



## 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: Metropolitan Constantine, Patriarch Pavle, Archbishop Vsevolod, Archimandrite Raphael, Father Peter Natishan, Father Gerald Olszewski, Father Jakiw Norton, Father Dragan Filipović, Father Elias Katras, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father John Harvey, Father John Monronko, Father Michael Mihalick [MS], Ollie Pendylshok, Walt & Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike and Hilda Holupka, Eva Malesnick, Helen Likar, Stella Peanoske, Joe Nezolyk, Nick Behun, Terry Reinhart, Bernie O'Masta, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Maria Balo, Linda Mechtly, Mary Mochnick, Mary Pekich, Mildred Manolovich, Evelyn Misko, Amy, Nigel Daniel, & Daniel Pocura, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Sandy Gamble, Glen Lucas Burlack, Bernie Vangrin, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Stella Cherepko, Sam Wadrose, Khoruia Joanne Abdalah, Cameron [a boy in Matt's class], Faith—a 5-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 2-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Jeff, Nick Malec [Maxine's brother], Bill, Erin, Jimmy Fennel [7<sup>th</sup> Grader], Jim Markovich, Jeff Walewski [thyroid cancer], Carol [Lotinski] Rose, Michael Miller, Dave May, Grace & Owen Ostrasky, Claudia [Horvath] Gradicheck, Alverta, Margaret Mueller, Gary Zurasky, Michael Horvath, Patti Sinecki, David Genshi, Pete Special, Rita Very & family, Sue Segeleon, Mike Gallagher, Mildred Walters, Michael Miller, Mike Pelchar [Liz's brother], Jim Logue—throat cancer, Michael, Amy, Liz Stumpf, Aubrie—6-month-old with Cystic Fibrosis, Kathy Ciranni, Ester Tylavsky, Ed Jamison, Theodore Nixon, Charles Johnson, Donna Kerr [stroke], Amy Forbeck, Michelle Corba Kapeluck, Ann Gross, Gloria Prymak [Liz's niece], John Sheliga, and Daria Masur. **ARNOLD:** Stefania Lucci, Kay Tomson, Ann Ostaffy, Steve Sakal, Elisabeth Arasin, Homer Paul Kline, and Steve Ostaffy. We pray that God will grant them all a speedy recovery.

REMINDER: Father Bob will be attending the Sobor in South Bound Brook from Tuesday, October 2<sup>nd</sup>, through Sunday, October 7<sup>th</sup>. Please contact John Paouncic if you are in need of the services of an Orthodox Priest.

Please remember ALL American servicemen and women in the Middle East in your prayers. May God watch over them and all American servicemen and women—and bring them all home safely!

PLEASE REMEMBER TO BRING YOUR “BOXTOPS FOR EDUCATION” AND CAMPBELL’S SOUP LABELS TO CHURCH. There is a shoebox in the basement for Alex’s Fifth Grade and Matt’s Third Grade collections. THANK YOU ALL FOR YOUR HELP! *Alex and Matt*

**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 call 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, September 30**                      **Divine Liturgy**                      **10:30 AM**  
**18<sup>TH</sup> SUNDAY AFTER PENTECOST—MARTYRS SOPHIA & DAUGHTERS FAITH, HOPE, & LOVE AT ROME, MARTYRS THEODOTA & AGATHOCLEIA AT NICEA, 156 MARTYRS OF PALESTINE-INCLUDING BISHOPS PELEUS & NILUS OF EGYPT-PRESBYTER ZENO, PATERMUPHIUS, ELIAS, & OTHERS, MARTYRS LUCY & SON GEMINIAN OF ROME, HIEROMARTYRS HERACLIDES & MYRON-BISHOPS OF CYPRUS**

*Tone 1*  
Galatians 2:16-20  
Mark 8:34-9:1

*Parastas in Blessed Memory of Michael Holupka—Mike Holupka*

**Sunday, October 7**                      **DEACON’S SERVICE---OBEDNTIZA —FR. BOB AT SOBOR**  
**19<sup>TH</sup> SUNDAY AFTER PENTECOST—HOLY PROTOMARTYR & EQUAL-TO-THE-APOSTLES THEKLA, VENERABLE COPRIUS OF PALESTINE, SAINTS STEPHEN-TONSURED SIMON, DAVID, & VLADISLAV OF SERBIA, VENERABLE NICANDER-HERMIT OF PSKOV, VENERABLE ABRAMIUS-ABBOT OF MIROZH, MARTYRDOM OF VENERABLE GALACTON-MONK OF VOLOGDA, SAINT DOROTHY OF KASHIN, ICONS OF THE THEOTOKOS “MIROZH” AND “THE MYRTLE TREE”**

