



Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

[724] 468-5581

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 Jovan, Bishop Robert, Father Jakiw Norton, Father Dragan Filipović, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Cuthbert Jack, Father Elias Warnke, Father Nestor Kowal, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Father Steve Repa, Deacon Dennis Lapushanski, Protopresbyter William Diakiw, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Joshua Agosto and his family, Mike Holupka, Eva Malesnick, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Linda Mechtly, Mary Mochnick, 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, Michael Miller, Liz Stumpf, Theodore Nixon, Michelle Corba Kapeluck, Linda Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, George Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Bishop 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, Jean Stutchell, Charles & Esther Holupka, Wanda Mefford, David Vallor, Henry Faraly, Betty O'Masta, Julie Eiler, Vince Ferro, Michael Pawlyshyn, Dorothy Lednovich, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—21-year-old with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Woloschak, Michael Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Carl & Margaret Reed, Theodore Demopoulos, Jillian Bowman, 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], Mel & Charlotte Malik, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, Susan "Billie" Mason, Pauline Witkowsky, Sera White, Donald Griffey, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [child with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Jamie Gardner, Patrick, Linda Morris, Howard Simpson, Ronald Graham [Evelyn's nephew], Chris, Pastor Ed Bowen, David Hiles, Karen Johnson, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Susan Bertram, Rita McConnell, Gail, Pete Special, Sirena Sharp, Ron Paulovich, Patty Sinicki, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Kareen Milcic, Ella Campbell, Kurt Smith, Tom Hyatt, Kenneth Miller [double-lung transplant], Joan Szymonifka, Jeaneen McCartney Thomson, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

Nothing so edifies our neighbor as sincere and humble speech and manners; for this serves as a spur to others never to be puffed up. And what can be more beneficial than this? *St. John Climacus*

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!

Since the icon talk was so well received, Alex and Pani Gina suggested having Fr. Bob answer questions of interest to our parish family. Alex will be constructing an "Ask Your Priest" box for your questions that will be placed in the parish basement hall. If you have a question, please write it down and place it in the box. Father Bob will try to answer as many questions as he can at Coffee Hour after Liturgy...if he doesn't know the answer, he will research it and have an answer for the next Sunday! We are all learning every day, so we will continue to learn together! God Bless!
Fr. Bob

PRAYER LIST: Please help update our prayer list. If you or someone you know no longer needs to be on the prayer list or if there is someone who needs to be on the list please let Father Bob know. Remember—Prayers are ALWAYS FREE! Thank you!

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!

PLEASE REMEMBER TO BRING YOUR “BOXTOPS FOR EDUCATION” AND CAMPBELL’S SOUP LABELS TO CHURCH. There is a shoebox in the basement for Debbie Paouncic’s class. THANK YOU ALL FOR YOUR HELP!

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, NOVEMBER 10 Divine Liturgy of Saint John Chrysostom 10:30 AM
TWENTIETH SUNDAY AFTER PENTECOST; GREAT-MARTYR PARASCEVA OF ICONIUM; MARTYRS TERENCE & NEONILLA & CHILDREN SARBELUS, PHOTUS, THEODULUS, HIERAX, NITUS, BELE, & EUNICE OF SYRIA; SAINT STEPHEN-HYMNOGRAPHER-SAINTE SABBAS MONASTERY; MARTYRS AFTICANUS, TERENCE, MAXIMUS, POMPEIUS, & 36 OTHERS AT CARTHAGE; HEIROMARTYR CYRICUS-PATRIARCH OF JERUSALEM & MOTHER ANNA; SAINT JOHN THE CHOZEBITE-BISHOP OF CAESAREA IN PALESTINE; REPOSE OF SAINT JOB OF POCHAIV; SAINT DEMETRIUS-METROPOLITAN OF ROSTOV

