Christ the Saviour Cathedral

"CATHEDRAL JOTTINGS"



Corner of Garfield Street and Butler Avenue
Johnstown, Pa. 15906
Rectory Office – 249 Butler Avenue; Johnstown, Pa. 15906
Cathedral Church of His Eminence, Metropolitan Gregory of Nyssa
of the
American Carpatho-Russian Orthodox Diocese
of the
Ecumenical Patriarch of Constantinople

Cathedral Clergy

Pastor – Very Reverend Protopresbyter Robert A. Buczak, Cathedral Dean
Very Reverend Protopresbyter Frank P. Miloro, Chancellor
Very Rev. John S. Brancho

Rectory Phone……814-539-8086
Mobile Phone……412-759-4481
Cathedral Office……814-254-4011
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Diocesan Website: http://www.acrod.org ***Facebook***: https://www.facebook.com/acroddiocese
Cathedral: http://www.acrod.org/organizations/cathedral ***Twitter***: https://twitter.com/acrodnews
Camp Nazareth: http://www.campnazareth.org ***You Tube***: https://youtube.com/acroddiocese

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Vol. 80 No. 1881 **Sunday, November 26th, 2023**

The Twenty-fifth Sunday after Pentecost

11th Anniversary of the Consecration of Bishop Gregory



"If from one burning lamp someone lights another, then another from that one, and so on in secession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers."

St. Gregory Palamas

Congratulations Metropolitan Gregory on the 11th Anniversary of Consecration to the Episcopacy -11/27/2012-2023

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Saint John Chrysostom and Saint Gregory Palamas, Archbishop of Thessalonica (11/27)

Divine Liturgy/Choir Sunday - 9:00 am Sunday School – 10:20 am

Panachida for ***+Patricia Oleksa*** offered by Sub-deacon Michael Oleksa;
+***Cindy Dzvonik*** offered by Pani Kathy; ***+Christopher J.D. Nash*** offered by Clair B. Nash;
+Anna Matyola offered by the Matyola Family; ***+Andrew Stefansky***; ***+Ephraim Orris;*** and
+***Stephen Brudnak*** offered by the Brudnak Family

Resurrection Tone 8 - Tropar & Kondak: Pages 102-104

Epistle: Ephesians 4:1-7 Gospel: Luke 10:25-37

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The Nativity Fast Begins
Tuesday, November 28th

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Bible Study Tuesday, November 28th

Joins us either here in our Cathedral Auditorium or via "Zoom"

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Services for the week of November 26th

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Tuesday, November 28th – THE NATIVITY FAST BEGINS!

Wed. 11/29 … +John B. Fetsko and parents, Mary and John offered by Anna Fetsko; +George Matuch offered by Anna Matuch; (Perpetual)……..……..…8:00 am

Thu. 11/30 … +Julia, George & Christina Hamilla; and +Paul & Mary Maskarinetz (Perpetual)……..….8:00 am

Sat. 12/02 … Great Vespers……..……6:00 pm

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Sunday, December 3rd, 2023

The Twenty-sixth Sunday after Pentecost

Saint Proclus, Archbishop of Constantinople

Divine Liturgy - 9:00 am **Sunday School – 10:20 am**

Panachida for ***+Helen and +Nicholas Chupka, +Agnes Chupka, and +Jane Teplicky*** by Katheryn Oravec; ***+John Buczak Jr***. and ***+Rita Conrad*** (Perpetual)

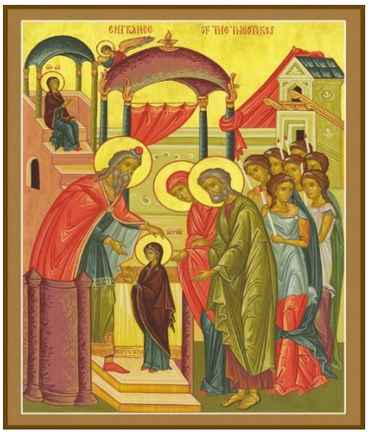
Resurrection Tone 1

Epistle: Ephesians 5:8-19 Tropar & Kondak: Pages 81-83 Gospel: Luke 12:16-21

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Services for the week of December 3rd

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Monday, December 4th, 2023

The Feast of the Entrance of the Theotokos (Birth-giver of God) into the Temple

Divine Liturgy – 9:00 am

Tropar & Kondak: pages 118-122

Epistle: Hebrews 9:1-7

Gospel: Luke 10: 38-42; 11:27-28

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Wednesday, December 6th, 2023