*Tone 2*  
II Corinthians 11:31-12:9  
Luke 5:1-11

**Sunday, October 14**                      **Divine Liturgy**                      **10:30 AM**  
**20<sup>TH</sup> SUNDAY AFTER PENTECOST—THE PROTECTION OF THE THEOTOKOS—POKROVA—APOSTLE ANANIAS OF THE 70, VENERABLE ROMAN THE MELODIST, HIREOMARTYR MICHAEL-ABBOT IN ARMENIA & 36 FATHERS WITH HIM, VENERABLE SABBAS-ABBOT OF VISHERA, SAINT JOHN KUKUZELIS OF MOUNT ATHOS, SAINT GREGORY THE SINGER OF MOUNT ATHOS, COMMERATION OF THE PILLAR WITH THE ROBE OF THE LORD UNDER IT AT MTSKHET IN GEORGIA**

*Tone 3  
Hebrews 9:1-7  
Luke 10:38-42, 11:27-28*

*Litany in Blessed Memory of Kay Behun, Protopresbyter Theodore Forosty, Johnathan Dorning, &  
Mary Evaniuk—Fr. Bob  
Parastas in Blessed Memory of George Luciow—14 years—Sonia Luciow  
And Kay Behun—the Behun Family*

## BULLETIN INSERT FOR 30 SEPTEMBER 2007

**18<sup>TH</sup> SUNDAY AFTER PENTECOST—MARTYRS SOPHIA & DAUGHTERS FAITH, HOPE,  
& LOVE AT ROME, MARTYRS THEODOTA & AGATHOCLEIA AT NICEA, 156 MARTYRS  
OF PALESTINE-INCLUDING BISHOPS PELEUS & NILUS OF EGYPT-PRESBYTER ZENO,  
PATERMUPHIUS, ELIAS, & OTHERS, MARTYRS LUCY & SON GEMINIAN OF ROME,  
HIEROMARTYRS HERACLIDES & MYRON-BISHOPS OF CYPRUS**

### **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!

### **INTER-CHRISTIAN SYMPOSIUM AMONG CATHOLICS AND ORTHODOX**

VATICAN CITY, SEP 17, 2007 (VIS) - The Holy Father has written a Message to Cardinal Walter Kasper, president of the Pontifical Council for Promoting Christian Unity, for the Tenth Inter-Christian Symposium between Catholics and Orthodox, which is being held from September 16 to 19 on the Greek island of Tinos.

The symposium, organized every two years by the Franciscan Institute of Spirituality at Rome's Antonianum Pontifical Athenaeum, and by the faculty of theology at the Aristotle University of Thessalonica, Greece, aims to study Catholics' and Orthodox' shared patrimony of faith and tradition. The current meeting - which has as its theme "St. John Chrysostom, a bridge between East and West" - coincides with the 1,600th anniversary of the death of that saint, considered as a Father of the Church in both East and West.

In his Message, the Pope expresses his happiness at the fact that the gathering is being held on Tinos "where Orthodox and Catholics coexist fraternally," and he recalls how "ecumenical cooperation in the academic field contributes to maintaining an impetus towards the longed-for communion among all Christians.

On the subject of ecumenical cooperation, the Pope points out how "Vatican Council II recognized in this field an opportunity to involve the entire People of God in the search for full unity."

The Holy Father then goes on to refer to St. John Chrysostom as "a valiant, illuminated and faithful preacher of the Word of God, ... such an extraordinary hermeneutist and speaker that, from the fifth century, he was given the title of Chrysostom, which means golden-mouthed. A man whose contribution to the formation of the Byzantine liturgy is known to everyone," and whose mortal remains "after complex historical events have, since 1626, rested in St. Peter's Basilica."

