



## **Holy Ghost Orthodox Church**

**714 Westmoreland Avenue**

**PO Box 3**

**Slickville, PA 15684-0003**

**[724] 468-5581**

[www.holyghostorthodoxchurch.org](http://www.holyghostorthodoxchurch.org)

Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

## **CHRIST IS RISEN! INDEED HE IS RISEN!**

**ON THE MEND:** Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Constantine, Patriarch Pavle, Metropolitan Theodosius, Bishop Robert, 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 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, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Maria Balo, Linda Mechtly, Mary Mochnick, Mary Pekich, Mildred Manolovich, Evelyn Misko, 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, Cameron [a boy in Matt's class], Faith—a 6-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 2-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Nick Malec [Maxine's brother], Erin, Jimmy Fennel [7<sup>th</sup> Grader], Jim Markovich, Jeff Walewski [thyroid cancer], Carol [Lotinski] Rose, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Margaret Mueller, Gary Zurasky, Michael Horvath, Patti Sinecki, David Genshi, Rita Very & family, Sue Segeleon, Mike Gallagher, Mildred Walters, Michael Miller, Mike Pelchar [Liz's brother], Jim Logue—throat cancer, Liz Stumpf, Ester Tylavsky, Ed Jamison, Theodore Nixon, Charles Johnson, Amy Forbeck, Michelle Corba Kapeluck, Gloria Prymak [Liz's niece], Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, Sabrina, George & Mika Rocknage, Elizabeth Mitchell, Amari Clark, Robert McKivitz, Cliff Dow, Marjorie Pershing, Robert Pauncic, Tim Monta, Amy Kemerer, Tom Marriott, Joe Farkas, and Daria Masur. **ARNOLD:** Stefania Lucci, Ann Ostaffy, Steve Sakal, Homer Paul Kline, and Steve Ostaffy. We pray that God will grant them all a speedy recovery.

**HAPPY BIRTHDAY TO OUR JUNE BABIES:** Andrea Weiser on the 2<sup>nd</sup> and Luke Brunermer on the 13<sup>th</sup>. May God grant them Many Happy, Healthy, and Blessed Years!

**Our prayers and sympathy are with the families of Father Tim Tomson,** whose **mother Kay** [of our Arnold sister parish] fell asleep in the Lord Tuesday morning, and **Father John Abdalah,** whose **wife Khoruia JoAnn** fell asleep in the Lord on Tuesday morning as well. May God Grant them both the Kingdom of Heaven and Life Everlasting! Vechnaya Pam'yat! Christos Voskres! Al Maseeq Am! Christ is Risen!

Please remember David Weaver in Mosul, James John Logue assigned to Iraq, and 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, June 1

Divine Liturgy

10:30 AM

SUNDAY OF THE BLIND MAN

HIEROMARTYR PATRICK-BISHOP OF PRUSA & PRESBYTERS ACACIUS, MANANDER, & POLYENUS, MARTYR CLUFUS OF EGYPT, VENERABLE JOHN-BISHOP OF THE GOTHs IN CRIMEA, VENERABLE CORNELIUS-ABBOT OF KOMEL, MARTYR ACOLOTHUS OF THE THEBAID, SAINT JOHN-PRINCE OF UGLICH-TONSURED IGNATIUS, VENERABLE SERGIUS-MONK OF SHUKHTOV, VENERABLE CORNELIUS-ABBOT OF PALEOSTROV

*Tone 5*

Acts 16:16-34

John 9:1-38

*Litany in Blessed Memory of Ann Roman, Mary Maoli, & Joe Karas—Fr. Bob*

Thursday, June 5

**ASCENSION OF OUR LORD JESUS CHRIST**

Sunday, June 8

Divine Liturgy

10:30 AM

**HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL**

**APOSTLES CARPUS & ALPHAEUS OF THE 70, MARTYRS ABERCIUS & HELEN-CHILDREN OF APOSTLE ALPAHEUS, GREAT-MARTYR GEORGE THE NEW OF SOFIA, VENERABLE JOHN PSYCHIATA THE CONFESSOR OF CONSTANTINOPLE, VENERABLE VARLAAM OF KHUTYN, UNCOVERING OF THE RELICS OF SAINT MACARIUS-ABBOT OF KOLYAZIN, NEW-MARTYR ALEXANDER OF THESSALONICA AT SMYRNA**