Moleben for the Nativity Fast and anointing with oil of St. Nectarios

6:00 pm

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Sat. 12/09 … + Andrew and Theresa Kerestesy offered by the Family; and Charles Matola (Perpetual)……..……8:00 am

Vespers…..……6:00 pm

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Sunday, December 10th, 2023

The Twenty-seventh Sunday after Pentecost

The Great Martyr James the Persian

Divine Liturgy/ Choir Sunday - 9:00 am **Sunday School – 10:20 am**

Panachida for ***+William Fultz (22nd Anniversary) and +Theresa Fultz (1st Anniversary)*** offered by Thomas Fultz; ***+John Hobar*** offered by the family; and +***Nancy Gaydos and +Mary and +Phillip Timko*** offered by the Timko Family

Resurrection Tone 2 - Tropar & Kondak: Pages 84-86

Epistle: Ephesians 6:10-17 Gospel: Luke 13:10-17

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BIRTHDAY PRAYERS – ***Gregory Robel (11/26), Stephen Martyak (11/27), Pani Andrea Kovich (11/29), Alexandra Benc (11/30), Chrystal Maticic; (12/1), and Richard Koval (12/2).***

You were remembered today in the Proskomedia.

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DEEPEST SYMATHIES – are extended to the family of Barbara Virostek who fell asleep in the Lord Friday, November 17th, 2023 and was buried from our Cathedral parish Wednesday, November 22nd, 2023. May her Memory be Eternal!

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ALTAR FLOWERS - the altar is beautified with flowers in honor of the 11th Anniversary of Consecration to the Episcopacy of ***Metropolitan Gregory***.

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THE ETERNAL LAMP - is offered this week in memory of ***+Olga Horbal by her nieces***.

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ALTAR CANDLES – are offered today in memory of ***+Olga Horbal by May Ann Savering.***

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CONTRIBUTIONS TO THE CATHEDRAL ON LINE

Did you know that you can make donations to Christ the Saviour Cathedral on-line? Many parishioners and non-parishioners save time and efforts by donating to the Cathedral at:

https://www.acrod.org/directories/cathedral/

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2023 CATHEDRAL DUES

As the calendar year comes to an end, all are reminded that the 2023 membership dues are due. Please fulfill your financial responsibility!

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SCRIP CARDS FOR CHRISTMAS GIFTS

Order by December 2nd

Please give your order and payment to Pani Betty Jean after Divine Liturgy in the church auditorium before the December 2nd deadline!

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HOLIDAY COOKIE SALE – SATURDAY, DECEMBER 16th

Our A.C.R.Y. is having a cookie sale in the Cathedral Auditorium on Saturday, December 16th, 2023 from 10:00 am – 1:00 pm (or until sold out), 1-1/2 Dozen for $10.00. We are asking for members (and others) to bake 5 dozen Christmas Cookies to sell at this fundraising event. Please bring your home-made cookies to the Cathedral Auditorium Friday, December 15th, 2023. There is a sign-up sheet in the Cathedral Auditorium for types of cookies that are needed. Please see Dee Tvarozna for more details.

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SPECIAL COLLECTION FOR ALTAR BOYS

Next Sunday, December 3rd

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SAINT NICHOLAS DAY FUND-RAISER DINNER for CHRIST THE SAVIOUR SEMINARY

Sunday, December 17th

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The Nativity Fast



November 28 marks forty days until Christmas, and for those who follow the Julian (Old)Calendar in the Orthodox Church, the Nativity Fast begins today!

The Nativity Fast is one of four main periods throughout the ecclesiastical year. Beginning on November 15 (28) and concluding on December 24 (January 6th), the Nativity Fast gives individuals the opportunity to prepare for the Feast of the Nativity of Our Lord and Savior in the Flesh on December 25 (January 7th). This fast of forty days was introduced in the 12th century. Counting back 40 days from the feast of the Nativity, the fast begins on the evening of November 14 (27th) - the feast of the holy apostle Phillip. As a result, it is traditionally called **Philip's Fast** or the **Philippian Fast** (in Slavonic, *Filipovka*). The 40-day fasting period, otherwise known as Christmas Lent, is when the Orthodox Church gives the faithful periods of fasting and reflection to refocus on the spiritual life, to challenge them and to help them make adjustments as they experience the Holy Nativity of our Lord and Saviour in an honest and meaningful way. The Nativity Fast is like the fast of Easter Lent but not quite as strict. This fast is not penitential, but is rather a fast of preparation, like the pre-Communion fast. By abstaining from certain foods, we are opening up a "space" in our lives through asceticism and obedience, into which God may enter. This is the time in the Orthodox Church when attention is drawn to the great mystery of the Incarnation of our Lord and Savior Jesus Christ, as we await his coming in anticipation of the great joy of His birth on Christmas Day.

