



THE FORERUNNER
The Nativity of St. John the Baptist
 Orthodox Church O.C.A.
 420 Laura Street
 Philipsburg, PA 16866
 (814) 342-2011

Very Rev. John Horosky - Priest
 Mark Ammerman - Council President

November 2011
Glory Be to Jesus Christ!

Service Schedule

- November 6** turn clocks back
 General Confession & Hours @ 9:30 AM
 Divine Liturgy @ 10:00 AM
 Coffee Hour following Liturgy
 Council Meeting
- November 13**
 Hours @ 9:30 AM
 Divine Liturgy @ 10:00 AM
 Coffee Hour following Liturgy
- November 20**
 Hours @ 9:30 AM
 Divine Liturgy @ 10:00 AM
 Coffee Hour following Liturgy
- November 27**
 Hours @ 9:30 AM
 Divine Liturgy @ 10:00 AM
 Pot luck luncheon following Liturgy

For private confession, call Father to make arrangements.

Reader's Schedule

	<i>Hours</i>	<i>Epistle</i>
11/6	Mark Ammerman	Mark Ammerman
11/13	John Conkey	John Conkey
11/20	Doug Donovan	George Sura
11/27	Larry Ammerman	Doug Donovan

Feast	Days
11/1	Cosmas and Damian
11/8	Synaxis of the Archangel Michael, Gabriel & All Heavenly Hosts
11/13	St. John Chrysostom
11/21	Entry Into the Temple of the Most-Holy Theotokos
11/30	Apostle Andrew



Remember in your prayers: Bishop MELCHESEDEK, Father Adam, Father Ted, Father Paul, Father Michael, Larry Ammerman, Mary Ann Ammerman, Karen Blackburn, Chris Conkey, James Crites, Helen Czar, Christine Demchak, Joe Demchak, Mike Demchak, Eileen Donovan, Elizabeth Edwards, Joe Edwards, Olga Finlayson, Kenneth Finlayson, Jeffrey Fetcenko, Randy Fetcenko, Rose Marie Fetcenko, Yvonne Fetcenko, Jack Foster, Mary Foster, Helen Mae Harvey, Harry Horosky, Carl Mandel, Richard Nackles, Anna Pennington, Karen Saupp, Harry Socie, Alexandria Stine, Karen Stine, Eleanor Sura, Holly Thompson, Andrew Tocimak, Irene Tocimak, Louise Tocimak, Michael Tocimak, Walter Varagea Delores Varagea

“O Master, the all-sustainer, and Holy King, Who punishes, but reduces not to death, Who strengthens the failing, and raises the outcast, Who remedies the bodily sorrows of men, we pray unto Thee, O Our Lord, visit Thine infirm servants with Thy mercy; forgive them every transgression, voluntary and involuntary. Verily O Lord, send down from Heaven Thy healing power, touch the body, extinguish the fever, lessen the suffering and every infirmity of Thy servants, raise them decumbent, from sickness, and from the bed of evilness, make them whole and all-restored, return them to Thy Church well-pleasing and fulfilling Thy will. For it is of Thine own, to be merciful and to save us, O Lord, and unto Thee we send glory, to the Father, and to the Son and to the Holy Spirit. Amen.”

Birthdays	
Veronica Pirow	11/25
Doug Donovan	11/27
Mike Conkey	11/28
Bonnie Fetcenko	11/30

Anniversaries

How do we pray? The simplest way to begin is to turn to *His Word*. Christ gave the Disciples simple directions in Matthew 6:6-15. (NIV)

'But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.'

"This, then, is how you should pray:

'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven.
Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from the evil one.
For if you forgive men when they sin against you, your heavenly Father will also forgive you.
But if you do not forgive men their sins, your Father will not forgive your sins.'

What if you want to delve deeper? What if you just feel the need to express yourself differently?

Relax! Your Heavenly Father loves you unconditionally, no matter what you've done.

Numbers 14:18 *The LORD is slow to anger, abounding in love and forgiving sin and rebellion.*

Practice! Take time each day, everyday, to talk to him - any time of day or night.

Luke 18:1 *Then Jesus told his disciples a parable to show them that they should always pray and not give up.*

Pause! There is no time limit. Everything counts, from a quick "hello" to a lingering pause, an engaging discourse, or contemplative meditation.

Psalms 1:2 *But his delight is in the law of the LORD, and on his law he meditates day and night.*

Be open and honest. Say whatever is on your mind.

Proverbs 11:1-2 *The LORD abhors dishonest scales, but accurate weights are his delight. When pride comes, then comes disgrace, but with humility comes wisdom.*

Ask for guidance or give thanks. God is willing to listen to whatever we have to say.

James 5:13 *Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise.*

Ask for peace of mind. God provides comfort ... especially when we are concerned.

Psalms 27:4-5 *One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek him in his temple. For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his tabernacle and set me high upon a rock.*

Ask for healing. God can heal our body, mind, and spirit.

Psalms 30:2 *O LORD my God, I called to you for help and you healed me.*

Pray for yourself. Pray for others.

James 5:15-16 *And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.*

Ask for direction. If you cannot focus or decide what to say or ask, ask God to guide you.

Nahum 1:7 *The LORD is good, a refuge in times of trouble. He cares for those who trust in him.*

Listen. If you still are unsure about what to say, remember that conversations work both ways. Listening is at least half of what is involved in this particular relationship. Take time to sit quietly in reflection, awaiting His counsel.

Psalms 46:10 *Be still, and know that I am God.*

Trust that God will respond.

Psalm 34:4-7, 15-22 *I sought the LORD, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.*

This poor man called, and the LORD heard him; he saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and he delivers them. The eyes of the LORD are on the righteous and his ears are attentive to their cry; the face of the LORD is against those who do evil, to cut off the memory of them from the earth. The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit. A righteous man may have many troubles, but the LORD delivers him from them all; he protects all his bones not one of them will be broken. Evil will slay the wicked; the foes of the righteous will be condemned. The LORD redeems his servants; no one will be condemned who takes refuge in him.

Act! Go to the Lord in both thought and word. Honor Him in deed and action. Your words reflect a prayer-rich life and your actions mirror your personal relationship with God.

James 2: 22-23 *You see that his faith and his actions were working together, and his faith was made complete by what he did.*

Matthew 5:15 *Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.*

God's Listening

God answers all prayers. We need to accept and understand that His answer might not be the one we seek or think we need. And, it may not be granted at the time we desire or in the form we expect. Listen and wait patiently.

Matthew 7: 7-8 Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.

This might seem like a lot to do. But you don't have to do it all at once.

- *Take it one step at a time; one phrase or sentence or question at a time.*
- *He'll wait.*
- *He's waiting for you right now.*

Food drive to benefit the Philipsburg Food Bank - Donation box will be in the back of the church.

The Hanging Vigil above the Royal Doors of the iconostasis is supported by Margaret Stefanko in the memory of her sister Helen Bokach; her husband, her mother, brothers and sister.

The Vigils on the Tetrapod are supported by Irene Pollock in Loving Memory of all departed members of the Bokach family, Bernard Pollock, and Andrew Strizak.

The votives in front of the iconostasis, on the candlestands and in front of the icons in the nave are supported by Andrew & Louise Tocimak in loving memory of George Tocimak.