*Tone 6*

Acts 20:16-18

John 27:1-13

Sunday, June 15

Divine Liturgy

10:30 AM

**PENTECOST—TRINITY SUNDAY—DESCENT OF THE HOLY SPIRIT**

**SAINT NICEPHORUS THE CONFESSOR-PATRIARCH OF CONSTANTINOPLE, GREAT-MARTYR JOHN THE NEW OF SOCHI IN BELGRADE, NEW-MARTYR DEMETRIUS OF PHILADELPHIA, HIEROMARTYR PHOTINUS-BISHOP OF LYON, NEW-MARTYR CONSTANTINE OF HAGARENES ON MOUNT ATHOS, THE KYIVAN BROTHERHOOD ICON OF THE THEOTOKOS**

*Tone 7*

Acts 2:1-11

John 7:37-52, 8:12

*Litany in Blessed Memory of All Deceased Fathers, Grandfathers, etc.—Fr. Bob*

*Parastas in Blessed Memory of Catherine Yakim—Ollie Pendlyshok*

## **BULLETIN INSERT FOR 01 JUNE 2008**

### **SUNDAY OF THE BLIND MAN**

**HIEROMARTYR PATRICK-BISHOP OF PRUSA & PRESBYTERS ACACIUS, MANANDER, & POLYENUS, MARTYR CLUFUS OF EGYPT, VENERABLE JOHN-BISHOP OF THE GOTHs IN CRIMEA, VENERABLE CORNELIUS-ABBOT OF KOMEL, MARTYR ACOLOTHUS OF THE THEBAID, SAINT JOHN-PRINCE OF UGLICH-TONSURED IGNATIUS, VENERABLE SERGIUS-MONK OF SHUKHTOV, VENERABLE CORNELIUS-ABBOT OF PALEOSTROV**

### **TROPARION—TONE 5**

Let the faithful praise and worship the Word,  
Coeternal with the Father and the Spirit;  
Born for our salvation from the Virgin;  
For He willed to be lifted up on the Cross in the flesh,  
To endure death,  
And to raise the dead by His glorious Resurrection!

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

### **KONTAKION—TONE 5**

Thou didst descend into Hell, O my Savior,  
Shattering its gates as almighty;  
Resurrecting the dead as Creator,  
And destroying the sting of death.  
Thou hast delivered Adam from the curse,  
O Lover of Man,

And we all cry to Thee: O Lord, save us!

## PROKEIMENON—TONE 5

READER: **Thou, O Lord, shalt protect us and preserve us from this generation forever.**

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this generation forever.

READER: **Save me, O Lord, for there is no longer any that is godly.**

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this generation forever.

READER: **Thou, O Lord, shalt protect us and preserve us...**

PEOPLE: From this generation forever.

## ALLELUIA VERSES—TONE 5

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be prepared in the heavens.

**I spent my entire life in sickness and sorrows, but without sorrows, how can one be saved? Illness is sent by God in place of and to make up for the deficiency of our struggles. I see that my ill health is a gift of God--His epitimia, His mercy... *St. Ignatius Brianchaninov***