"In 2004," Pope Benedict writes, "my venerated predecessor John Paul II donated part of the relics to His Holiness Bartholomew I, ecumenical patriarch, so that the great Father of the Church could be venerated both in the Vatican Basilica and in the church of St. George in Phanar."

The symposium will consider St. John Chrysostom and communion with the Church of the West, studying a number of current problems. This, writes the Pope "will contribute to upholding and corroborating the real - though imperfect - communion that exists between Catholics and Orthodox, so that we may reach that fullness which will one day enable us to concelebrate the one Eucharist.

"And it is to that blessed day," the Holy Father adds in conclusion, "that we look with hope, organizing practical initiatives such as this one."

## **JOHN CHRYSOSTOM: COHERENCE BETWEEN IDEAS AND REAL LIFE**

VATICAN CITY, SEP 19, 2007 (VIS) - In his general audience, held this morning in St. Peter's Square, the Pope continued with his series of catecheses on the subject of the Fathers of the Church, focussing today on St. John Chrysostom.

The Pope began by recalling the fact that this year marks the 16th centenary of the death of St. John Chrysostom, who was born in Antioch, in modern-day Turkey, in the year 349. "Called Chrysostom, meaning 'golden-mouthed,' for his eloquence, it could be said that he is still alive today through his works," the Holy Father observed.

"Ordained a deacon in 381 and a priest in 386, he became a famous preacher in the churches of his city; ... 387 was John's 'heroic year'," said Benedict XVI, the year of "the so-called 'revolt of the statues' when people destroyed the imperial statues as a sign of protest against the rise in taxes."

The Holy Father then went on to observe how this saint "was one of the most prolific of the Fathers, of him we have 17 treatises, more than 700 authentic homilies, his commentaries on Matthew and Paul, and 241 letters. He was not a speculative theologian. He transmitted the traditional and certain doctrine of the Church at a time of theological controversies, caused above all by Arianism, in other words the negation of Christ's divinity."

"His is an explicitly pastoral theology," the Pope continued, "in which he shows a constant concern for coherence between thought expressed in words and real existence, This, in particular, is the common thread of the magnificent catecheses with which he prepared catechumens to receive Baptism."

Benedict XVI indicated how "St. John Chrysostom was concerned that his writings should accompany the integral - physical, intellectual and religious - development of the person."

In his works, the saint highlighted the importance of childhood because it is then "that inclinations to vice and virtue appear. For this reason the law of God must, from the beginning, be impressed upon the soul 'as upon a wax tablet'."

Childhood, said the Pope referring to the saint's writings, "is followed by the sea of adolescence in which the gales blow violently as concupiscence grows within us." Then comes courtship and marriage, about which the saint points out "that a well prepared husband and wife close the way to divorce: everything takes place joyfully and children can be educated to virtue. When the first child is born, he or she is like a bridge: the three become a single flesh because the child brings the two parts together and all together they constitute a family, a little Church."

Finally, the Pope recalled how the saint used to address his writings to the lay faithful who, "through Baptism, take on the priestly office, royal and prophetic. ... This lesson of Chrysostom on the authentically Christian presence of the lay faithful in the family and in society is today more important than ever."

Father Bob will be in South Bound Brook for the Sobor from Monday, October 1<sup>st</sup>, through Sunday, October 7<sup>th</sup>—returning late that evening. If you need the services of a priest, please contact John Paouncic. He has phone numbers for area Orthodox clergy and will be happy to help.

**We will have the privilege of hosting Father Deacon Mark Swindle and his family next Sunday: Diakonissa Stephanie, Victoria, and Anna. Father Deacon Mark will serve an Obednitza without communion in Father Bob's absence. Please welcome them to our parish with open hearts, as you do with all visitors!**

**PUBLICITY ANNOUNCEMENT:**

Saint Sylvester Roman Catholic Church will sponsor a Fall Tea ***THIS AFTERNOON*** at 12:30 PM. There will be food, refreshments, and lots of door prizes. Adults--\$10.00, ages 6-12--\$7.00. ***Hat and gloves are optional!*** Advance Tickets ONLY! Please call Bridget at 724-468-4094 for tickets or if you have any questions. Let's help support our neighbors!