Tone 3

Galatians 1:11-19; Galatians 5:22-6:2

Luke 8:26-39; Luke 6:17-23

Litany in Blessed Memory of All Deceased Veterans—Fr. Bob

SUNDAY, NOVEMBER 17 Divine Liturgy of Saint John Chrysostom 10:30 AM
TWENTY-FIRST SUNDAY AFTER PENTECOST; SAINT IOANNICIUS THE GREAT OF BITHYNIA; HIEROMARTYRS NICANDER-BISHOP OF MYRA & HERMAS-PRESBYTER; SAINT MERCURIUS THE FASTER OF PERCHEVSKY LAVRA

Tone 4

Galatians 2:16-20

Luke 8:41-56

Litany in Blessed Memory of Paul Popichak—Fr. Bob

SUNDAY, NOVEMBER 24 Divine Liturgy of Saint John Chrysostom 10:30 AM

**TWENTY-SECOND SUNDAY AFTER PENTECOST; MARTYR MENAS OF EGYPT;
MARTYR VICTOR AT DAMASCUS; MARTYR STEPHANIDA OF SPAIN; MARTYR
VINCENT OF SPAIN; SAINT THEODORE THE CONFESSOR-ABBOT OF THE
STUDION**

Tone 5

Galatians 6:11-18

Luke 10:25-37

*Litany in Blessed Memory of Helen & Ed Pytlak—children & grandchildren
Parastas in Blessed Memory of Joseph & Mary Brahosky-Bob & Rene Pytlak*

BULLETIN INSERT FOR 10 NOVEMBER 2013

**TWENTIETH SUNDAY AFTER PENTECOST; GREAT-MARTYR
PARASCEVA OF ICONIUM; MARTYRS TERENCE & NEONILLA &
CHILDREN SARBELUS, PHOTUS, THEODULUS, HIERAX, NITUS, BELE,
& EUNICE OF SYRIA; SAINT STEPHEN-HYMNOGRAPHER-SAINTE
SABBAS MONASTERY; MARTYRS AFTICANUS, TERENCE, MAXIMUS,
POMPEIUS, & 36 OTHERS AT CARTHAGE; HEIROMARTYR CYRICUS-
PATRIARCH OF JERUSALEM & MOTHER ANNA; SAINT JOHN THE
CHOZEBITE-BISHOP OF CAESAREA IN PALESTINE; REPOSE OF
SAINT JOB OF POCHAIV; SAINT DEMETRIUS-METROPOLITAN OF
ROSTOV**

TROPARION—TONE 3

Let the Heavens rejoice! Let the earth be glad!
For the Lord has shown strength with His arm!
He has trampled down death by death!
He has delivered us from the depths of hell,
And has granted the world great mercy!

Glory to the Father, and to the Son, and to the Holy Spirit, Now and ever,
and unto ages of ages. Amen.

KONTAKION—TONE 3

On this day Thou didst rise from the tomb, O Merciful One!
Leading us from the gates of death.
On this day Adam exults as Eve rejoices;
With the prophets and patriarchs
They unceasingly praise the divine majesty of Thy power!

PROKEIMENON—TONE 3

READER: Sing praises to our God, sing praises! Sing praises to our King,
sing praises!

PEOPLE: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

READER: Clap your hands, all peoples! Shout to God with loud songs of joy!

PEOPLE: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

READER: Sing praises to our God, sing praises!

PEOPLE: Sing praises to our King, sing praises!

ALLELUIA VERSES—TONE 3

In Thee, O Lord, have I hoped; let me never be put to shame!

Be Thou a God of protection for me, a house of refuge, in order to save me!

You Are The Mountain

There is a story on Mount Athos, that center of Orthodox monastic wisdom for centuries, of the circular cloud that forms on a regular basis at the top of the mountain. The science is easy. The warm and humid air from the sea is forced by the curve of the mountain up toward the cooler air at the peak and clouds are formed. But many monks have seen in this cloud formation a powerful metaphor to teach others a central truth and intent of Orthodox Christian wisdom. You are the mountain, not the cloud. Your true self isn't the temporary ups and downs common to every life. No, your true self is waiting to be discovered. Your true eternal reality is lying into there covered over by the "clouds" of twisted passions just waiting to be healed by a serious commitment to discover your true self in the Face of the only true image of a real human—Jesus Christ. You are the mountain, not the cloud!