### EDITORIAL

*by Khourieh Joanne Abdalah*

*WORD Magazine, May 2008*

<http://www.antiochian.org/assets/word/MAY2008WORD.pdf>

*"O Lord of Hosts, be with us ..."*

*"Rejoice always. Pray without ceasing.*

*Give thanks in all things, for this is the*

*will of God in Christ Jesus for you."*

*(2 Thessalonians 5:16-18)*

The mask is placed on my face and head and is bolted to the table, so that my head doesn't move. The linear accelerator begins to work — lights, buzz — and the prayer begins to flow, organically, instinctively. "Beneath your compassion, we take refuge, O Virgin Theotokos. Despise not our prayers in our necessity. But deliver us from harm, O only pure, only blessed One." At first, I am startled by the fluidity with which the prayer begins, then I begin to expect it and rely upon it. Every day, through ten treatments of whole brain radiation, I have the same experience, bolstering me, giving me confidence that God is with me. My radiation technicians, Diane and Jean, engage in the daily repartee — "Perfect fit!" "Good, it's my brain you're working on!"

Man is created to be a praying being, in communion with God at all times, creature relying on the Creator — praise, glory, intercession. I know this, but still had it confirmed in a dramatic way during a recent health crisis. I have been living with ovarian cancer for two and one-half years, doing well through chemotherapy, working as a hospice social worker, mother, assistant editor of The WORD, and maintaining my usual schedule with some

minor modifications. That all came to an abrupt halt on February 12. I worked that morning before boarding a plane to Rhode Island to attend the funeral of my beloved aunt, Sophie Laffey.

By the end of the evening, I had lost all strength in my left leg, and could not walk. We prayed that it was temporary. After a day or two at Rhode Island Hospital, it was determined that the cancer had metastasized to my brain, something unusual for ovarian cancer. We prayed that God would care for my family and me. In fact, people in Rhode Island, people in Pittsburgh, people all over the world began to send messages of prayer and support. Prayer was a natural response to our need. I was stabilized and returned to Pittsburgh six days later, admitted to my "home" hospital of Magee Women's. The next day, the radiation began, with the comforting feeling that, through my prayer and the prayer of others, I would endure this. Messages of prayer continued to pour in from all over the world. Our beloved parish family sent food, messages of love and support, and prayers to sustain us. When a severe reaction to an anti-seizure medication, exacerbated by the radiation, threatened my progress, we did as St. James instructs us, and "called for the elders of the Church." (James 5:14) Eleven priests came to my home for an unction service. Throughout this ordeal, that service has been the most life-affirming, overwhelming experience. Through the prayers of the presbyters, I gained a new strength and a new resolve to heal. It is instinctive.

We need healing, the prayer comes. My good friends, the sisters of the Orthodox Monastery of the Transfiguration in Ellwood City, PA sent me a copy of the Akathist to the Theotokos, "Pantenessa," who heals cancer, with oil from her icon in Moscow. The day before undergoing a "high-tech" Gamma knife procedure, it gave me a great sense of peace and calm to pray this Akathist several times. I ask daily intercession to St. Nektarios and to the Holy Unmercenaries.

Today, my recovery continues, through the prayers of others and my own. I often find myself awake during the night, praying the Trisagion Prayers. It is a calming experience to realize that God is with me at all times, praying within me. Of course, I continue to offer thanks for my continued strength. Through the Prayer of Metropolitan Philaret of Moscow, I ask God to reveal His will for me:

*"O Lord, grant me to meet the coming day in peace. Help me in all things to rely upon Your holy will. In each hour of the day, reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that shall come to me throughout the day with peace of soul, and with the firm conviction that Your will governs all. In all my deeds and words, guide my thoughts and feelings. In unforeseen events, let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day, with all that it shall bring. Direct my will. Teach me to pray. Pray within me. Amen."*

My goals are to attend the graduation of my eldest child, Gregory, from St. Vladimir's Seminary on May 17, return to work eventually, and resume my life as it was before. Through your prayers, I will do this, God willing, always in a state of communion with Him and with those who continue to pray for me. In this month's issue of The WORD, you will find information about keeping our teens in touch with the Church and with one another through electronic media, news about seminary students and their fellowship at the Antiochian House of Studies, missionary work in Tanzania, and parish news. Keep all these endeavors and their participants in your prayers, as we continue to be "praying beings." Please pray for us and for the Church, as we continue to pray for all of you.