Several popular feasts fall during the first three weeks of the Christmas Fast: the Entry of the Theotokos into the Temple on November 21 (12/4), the feast of Saint Nicholas on December 6 (19), and the Maternity of Holy Anna (Conception of the Theotokos) on December 9 (22). As a result, in many places the Christmas Fast either does not begin until December 10/23, or becomes stricter at that point. The final day of fasting before the feast of the Nativity is particularly strict. On this day it is traditional in many places to hold a meal called the Holy Supper, which is meatless but festive.

Liturgical Preparation for the Nativity
The First Announcement of the Nativity

Beginning on December 4th (the Feast of the Entry of the Theotokos into the Temple), the Canon of the Nativity is sung at Matins. This is the first liturgical announcement of the Nativity: "Christ is born! Glorify Him!"

On the Feast of the Holy Apostle Andrew (12/13), at Vespers, we hear the first pre-festive hymns: Isaiah, dance for joy: receive the word of God! Prophesy to the Virgin Mary that the bush burning with fire shall not be consumed by the radiance of our God. Let Bethlehem be prepared! Let the gates of Eden be opened! Let the Magi come forth to see, wrapped in swaddling clothes, in a manger of beasts, the salvation which the star has pointed out from above the cave: the life-giving Lord, who saves us all!

These hymns become more urgent when we come to the feast of the holy archbishop Nicholas the Wonder-worker (December 19): O cave, prepare yourself to receive the Mother who bears Christ within her womb. O manger, receive the Word who destroyed the sins of all. O shepherds, keep watch and then bear witness to the awesome wonder. O magi, from Persia now come, and bring your gifts of gold, frankincense, and myrrh to the King. For the Lord has appeared from a Virgin Mother; yet she bowed to him as a servant and spoke to him in her bosom, saying: "How were you conceived in me? How did you grow in me, my God and Savior?

The Prophets of the Old Testament

During the month of December, we commemorate several of the Old Testament prophets: Nahum (December 14), Habbakuk (December 15), Zephaniah (December 16), and Haggai (December 29). All of these prophets preached repentance, and the coming of the Messiah in great glory.

Daniel, whom we remember on December 30, was also a prophet: an apocalyptic seer who foretold an everlasting Kingdom of God. With him, we commemorate the three young men, Hananiah, Azariah, and Mishael, who were thrown into a fiery furnace on account of their faith in the one God of Israel, and were seen there walking about with a fourth man, "one like a son of God" (Daniel 3:92). The Fathers of the Church saw this fourth man as a pre-figurement of Jesus himself, and the faith of Daniel and the three young men as a summation of the best of the saints of the Old Covenant. That is why hymns in honor of Daniel and the three youths are sung not only on their feast day (December 30), but on the two Sundays before Christmas as well.

The Sundays before Christmas

On the Second Sunday before the Nativity (December 24-30), the Sunday of the Forefathers, we recall the holy men and women who lived under the Old Covenant, and looked forward to the coming of the Messiah. At the same time, in the Gospel at the Divine Liturgy (Luke 14:16-24), we hear our Lord tell the parable of a feast to which those who were first invited, did not come - and how the master ordered the house to be filled with those who were not at first invited. Thus in the troparion we sing: By faith, O Christ, you justified the forefathers. Through them, you betrothed yourself to a Church from all nations.

On the Sunday before the Nativity (December 31-January 6), the Sunday of the Ancestors, the genealogy of Jesus and the first announcement of His Birth is read at the Divine Liturgy (Matthew 1:1-25); the Epistle, from the Letter to the Hebrews, praises the saints of the Old Testament for their faith, but says that in spite of that faith, they did not receive the promised Messiah. Instead, "God had made a better plan - a plan which included us" (Hebrews 11-40).