But how many times has my life, my attention, my time, my strength been diverted from their true identity by my confusing myself with "clouds" of delusion and distraction! To be honest we you, too often.

So, what is the answer? For the timeless faith and wisdom of the Christian way of life, it begins in the Face of Jesus Himself. It is no wonder we Orthodox insist on the incarnational theology of icons. We are meant to truly "see" our real selves in the theology painted for us in these images that reflect an authentic truth of the Only true image that has ever existed, Jesus Christ. And in His Face we are invited to discover our true face as

well. It all begins in that timeless theology that God created us and all we see and said "This is very good."

But we have observed and experienced that life is now, all too often, not good. So, we return to the timeless wisdom of the way of faith and discover that this world has now been gripped by a "Fall." This Fall from that good place is all tied up in our confusion of just how to live "worthy of the gospel of Christ" as our Epistle Lesson calls us to live today.

Listen to the Apostle Paul as he writes to the Church (not a building, but the people) in Phillipi: "BRETHREN, I shall not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death. For to me to live is Christ, and to die is gain. If it is to be life in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell. I am hard pressed between the two. My desire is to depart and be with Christ, for that is far better. But to remain in the flesh is more necessary on your account. Convinced of this, I know that I shall remain and continue with you all, for your progress and joy in the faith, so that in me you may have ample cause to glory in Christ Jesus, because of my coming to you again. Only let your manner of life be worthy of the gospel of Christ."

"To live is Christ and to die is gain." Wow, do you believe that is true of your life? The key to overcoming the twisted passions, actually, the better way to say it is the twisted addictions, of your daily struggle is to reorient your mind and life to get to that place in your life; to discover your "mountain" and not be fooled into focusing on the "clouds" of the addictions that should never define who you really are.

But how does one begin to do this life-reorienting journey? I begin by repentance. I begin by recognizing I have confused my identity with the clouds of temporary illusions rather than the rock-solid truth of the Face of Jesus Christ! I begin by recognizing I am going the wrong way!

Today, my dearest, stop, even if it is just a moment, and reassess your self identity. You are really not the sum total of your addictions, your mistakes, your sins. You are meant to allow the grace of God to clear away that cloudy delusion and to reveal the real you as the "mountain" created in God's image to be made into His likeness. It doesn't matter that you may have wasted years gripped by this illusion. The only moment that truly matters is now, in this moment you know the Truth and you stop, and begin

turning to go the opposite direction. God's grace is strong enough to help you turn from focusing on the clouds and bring you to your true self.

The glorious truth about this new way of life, this purposeful Orthodoxy, is that when you have the courage and strength to abandon the clouds for the mountain, you will give light and strength to those around you to do the same. So your journey of faith to discover your true self ripples through your family and friends and offers them the same joy you know as you leave the twisted and temporary folly of delusion for the clear skies of your true self seen in the Face of Him Who made you in the first place.

Today, you are the mountain, not the clouds. Today, your true identity is seen in the Face of Him Who loves you more than you, yourself, know how to love. Today determine to begin again. It doesn't matter how many times you've stumbled in the past. It doesn't matter how many times you feel you've failed in the past. Today, now, in this moment, begin to walk this journey again, and keep making that determination by God's grace moment by moment until all your moments are forever!

Remember, you are the mountain, not the clouds.

Words of Wisdom

Life From The Seat Of A Tractor



An old farmer's words of wisdom we could all live by.

Your fences need to be horse-high, pig-tight and bull-strong.

Keep skunks and bankers at a distance.

Life is simpler when you plow around the stump.

A bumble bee is considerably faster than a John Deere tractor.