Written by *Khouri* Joanne Abdalah

**Christ is Risen! Indeed He is Risen!**

**Христос воскрес! Воистину воскрес!**

**Χριστός ἀνέστη! Ἀληθῶς ἀνέστη!**

**(Khristós Anésti! Alithós Anésti!)**

***Hristos a înviat! Adevărat a înviat!***

**ماق اقا حيسم!**

**(al-Masīḥ qām! Ḥaqqan qām!)**

**Kristo Amefufukka! Kweli Amefufukka**

**REMINDERS:**

**NO KNEELING** until the Kneeling Prayers of Pentecost Sunday.

Instead of "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service until *Ascension Thursday*, we sing "Christ is Risen!"

Also, we do not say the prayer to the Holy Spirit "O Heavenly King" until Pentecost Sunday.

**PROPHECIES by Abba Pambo**

**(Speaking to One of His Disciples—1668 years ago!)**

An Egyptian ascetic on the Nitrian mountain, Abba Pambo was a contemporary of St. Anthony the Great and himself great in monastic asceticism. Born about A.D. 303, he was one of the first to join Amoun in Nitria. He was illiterate until he was taught the Scriptures as a monk and ordained priest in 340. He had two characteristics by which

he was especially known; by long training, he sealed his lips, so that no unnecessary word passed them, and he never ate any bread other than that which he gained by his own labor, plaiting rushes. He was like an angel of God and, in old age, his face shone as did the face of Moses in ancient times, so that the monks could not look on it. He did not give a quick answer even to a simple question, without prayer and pondering in his heart.

This wonderful saint had clear discernment into the destiny of the living and the dead. He entered into rest in the Lord in the year 374.]

...And I'll tell you this, my child, that the days will come when the Christians will add to and will take away from, and will alter the books of the Holy Evangelists, and of the Holy Apostles, and of the Divine Prophets, and of the Holy Fathers. They'll tone down the Holy Scriptures and will compose troparia, hymns, and writings technologically. Their nous will be spilled out among them, and will become alienated from it's Heavenly Prototype. For this reason the Holy Fathers had previously encouraged the monks of the desert to write down the lives of the Fathers not onto parchment, but onto paper, because the coming generation will change them to suit their own personal tastes. So you see, the evil that comes will be horrible.

Then the disciple said: So then, Geronda, the traditions are going to be changed and the practices of the Christians? Maybe there won't exist enough priests in the Church when these unfortunate times come?

And the father continued: In these times the love for God in most souls will grow cold and a great sadness will fall onto the world. One nation shall face-off against another. Peoples will move away from their own places. Rulers will be confused. The clergy will be thrown into anarchy, and the monks will be inclined more to negligence. The church leaders will consider useless anything concerned with salvation, as much for their own souls as for the souls of their flocks, and they will despise any such concern. All will show eagerness and energy for every matter regarding their dining table and their appetites. They'll be lazy in their prayers and casual in their criticisms.

As for the lives and teachings of the Holy Fathers, they'll not have any interest to imitate them, nor even to hear them. But rather they will complain and say that "if we had lived in those times, then we'd have behaved like that". And the bishops shall give way to the powerful of the world, giving answers on different matters only after taking gifts from everywhere and consulting the rational logic of the academics. The poor man's rights will not be defended, they'll afflict widows, and harass orphans. Debauchery will permeate these people. Most won't believe in God, they'll hate each other and devour one another like beasts. The one will steal from the other, they'll be

drunk and will walk about as blind.

The disciple again asked: What can we do, in such a state?

And Elder Pambo answered: My child, in these times whoever will save his soul and prompt others to be saved will be called great in the Kingdom of Heaven

Let's hear it for Costco!! (This is just mind-boggling!) Make sure you read all the way past the list of the drugs The woman that signed below is a Budget Analyst out of federal Washington , DC offices.