The Pre-festive Days of the Nativity

Finally, on January 2, we begin the actual pre-festive days of Christmas: Bethlehem, make ready, Eden has been opened for all. Ephrathah, prepare yourself, for the Tree of Life has blossomed from the Virgin in the cave. Her womb has become a spiritual paradise in which divinity was planted. If we partake of it, we shall live and not die like Adam. Christ is born to raise up the likeness that had fallen. On each day, we sing hymns of the journey of Mary and Joseph to the cave, as we await the celebration of the birth of the Son of God.

The Vigil of the Nativity



Finally, we have come to the very eve of the Nativity - the Paramony or Vigil of Christmas (January 6). If it is a weekday, it is a day of strict fasting, and Vespers and the Divine Liturgy of Saint Basil may be celebrated in the morning, and we sing the troparion of the Vigil: At that time, Mary registered in Bethlehem with the elder Joseph, who was of the house of David. She had conceived without seed and was with child; and her time to give birth had come. They found no room in the inn, but the cave became a pleasant palace for the Queen. Christ is born to raise up the likeness that had fallen. The fast is not *quite* over; if there is a meal or Holy Supper in the evening of January 6th, after Vespers, it is a meatless one. But we have arrived at the Feast of the Nativity of our Lord, God and Savior Jesus Christ.

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FOR CONSIDERATION

A tale of the elder Barlaam to Joasaph: In a certain town there was a local custom, namely the choosing of a stranger who did not know their laws and customs as king. When they had crowned him king, they arrayed him in exquisite and costly robes, fed him sumptuously and surrounded him with every luxury. When a year had passed, they disposed their king, stripped him of all his goods and his royal robes and drove him, completely naked, off to a distant island, where he had neither bread nor roof nor companionship, and where, in want and abasement, he would end his days. The citizens would then choose another king, also a stranger and also for only a year, then a third, then a forth and so on. It came to pass at one time that they chose a very wise and prudent man. He discovered from his servants what happened to the king of the town at the end of a year and therefore, during the course of the year, zealously collected food and goods and all sorts of everyday necessities together on the island. When the year had passed, and he was stripped naked and cast onto the island, he found himself in the midst of an enormous quantity of food, silver, gold and precious stones, and continued to live there in an even better way than he had as king of the town.

The interpretation is this: the town represents the world; the inhabitants represent evil spirits; the foolish and wise kings are men. The foolish think only of their comfort in this life, counting it eternal and losing all in the end in death, going naked of all good works to hell. The wise, on the contrary, do many good works that they send, like goods, into the other world to await them there, and where they reign in greater splendor and beauty than they did on earth.

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QUOTES FROM THE HOLY FATHERS

When you stand praying, burdened with many sins, and overpowered by despair, begin to pray with hope, with a fervent spirit, and remind yourself that “the Holy Spirit itself makes intercession for you with sounds which cannot be uttered.” When you recall with faith this work of the Spirit of God within us, then tears will flow from your eyes, you will feel in your soul peace and joy in the Holy Spirit, and you will cry in your heart, “Abba, Father!”

St. John of Kronstadt

Seat yourself before the Lord continually; keeping the memory of Him in your heart, lest having lingered outside His memory, you are unable to speak boldly when you enter in before Him, because boldness with God comes from constant conversing with Him and from much prayer. Our connection and continuance with men is through the body; but our connection and continuance with God is through the soul’s recollection and the vigilance and sacred offering of frequent prayer. From long continuance in His recollection, a man is transported at times to astonishment and wonder. For, “The heart of them that seek the Lord shall rejoice.”