The Universal Exaltation of the Precious and Life-Giving Cross  
Commemorated on September 13/26

Troparion - Tone 1

O Lord, save Your people,  
And bless Your inheritance.  
Grant victories to the Orthodox Christians  
Over their adversaries.  
And by virtue of Your Cross,  
Preserve Your habitation.

Kontakion - Tone 4

As You were voluntarily raised upon the cross for our sake,  
Grant mercy to those who are called by Your Name, O Christ God;  
Make all Orthodox Christians glad by Your power,  
Granting them victories over their adversaries,  
By bestowing on them the Invincible trophy, Your weapon of Peace.

The Elevation of the Venerable and Life-Creating Cross of the Lord: The pagan Roman emperors tried to completely eradicate from human memory the holy places where our Lord Jesus Christ suffered and was resurrected for mankind. The Emperor Hadrian (117-138) gave orders to cover over the ground of Golgotha and the Sepulchre of the Lord, and to build a temple of the pagan goddess Venus and a statue of Jupiter.

Pagans gathered at this place and offered sacrifice to idols there. Eventually after 300 years, by Divine Providence, the great Christian sacred remains, the Sepulchre of the Lord and the Life-Creating Cross were again discovered and opened for veneration. This took place under the Emperor Constantine the Great (306-337) after his victory in the year 312 over Maxentius, ruler of the Western part of the Roman empire, and over Licinius, ruler of its Eastern part. In the year 323 Constantine became the sole ruler of the vast Roman Empire.

In 313 he had issued the Edict of Milan, by which the Christian religion was legalized and the persecutions against Christians in the Western half of the empire were stopped. The ruler Licinius, although he had signed the Edict of Milan to oblige Constantine, still fanatically continued the persecutions against Christians. Only after his conclusive defeat did the 313 Edict of toleration extend also to the Eastern part of the empire. The Holy Equal of the Apostles Emperor Constantine, having gained victory over his enemies in three wars with God's assistance, had seen in the heavens the Sign of the Cross, and written beneath: "By this you shall conquer."

Ardently desiring to find the Cross on which our Lord Jesus Christ was crucified, St Constantine sent his mother, the pious Empress Helen (May 21), to Jerusalem, providing her with a letter to St Macarius, Patriarch of Jerusalem.

Although the holy empress Helen was already in her declining years, she set about completing the task with enthusiasm. The empress gave orders to destroy the pagan temple and the statues in Jerusalem. Searching for the Life-Creating Cross, she made inquiry of Christians and Jews, but for a long time her search remained unsuccessful.

Finally, they directed her to a certain elderly Hebrew by the name of Jude who stated that the Cross was buried where the temple of Venus stood. They demolished the pagan temple and, after praying, they began to excavate the ground. Soon the Tomb of the Lord was uncovered. Not far from it were three crosses, a board with the inscription ordered by Pilate, and four nails which had pierced the Lord's Body (March 6).

In order to discern on which of the three crosses the Savior was crucified, Patriarch Macarius alternately touched the crosses to a corpse. When the Cross of the Lord touched the dead one, he came to life. Having beheld the raising of the dead man, everyone was convinced that the Life-Creating Cross was found.

Christians came in a huge throng to venerate the Holy Cross, beseeching St Macarius to elevate the Cross, so that even those far off might reverently contemplate it. Then the Patriarch and other spiritual leaders raised up the Holy Cross, and the people, saying "Lord have mercy," reverently prostrated before the Venerable Wood. This solemn event occurred in the year 326.

During the discovery of the Life-Creating Cross another miracle took place: a grievously sick woman, beneath the shadow of the Holy Cross, was healed instantly. The elder Jude and other Jews there believed in Christ and accepted Holy Baptism. Jude received the name Cyriacus and afterwards was consecrated Bishop of Jerusalem.

During the reign of Julian the Apostate (361-363) he accepted a martyr's death for Christ (see October 28). The holy empress Helen journeyed to the holy places connected with the earthly life of the Savior, building more than 80 churches, at Bethlehem the birthplace of Christ, and on the Mount of Olives where the Lord ascended to Heaven, and at Gethsemane where the Savior prayed before His sufferings and where the Mother of God was buried after her death.