Did you ever wonder how much it costs a drug company for the active ingredient in prescription medications? Some people think it must cost a lot, since many drugs sell for more than \$2.00 per tablet. We did a search of offshore chemical synthesizers that supply the active ingredients found in drugs approved by the FDA. As we have revealed in past issues of Life Extension, a significant percentage of drugs sold in the United States contain active ingredients made in other countries. In our independent investigation of how much profit drug companies really make, we obtained the actual price of active ingredients used in some of the most popular drugs sold in America

The data below speaks for itself.

Celebrex: 100 mg  
Consumer price (100 tablets): \$130.27  
Cost of general active ingredients: \$0.60  
Percent markup: 21,712%

Claritin: 10 mg  
Consumer Price (100 tablets): \$215.17  
Cost of general active ingredients: \$0.71  
Percent markup: 30,306%

Keflex: 250 mg  
Consumer Price (100 tablets): \$157.39  
Cost of general active ingredients: \$1.88  
Percent markup: 8,372%

Lipitor: 20 mg  
Consumer Price (100 tablets): \$272.37  
Cost of general active ingredients: \$5.80  
Percent markup: 4,696%

Norvasc: 10 mg  
Consumer price (100 tablets): \$188.29  
Cost of general active ingredients: \$0.14  
Percent markup: 134,493%

Paxil: 20 mg  
Consumer price (100 tablets): \$220.27  
Cost of general active ingredients: \$7.60  
Percent markup: 2,898%

Prevacid: 30 mg  
Consumer price (100 tablets): \$44.77  
Cost of general active ingredients: \$1.01  
Percent markup: 34,136%

Prilosec : 20 mg  
Consumer price (100 tablets): \$360.97  
Cost of general active ingredients \$0.52  
Percent markup: 69,417%

Prozac: 20 mg  
Consumer price (100 tablets) : \$247.47  
Cost of general active ingredients: \$0.11  
Percent markup: 224,973%

Tenormin: 50 mg  
Consumer price (100 tablets)! : \$104.47  
Cost of general active ingredients: \$0.13  
Percent markup: 80,362%

Vasotec: 10 mg  
Consumer price (100 tablets): \$102.37

Xanax: 1 mg  
Consumer price (100 tablets) : \$136.79



Cost of general active ingredients: \$0.20  
Percent markup: 51,185%

Zestril: 20 mg  
Consumer price (100 tablets) \$89.89  
Cost of general active ingredients \$3.20  
Percent markup: 2,809

Zocor: 40 mg  
Consumer price (100 tablets): \$350.27  
Cost of general active ingredients: \$8.63  
Percent markup: 4,059%

Cost of general active ingredients: \$0.024  
Percent markup: 569,958%

Zithromax: 600 mg  
Consumer price (100 tablets): \$1,482.19  
Cost of general active ingredients: \$18.78  
Percent markup: 7,892%

Zoloft: 50 mg  
Consumer price: \$206.87  
Cost of general active ingredients: \$1.75  
Percent markup: 11,821%

Since the cost of prescription drugs is so outrageous, I thought everyone should know about this. Please read the following and pass it on. It pays to shop around. This helps to solve the mystery as to why they can afford to put a Walgreen's on every corner. On Monday night, Steve Wilson, an investigative reporter for Channel 7 News in Detroit, did a story on generic drug price gouging by pharmacies. He found in his investigation, that! some of these generic drugs were marked up as much as 3,000% or more. Yes, that's not a typo.....three thousand percent! So often, we blame the drug companies for the high cost of drugs, and usually rightfully so. But in this case, the fault clearly lies with the pharmacies themselves. For example, if you had to buy a prescription drug, and bought the name brand, you might pay \$100 for 100 pills. The pharmacist might tell you that if you get the generic equivalent, they would only cost \$80, making you think you are 'saving' \$20. What the pharmacist is not telling you is that those 100 generic pills may have only cost him \$10!