Words that soak into your ears are whispered...not yelled.

Meanness don't just happen overnight.

Forgive your enemies; it messes up their heads.

Do not corner something that you know is meaner than you.

It don't take a very big person to carry a grudge.
You cannot unsay a cruel word.
Every path has a few puddles.
When you wallow with pigs, expect to get dirty.
The best sermons are lived, not preached.
Most of the stuff people worry about, ain't never gonna happen anyway.
Don't judge folks by their relatives.
Remember that silence is sometimes the best answer.
Live a good and honorable life, then when you get older and think back, you'll enjoy it a second time.
Don't interfere with somethin' that ain't bothering you none.
Timin' has a lot to do with the outcome of a rain dance.
If you find yourself in a hole, the first thing to do is stop diggin'.
Sometimes you get, and sometimes you get got.
The biggest troublemaker you'll probably ever have to deal with watches you from the mirror every mornin'.
Always drink upstream from the herd.
Good judgment comes from experience, and a lotta that comes from bad judgment.
Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.
If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around.
Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.
Live simply, love generously, care deeply, speak kindly, and leave the rest to God.

Here's an interesting excerpt in Myron Kuropas' book "The Ukrainian Americans" concerning the treatment of Greek Catholic priests in America in the late 1800s, specifically involving Fr. Alexis Toth, a Greek Catholic priest who became Orthodox. Here's an excerpt:

"In 1886, soon after a visit by Father Wolansky, the Ruthenian community of Minneapolis—composed mainly of immigrants from Carpatho-Ukraine (note: now Ukraine's Transcarpathian oblast, or "Zakarpattia")—established a church construction committee. Three years later, the new church, St. Mary the Protectress, was completed and subsequently blessed by Father Wolansky. In 1890, the new parish received its first pastor, Fr. Alexis Toth, a former professor of canon law at the Preshov (Presov) Seminary. Presenting himself to Roman Catholic Bishop John Ireland of St. Paul, Father Toth was informed by the Irish-American hierarch that his presence in the diocese was neither sanctioned nor desired. Toth was

shocked by the bishop's remarks. The brief conversation between the two clerics was conducted in Latin and Toth later recalled the exchange as follows:

-Do you have a wife?

-No! I answered.

-But did you have?

-I'm a widower...

-When he heard my answer, he threw his papers on the table and loudly exclaimed:

-I already sent a protest to Rome not to send me such priests...

-What kind do you mean?

-Such as you...

-But I am a Catholic priest of the Greek Rite! I am a Uniate! I was ordained by a lawful Catholic bishop...

-I do not consider you or that bishop a Catholic; furthermore, I have no need of Greek Catholic priests; it is sufficient that in Minneapolis there is a Polish priest; he can also be priest for the Greek Catholic...

-But he is of the Latin rite; our people cannot understand him; they will not go to him for service; it is for this reason they have built themselves a separate church...

-I gave them no permission to build, and give you no jurisdiction to act in any capacity here." (pp. 54-55)

My notes/summary: To make a long story very short, Fr. Toth continued his plans without the bishop's blessing, and obviously ran into financial problems as the result of the lack of support. Soon after, Father Toth accepted the support of a Russian Orthodox Episcopal See "...and Minneapolis became, for a time, the center of Russian religiocultural life in America." By Corinna Caudill

Holiness happens part 4—via Father Seraphim Holland

Holy things happen in regular life, they are all around us.

A few vignettes from the 2013 Diocese of Chicago and the Midwest concelebration for Pokrov (Protection of the Theotokos) and clergy conference.

At dinner, a deacon was recounting his first full liturgy which was a Hierarchical Liturgy (they are very difficult for a deacon). He forgot to cense the people, an easy thing to do when a newbie is trying to remember the order of censuring. He heard a quiet but insistent voice behind him: Bishop Peter saying "Father (name), the people!" This was not an imperial command, but a pastoral reminder of our chief shepherd (on this earth): we must always be thinking of the people, whom we serve. The words "the people" were especially emphasized in a memorable way. He told me he has never forgotten this salutary, gently given instruction.

