

**ST. NICHOLAS BULLETIN**  
Sunday, October 16, 2022  
Fathers of the 7<sup>th</sup> Ecumenical Council  
Tone 1. Epistle, 2 Cor. 9:6-11; Gospel, Luke 8:5-15  
Martyr Longinus the Centurion / Ven. Longin of Yarensk

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**SERVICES**

**SATURDAY 7:00 p.m. VESPERS**  
(Holy Resurrection Church Belle Vernon)

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**COFFEE FELLOWSHIP HOUR** will be held today following the Divine Liturgy.

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**ST. NICHOLAS CHURCH'S ANNUAL FOOD FAIR** will be held this coming Saturday, October 22, from 11 a.m. to 5 p.m. Take out only orders will be available for piroghi, halupki, halushki, borscht and much more. The Food Fair will also feature a bake sale, 50/50 drawing, and gift basket raffle. Volunteers are needed to help prepare foods and to set up the hall. We are also accepting cash donations. Thank you in advance for helping to make our Food Fair a great success.

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**WORK SCHEDULE** to prepare foods for St. Nicholas Church's 2022 Food Fair:

Tuesday, October 18., 9 a.m. Core and steam cabbage  
Wednesday, October 19, 9 a.m., Make halupki, chop and cook cabbage and onions  
Saturday, October 22, 8 a.m. Fill roasters and cook various food items

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**A TALK ABOUT THE ORTHODOX CHURCH'S MINISTRY FOR THE PRO-LIFE MOVEMENT** is being sponsored by the Archdiocese of Pittsburgh and Western Pennsylvania on Saturday, October 22, 7 p.m. (following Vespers) at St. John the Baptist Orthodox Church in Canonsburg, and Sunday, October 23 (following the Divine Liturgy) at St. Alexander Nevsky Orthodox Cathedral in Allison Park. Emily Wilkinson, executive director of Orthodox Christians for Life, will present an overview of the current landscape of the abortion issue in the United States and discuss how the pro-life movement is helping mothers and babies. Everyone is invited to attend these timely talks.

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**2023 POCKET CALENDARS** are available for order from St. Tikhon's Seminary. Cost of each pocket calendar is \$10.25. Please see Pauline Petro to place your order.

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**VIGIL OFFERINGS – Sunday, October 16, 2022**

**MARY BEHANNA** (Virgin Mary Kiot) – In memory of parents, Andy and Petrina Gernat (2)  
**ALBERT HANNA** – Special intentions  
**SANDY KLIZAS** – In memory of Stephen and Helen Drake / In memory of Frank and June Drake / For health of Tom Petro  
**DAVE and GINNY CASCIANI** – For strength and recovery of Tom Petro  
**VLAD KASH** – In memory of Fr. Igor / In memory of Dorothy Vernak  
**SANDY CARROLL** – For health of friend, Joe Barone  
**DEACON RODION, MAT. SANDY and FAMILY** – For health of Deacon Rodion, Nicholas, and Christina / In memory of newly departed Rae Ann Hush – May her memory be eternal / For special intentions  
**DR. DIMITRI and PAULINE PETRO** – In memory of Kay Joseph / For health of son, Tom / For health of great niece, Eleanor / For safe travel for Christine, Nicholas, and Nick (3) / For health of Shelley, Russell, and Rachel (3) / For health of Catherine and Jonah (2) / For health of Natalie, Rob, and Giada (3) / For health of Kyra, Adam, and Will (3)  
**ELAINE BACKSTROM** – For special intentions / In memory of mom and dad / God's healing hand be upon sister, Michele / God's blessings be upon grandchildren, Sydney, Luke, Freddy, and Madison / Safe trip for family  
**RALPH PRYSTASH** – For health of Ina and Dianna  
**PAULINE AITKEN** – In memory of dep. son, Kevin / In memory of dep. son, Ethan / In mem. of dep. grandson, Nicholas / In mem. of dep. husband, Lee / For health of daughter, Natalie / For health of sister, Bunnie / For health of Tom Petro / For special intentions  
**SANDY AITKEN** – In memory of newly departed Audrey Bunawitz / Birthday remembrance of Ralph Iacoboni  
**RODNEY PRYSTASH** – For health of family  
**MICHAEL HORAN** – Memory Eternal for my loving wife, Rebecca / For health of Cindy / For special intentions  
**M/M ROB MONTINI** – For health of Giada / For health of brother, Tom  
**M/M NICK MILCHOVICH** – For health of Archbishop Melchisedek  
**MARK SOROKA** – In blessed memory of father, Fr. Igor / In blessed memory of mother, Mat. Irene

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Silence greatly helps in spiritual life. It is good for one to practice silence for about an hour a day: to test himself, to acknowledge his passions and to fight in order to cut them off and purify his heart. It is very good if there is a quiet room in the house which gives him the feeling of a monastic cell. There, 'in secret', he is able to do his spiritual maintenance, to study, and to pray. A little spiritual study done before prayer helps greatly. The soul warms up and the mind is transported to the spiritual realm. That's why, when a person has many distractions during the day, he should rejoice if he has ten minutes for prayer, or even two minutes to read something, so as to drive away distractions.