At the end of the report, one of the anchors asked Mr. Wilson whether, or not there were any pharmacies that did not adhere to this practice, and he said that Costco consistently charged little over their cost for the generic drugs.

I went to the Costco site, where you can look up any drug, and get its online price. It says that the in-store prices are consistent with the online prices. I was appalled. Just to give you one example from my own experience, I had to use the drug, Compazine, which helps prevent nausea in chemo patients.

I used the generic equivalent, which cost \$54.99 for 60 pills at CVS. I checked the price at Costco, and I could have bought 100 pills for \$19.89. For 145 of my pain pills, I paid \$72.57. I could have got 150 at Costco for \$28.08.

I would like to mention, that although Costco is a 'membership ' type store, you do NOT have to be a member to buy prescriptions there, as it is a federally regulated substance. You just tell them at the door that you wish to use the pharmacy, and they will let you in. (this is true)

I went there this past Thursday and asked them. I am asking each of you to please

help me by copying this letter, and passing it into your own e-mail, and send it to everyone you know with an e-mail address.

Sharon L. Davis  
Budget Analyst  
U.S. Department of Commerce

**Religious Jokes--Bob Graham, Crafton H.S. '59, Winter Springs, FL**

-----  
The youth director had been trying for months to get the little boy down the street to come to church to be with his third grade Sunday school class.

Finally after talking to the boy and his mother for what seemed to be the hundredth time the boy finally agreed to go this next Sunday, which he did and seemed to enjoy all of the proceedings except as the baptismal service began he ran out the back door and ran all the way home.

His mother asked him why did he run home instead of riding with the youth minister.

The little boy answered, "It's all a racket! They get you there and let you make all those nice things and tell you great stories just to get you relaxed so they can drown you at the end of one of the services!"

-----  
A minister who was very fond of pure, hot horseradish always kept a bottle of it on his dining room table. He offered some to a guest, who took a big spoonful. When the guest finally was able to speak, he gasped, "I've heard many ministers preach hellfire, but you are the first one I've met who passed out a sample of it."  
-----



## **Memory Eternal! Khouriya Joanne Abdalah**

Khouriya Joanne Abdalah of St. George Cathedral/Pittsburgh, Pa., fell asleep in the Lord on Tuesday, May 27, after suffering with ovarian cancer for more than two years.

She and Fr. John are the parents of three children: Gregory, a 2008 graduate of St. Vladimir Seminary in Crestwood, NY, Joseph of Houston, TX, and Maria at home. Please remember them all in your prayers.

Among other ministries, Khouriya Joanne was co-editor of the WORD magazine and a past president of the North American Board of Antiochian Women.

The funeral arrangements are as follows:

She will be laid out at the Cathedral of St. George in Oakland, PA, Thursday evening, May 29, from 4pm to 8pm. Immediately after that at 8pm we will have the funeral service. The internment will be on Friday at the Monastery of the Holy Transfiguration in Ellwood City, Pa.

Condolences can be sent to the V. Rev. Fr John Abdalah, St. George Cathedral, 3400 Dawson St., Pittsburgh, PA 15213, or via email at [frjpa@aol.com](mailto:frjpa@aol.com).

May she rest in peace.

Your constant care should be not to let your heart become agitated or troubled, but to use every effort to keep it peaceful and clam. Seeing your efforts and endeavors, God will send you His grace and will make your soul a city of peace. Then your heart will become the house of comfort.

*St. Theophan the Recluse*

**Angels Explained by Children**

I only know the names of two angels. Hark and Harold.

-- Gregory, 5

Everybody's got it all wrong. Angels don't wear halos anymore. I forget why but scientists are working on it.

-- Olive, 9

It's not easy to become an angel! First, you die. Then you go to heaven, then there's still the flight training to go through. And then you got to agree to wear those angel clothes.

-- Matthew, 9

Angels work for God and watch over kids when God has to go do something else.

-- Mitchell, 7

My guardian angel helps me with math, but he's not much good for science.