Bishop Peter makes corrections occasionally during the services, always gently, without ever raising his voice or using an angry or irritated tone. His correction usually has a directly pastoral purpose. For this reason, and many more, his clergy love him and trust him.

...

While concelebrating the Divine Liturgy with Bishop Peter, at the time of the epiclesis, the clergy, who until that moment were in two orderly rows on either side of the altar, rushed forward and got as close to the altar as possible, much like excited children. This movement always thrills me. There is a warm sense of excitement and love, much like, I suppose, when the Apostle Peter threw himself into the sea in order to swim to Jesus, because he could not wait for the boat, heavily laden with 153 fish, to come to shore.

When Bishop Peter said the words: "And make this bread the precious body of Thy Christ" and "And that which is in this cup, the precious blood of Thy Christ", the clergy said them in unison with him. This is another thrill for the soul. My words as a priest are not needed at that time since the arch-priest (the bishop) is serving, but Bishop Peter wants his clergy to participate with him.

I was told this was the custom of St. John Maximovitch, of whom Vladyka was an altar boy for several years.

The sun gives forth light; it cannot help doing so. Animals breathe in and out; they cannot help doing so. Fish swim in rivers and the seas; they cannot help doing so. What, then, are the things which a Christian cannot help doing?

First of all, a Christian cannot help praying. To be a Christian is to regard God as a loving Father; and it is natural to talk and listen to one's parents.

Second, a Christian cannot help praising God and giving praise to Him. To be a Christian is to affirm God as Creator of the universe; and when a Christian looks at the beauty and glory of what God has made, praise and thanksgiving pour from the lips.

Third, a Christian cannot help being generous. To be a Christian is to acknowledge that everything belongs to God and the human beings are merely stewards of what they possess; so they naturally want to share their possessions with those in need.

Fourth, a Christian cannot help reading the Scripture and also studying the insights of other Christians. To be a Christian is to rejoice in the power of the Holy Spirit; and the Spirit speaks to us through the Scriptures and through the insights of our spiritual brothers and sisters. *St. John Chrysostom*

True patience consists in bearing calmly the evils others do to us, and in not being consumed by resentment against those who inflict them. Those who only appear to bear the evils done them by their neighbors, who suffer them in silence while they are looking for an opportunity for revenge, are not practicing patience, but only make a show of it. Paul writes that 'love is patient and kind.' It is patient in bearing the evils done to us by others, and it is kind in even loving those it bears with. Jesus himself tells us: 'Love your enemies, do good to those who hate you, pray for those who persecute you.' Virtue in the sight of others is to bear with those who oppose us, but virtue in God's sight is to love them. This is the only sacrifice acceptable to God. *St. Gregory the Great*

The Assembly of Canonical Bishops of America urged the faithful to pray for the release of Archbishop Jovan of Ohrid

The Assembly of Canonical Orthodox Bishops of North and Central America (<http://assemblyofbishops.org/about>), held its fourth annual meeting in Chicago, Illinois. Forty-three Bishops representing eleven Church jurisdictions were present at the meeting. At the end of the meeting, an official announcement was published.

During the Assembly, the Bishops devoted time also to the state persecution on religious basis, which is performed upon Archbishop Jovan of Ohrid and the canonical Church in R. Macedonia, the Orthodox Ohrid Archbishopric. In the mentioned announcement, the Assembly of Canonical Orthodox Bishops of North and Central America states:

"We have also been apprised and are deeply concerned about the arrest and detention of Archbishop Jovan of Ohrid in the Former Yugoslav Republic of Macedonia (FYROM) as a result of exercising his fundamental human right of religious freedom. We urge our faithful to stand in prayer and solidarity for a prompt and positive resolution to this issue."

<http://assemblyofbishops.org/about/documents/2013-message-of-the-assembly-of-bishops>