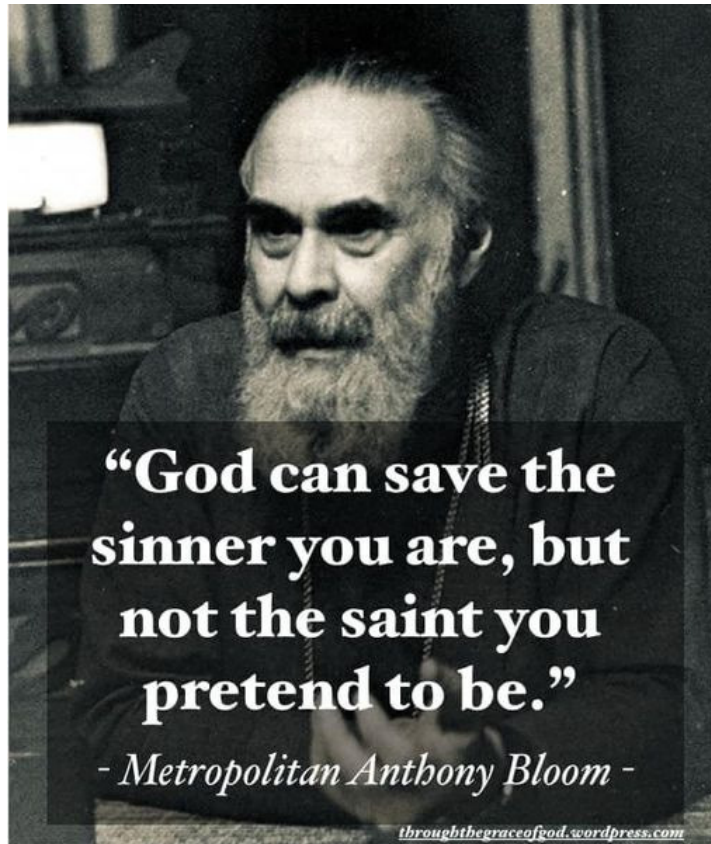


One of the most
valuable gifts in life
is a loyal friend.



If you can help a person, do
so. If you are unable to help,
then pray for them. If you do
not know how to pray, then
wish them well. It will help
them, because positive
thinking is a weapon also.

St Nikolai (Velimirovich).



**“God can save the
sinner you are, but
not the saint you
pretend to be.”**

- Metropolitan Anthony Bloom -

throughthegraceofgod.wordpress.com