--Henry, 8

Angels don't eat, but they drink milk from Holy Cows.

-- Jack, 6

Angels talk all the way while they're flying you up to heaven. The main subject is where you went wrong before you got dead.

-- Daniel, 9

When an angel gets mad, he takes a deep breath and counts to ten. And when he lets out his breath, somewhere there's a tornado.

-- Reagan, 10

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go north for the winter.

-- Sara, 6

Angels live in cloud houses made by God and his son, who's a very good carpenter.

-- Jared , 8

All angels are girls because they gotta wear dresses and boys didn't go for it.

-- Antonio, 9

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth.

-- Katelynn, 9

Some of the angels are in charge of helping heal sick animals and pets. And if they don't make the animals get better, they help the child get over it.

-- Vicki, 8

What I don't get about angels is why, when someone is in love, they shoot arrows at them.

--Tommy, 8

"Now, how many of you would like to go to heaven?" asked the Sunday school teacher. All the eager three-year-olds raised their hands except Cassie.

"I'm sorry, I can't. My Mommy told me to come right home after Sunday school."

Abba Or also said: If you have spoken evil of your brother, and you are stricken with remorse, go and kneel down before him and say, "I have spoken badly of you. Let this be my surety that I will not spread this slander any further." For detraction is death to the soul.

The same Amma Damiana told us this: On a Great and Holy Friday before I was enclosed, I went to the Church of Saints Cosmas and Damian and spent the whole night there. In the evening, there came an old woman, a native of Phrygian Galatia, and she gave two lepta (small coins) to everybody who was in the church. I knew her because she had often given me these alms. One day a kinswoman of mine and also of the most faithful Emperor Maurice (590-602) came to pray at the Holy City (Jerusalem) and stayed there for a year. Taking her with me, I went to Saints Cosmas and Damian.

While we were in the oratory, I said to my kinswoman, "Look, my lady; when an old woman comes distributing two coins to each person, please swallow your pride and accept them." With obvious distaste, she said, "Do I have to accept them?" "Yes," I said, "Take them, for the woman is great in the eyes of God. She fasts all week long; and whatever she is able to gain by this discipline she distributes it among those who are found in the church. She is a widow of about eighty years of age; take the coins she offers you and give them to somebody else. Do not refuse the sacrifice of this old woman."

As we were speaking in this way, the old woman came in and began her almsgiving. In silence and with serenity she came and gave me some coins. She gave some to my kinswoman too, saying, "Take these, and eat." When she had gone, we realized that God had revealed to her that I had said, "Take them and give them to a poor person." My kinswoman therefore sent a servant of hers to get vegetables with the two coins. These she ate, and she affirmed before God that they were as sweet as honey. This both astonished her, and led her to give thanks to God who endows his servants with grace.

John Moschos, Leimonarion (The Spiritual Meadow) 127

### **THE BREADCRUMBS**

The Little Falcons, Vol. 15, No. 4, 2008

Bread, Page 20

During World War I, a Serbian soldier went off to battle. His name was Marko. Before he left, his blind grandfather asked him to do one thing. "Each time you sit down to eat, pick up the crumbs from the ground, and bring them to me. It will be like medicine for my eyes." So Marko promised his grandfather to do this.

When the others returned after the war, Marko was not with them. His grandfather couldn't eat or drink for days. He could only cry. Finally he was ready to have a memorial service, when Marko turned up.

"Djedo," Marko said on his knees, "Forgive me. I gathered all the crumbs you asked for. But in the battle I got wounded. I was unable to move. There was water from the stream nearby so I had something to drink. But I had no food. Then I remembered the breadcrumbs. That's how I lived for seven days until I got my strength back. If it were not for the breadcrumbs I would have died. But now you have no medicine for your eyes."

The old man answered: "I knew that you would not find enough food, and that you wouldn't have listened to me if I said that it was for you. You are alive, now, Marko. I don't need any medicine. You are my eyes."