St Helen took part of the Life-Creating Wood and nails with her to Constantinople. The holy emperor Constantine gave orders to build at Jerusalem a majestic and spacious



church in honor of the Resurrection of Christ, also including under its roof the Life-Giving Tomb of the Lord and Golgotha. The temple was constructed in about ten years. St Helen did not survive until the dedication of the temple, she died in the year 327. The church was consecrated on September 13, 335. On the following day, September 14, the festal celebration of the Exaltation of the Venerable and Life-Creating Cross was established.

Another event connected to the Cross of the Lord is remembered also on this day: its return to Jerusalem from Persia after a fourteen year captivity. During the reign of the Byzantine emperor Phocas (602-610) the Persian emperor Khozroes II in a war against the Greeks defeated the Greek army, plundered Jerusalem and captured both the Life-Creating Cross of the Lord and the Holy Patriarch Zachariah (609-633).

The Cross remained in Persia for fourteen years and only under the emperor Heraclius (610-641), who with the help of God defeated Khozroes and concluded peace with his successor and son Syroes, was the Cross of the Lord returned to the Christians.

With great solemnity the Life-creating Cross was transferred to Jerusalem. Emperor Heraclius in imperial crown and royal purple carried the Cross of Christ into the temple of the Resurrection. With the emperor went Patriarch Zacharios. At the gates by which they ascended Golgotha, the emperor suddenly stopped and was not able to proceed farther. The holy Patriarch explained to the emperor that an angel of the Lord was blocking his way. The emperor was told to remove his royal trappings and to walk barefoot, since He Who bore the Cross for the salvation of the world from sin had made His way to Golgotha in all humility. Then Heraclius donned plain garb, and without further hindrance, carried the Cross of Christ into the church.

In a sermon on the Exaltation of the Cross, St Andrew of Crete (July 4) says: "The Cross is exalted, and everything true gathers together, the Cross is exalted, and the city makes solemn, and the people celebrate the feast".

## **On the Exaltation of the Cross**

*Saint John of Shanghai & San Francisco*

Before the time of Christ, the cross was an instrument of punishment; it evoked fear and aversion. But after Christ's death on the Cross it became the instrument of our salvation. Through the Cross, Christ destroyed the devil; from the Cross He descended into hades and, having liberated those languishing there, led them into the Kingdom of Heaven. The sign of the Cross is terrifying to demons and, as the sign of Christ, it is honored by Christians.

"O Lord, save Thy people and bless Thine inheritance. Grant victory unto Orthodox Christians over their adversaries, and by the virtue of Thy Cross, preserve Thy community."

The beginning of this prayer is taken from the twenty-seventh Psalm. In the Old Testament the word "people" designated only those who confessed the true faith, people faithful to God. "Inheritance" referred to everything which properly belonged to God, God's property, which in the New Testament is the Church of Christ. In praying for the salvation of God's people (the Christians), both from eternal torments and from earthly calamities, we beseech the Lord to bless, to send down grace, His good gifts upon the whole Church as well, and inwardly strengthen her.

The petition for granting "victory to kings" (Grant victory to Orthodox Christians over their adversaries) (ie: to the bearers of Supreme authority), has its basis in Psalm 143, verse 10, and recalls the victories of King David achieved by God's power, and likewise the victories granted Emperor Constantine through the Cross of the Lord.

This appearance of the Cross made emperors who had formerly persecuted Christians into defenders of the Church from her external enemies, into "external bishops," to use the expression of the holy Emperor Constantine. The Church, inwardly strong by God's grace and protected outwardly, is, for Orthodox Christians, "the city of God." Heavenly Jerusalem has its beginning. Various calamities have shaken the world, entire peoples have disappeared, cities and states have perished, but the Church, in spite of persecutions and even internal conflicts, stands invincible; for the gates of hell shall not prevail against her (Matt. 16:18).

Today, when world leaders try in vain to establish order on earth, the only dependable instrument of peace is that about which the Church sings:

"The Cross is the guardian of the whole world; the Cross is the beauty of the Church, the Cross is the might of kings; the Cross is the confirmation of the faithful, the Cross is the glory of angels and the wounding of demons."  
*(Exapostilarion of the Exaltation of the Cross)*

Both Articles above are from Father Joshua's electronic bulletin...