St. Isaac the Syrian

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PRAYER CHAIN

Thomas Buczak	Jack Dahl	Taylor Miller	Demetra Mavrophilipos	Lauri LaBuda
Cindy LaBarr	Eva Zeleniak-Whitak	Jennifer Gardenhour	Rose Conjelko	Dorothy and Kathy Bayconish
Steve Martyak	Malcolm Barnes	Valentina and Olga Yaremenko	Cindy Birth	Nicholas and Carole Blitva
Veronica Buczak	Ann Koehnlein	Steve Prieber	Roger Zankey	Lorie Joseph
Jessica McLaughlin	Larry Eisenhauer	Aberdeen Rudge	Jess Ambrose	Mary Frances Dutko
Michael Sakmar	Judith Rowlands	Pat Hanuska	Paul Kalinyak	Clarabella Knight
Joseph Muchesko	Angeline Komara	Dwight Nugle	John Rosiak	Matushka Mary Margaret
Roberta Kovalik	Arianna Risso	Rose and Terry Fyock	Louis Pocchiari	Remona Blunt-Wall
Theresa Milkovich	Charlie Erisman	Rosalia Horner	Ed and Christine Sakmar	Patti Sweeney
Kira Pronin	Rachael Costlow	Beverly Mayo	Julie Locher	Samantha Salway
Alexxa Lowery	Marshall Rosenow	Al Kuzmyak	Denise Stroud	Joan Bost
Romayne Laichak	Shirley Mazurak	Michael Paul Gost	Brianna Thompson	Cheryl Reese
Zachary Rogina	Donna Babble	Brooklyn Balamuto	Elijah Groff	Sheri Smay
Robert J. Gritzer	Richard Barnes	Matushka Helen Jasiukowicz	Lisa Shaffer	Geroge Kuzmiak
Ron Kuzmyak	Michael Logan	Joanne Democko	Stephen Machik	Jackson Enhro
Paul Kalcik	Lloyd Broadwater	Robert and Barbara Stokes	Aniee Himes	Lisa Luterman
Henry Laichak	Nick Timko	Marcia Matthews	Michael Mehalacki	Jeanne Norris
Beverly Tinkle	Erin Demich	Jolene McClain	Matthew Hanak	Jennifer Shrift
Ronald Kmet	Mary Ann Muchesko	Georgene Coulter	Carol Labad	Kristo Burkett
Michael Derby	Joella Hamlin	Tanya Britan	Carter McAuly	Amanda May
Barry Gilchrist	Donna Martyak	Frank Porembka	Michael Yaremenko	Jean Romesburg
Robert Janeway	Michaela Miller	Daniel Porembka	Alex Yarementko	Michael and MaryAnn Savering
Andy Walls	Arianna Jade Miller	Dr. Rose Ann Jordan	Pauline and Margaret Blehi	Marilyn Stolzfus

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FOR CONSIDERATION

Submit yourself to the will of God, and do not pry too closely into His judgments, for that can send you out of your mind. The judgments of God are innumerable and unfathomable. A monk in the desert, thinking he had achieved perfection, prayed to God that He would reveal to him His various judgments in the lives of men. God put the thought in his head to go a long way to visit an aged spiritual guide and ask him about this. While the monk was on the way, he met an angel of God, in the semblance of an ordinary man, who accompanied him and told him that he, too, wanted to visit the elder. Traveling together, they came upon the house of a God-fearing man, who welcomed them warmly, giving them food on a silver platter. When they had eaten, the angel took the plate and threw it into the sea. This was something strange and wrong in the monk's eyes, and he asked the angel why he had done such a thing. The angel answered him gently: "The man was pleasing to God in all things, and had nothing in his house he had acquired unjustly except for that silver plate. By God's judgment, I threw away that stolen plate, that the man might be righteous in all things before god. Such things are the mysterious and unfathomable judgments of God. And you, old man, go back to your cell and don't exercise yourself foolishly in trying to examine that which is in the power of the one God."

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QUOTES FROM THE HOLY FATHERS

He who is humble in his thoughts, and engaged in spiritual works, when he reads the Holy Scriptures, will apply everything to himself and not to his neighbor.

St. Mark the Ascetic

The enjoyment of many good things is within the reach of those who love righteousness and who pursue eternal life, especially those things which God alludes to in Isaiah. He says, "There is an inheritance for those who serve the Lord." Noble and desirable is this inheritance, not gold, not silver, not clothing, that the moths destroy, nor things of the earth that robbers attack because they are dazzled by worldly wealth. Instead, it is the treasure of salvation which we must hurry to by becoming lovers of the Word. Then praiseworthy works will descend to us and fly with us on the wing of truth. This is the inheritance God grants us with His eternal covenant, conveying the everlasting gift of grace. Consequently, our loving Father – the true Father – never stops urging, admonishing, training, or loving us.

St. Clement of Alexandria

You must make every effort to restrain yourself, so as not to acquire the unfortunate habit of losing your temper. This unbearable vice is not as noticeable in oneself as it is in others; and those who become angry over nothing are deserving of the fire of Gehenna.

St. Anthony of Optina

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