



Holy Ghost Orthodox Church

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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 [7th 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, Robert McKivitz, Cliff Dow, Marjorie Pershing, Robert Paouncic, Tim Monta, Amy Kemerer, Tom Marriott, Joe Farkas, Liz Obradovich, Liz, Adam, Helen Pytlak, Timothy Sams, Halyna Zelinska [Bishop Daniel's mother], 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.

Congratulations to Sabrina Tkacik Sudol and her husband Jeff on the birth of their twins, Natasha and Zachary, on July 2nd. May God grant

them all many Happy, Healthy, Prosperous, and Blessed Years! Mnohaya Lita!

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 Sixth Grade and Matt’s Fourth Grade collections. THANK YOU ALL FOR YOUR HELP! Love, 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, July 20 **Divine Liturgy** **10:30 AM**
5TH SUNDAY AFTER PENTECOST, VENERABLE THOMAS OF MALEON, VENERABLE ACACIUS OF SINAI, MARTYR EPICETUS-PRESBYTER & ASTION-MONK IN SCYTHIA, MARTYR CYRIACA OF NICOMEDIA, MARTYRS PEREGRINUS, LUCIAN, POMPEIUS, HESYCHIUS, PAPPIAS, SATRUNIUS, & GERMANUS OF DYRRACHIUM IN MACEDONIA, MARTYR EVANGELUS OF TOMI IN ROMANIA, VENERABLE EUDOCIA-IN MONASTICISM EUPHROSYNE—GRAND-DUCHESS OF MOSCOW

Tone 4
Romans 10:1-10
Matthew 8:28-9:1

Litany in Blessed Memory of John Shabaturo—Fr. Bob
Parastas in Blessed Memory of Mary Torick—40 Days—Andy’s Mother

Sunday, July 27 **Divine Liturgy** **10:30 AM**
6TH SUNDAY AFTER PENTECOST, FATHERS OF THE SIX ECUMENICAL COUNCILS, APOSTLE AQUILA OF THE 70, MARTYR JUSTUS OF ROME, VENERABLE ELLIUS OF EGYPT, VENERABLE ONESIMUS – MONK OF MAGNEIA & WONDERWORKER, VENERABLE STEPHEN-ABBOT OF MAKRISHCHE, SAINT NIKODEMUS OF MOUNT ATHOS

Tone 5
Romans 12:6-14
Matthew 9:1-8

Sunday, August 3 **Divine Liturgy** **10:30 AM**
7TH SUNDAY AFTER PENTECOST, PROPHET EZEKIEL, VENERABLE SYMEON OF EMESA-FOOL FOR CHRIST & FELLOW-FASTER SAINT JOHN, VENERABLE ONUPHRIUS THE SILENT OF PERCHEVSKY LAVRA, VENERABLE ONESIMUS-RECLUSE OF PERCHEVSKY LAVRA, UNCOVERING RELICS OF SAINT ANNA OF KASHIN, MARTYR VICTOR OF MARSEILLES, SAINT ANNA-MOTHER OF SAINT SAVA OF SERBIA

Tone 6

Romans 15:1-7
Matthew 9:27-35

Litany in Blessed Memory of Samuel Mrvos, M. Denise Lawrence, Rudy Obradovich, Agnes Rossi, Mary Milanovich, Millie Kitch, & Michael Cherepko—Fr. Bob

BULLETIN INSERT FOR 20 JULY 2008

FIFTH SUNDAY AFTER PENTECOST, VENERABLE THOMAS OF MALEON, VENERABLE ACACIUS OF SINAI, MARTYR EPICETUS-PRESBYTER & ASTION-MONK IN SCYTHIA, MARTYR CYRIACA OF NICOMEDIA, MARTYRS PEREGRINUS, LUCIAN, POMPEIUS, HESYCHIUS, PAPPIAS, SATRUNIUS, & GERMANUS OF DYRRACHIUM IN MACEDONIA, MARTYR EVANGELUS OF TOMI IN ROMANIA, VENERABLE EUDOCIA-IN MONASTICISM EUPHROSYNE—GRAND-DUCHESS OF MOSCOW

TROPARION—TONE 4

When the women disciples of the Lord
Learned from the angel the joyous message of Thy Resurrection;
They cast away the ancestral curse and elatedly told the apostles:
Death is overthrown! Christ God is risen,
Granting 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 4

My Savior and Redeemer,
As God rose from the tomb
And delivered the earthborn from their chains.
He has shattered the gates of Hell,
And as Master, He has risen on the third day!

PROKEIMENON—TONE 4

READER: O Lord, how manifold are thy works! In wisdom hast Thou made them all.

PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.

READER: Bless the Lord, O my soul! O Lord my God, Thou art very great!

PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.

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Once you've found the B

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Once you found the 1.....

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Find the N (it's hard!!)

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Once you've found the N...

Find the Q...

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Knock Knock !

A new pastor was visiting homes of his parishioners. At one house it seemed obvious that someone was home, but no one answered his repeated knocks at the door. He took out a card and wrote "Revelation 3:20" on the back and stuck it in the door.

He found that his card had been returned in the offering the following Sunday. Added to it was a message, "Genesis 3:10." He reached for his Bible to check out the citation and broke up in gales of laughter because Revelation 3:20 begins "Behold, I stand at the door and knock" and Genesis 3:10 reads, "I heard your voice in the garden and I was afraid for I was naked."

Remember when the funniest jokes were the clean ones? Well, they still are! "A cheerful heart is good medicine" (Prov. 17:22a)

"This is what monasticism is: a longing for God that knows no limits. It is the beginning of the Age to come, of the Kingdom of Heaven still here on earth. At times this impulse has been stronger, at times weaker, and the Holy Fathers speak of monasticism as a barometer of spiritual life in the Church."

—Nun Euphrosyne

<http://english.pravda.ru/society/anomal/01-05-2008/105048-prayers-0>

Prayers indeed heal diseases, scientists say

People indeed can recover in church when they touch holy relics or sanctuaries. St. Petersburg scientists have proved it and discovered the “material” mechanism of divine phenomena.

“A prayer is a powerful remedy, said Valery Slezin, Head of the laboratory of neuropsychophysiology of St Petersburg Research and development Psychoneurological Institute n.a. Bekhterev. “It does not only regulate all the processes in the human organism, but it also restores the damaged structure of consciousness.”

Professor Slezin did something unbelievable – he measured the power of prayer. He recorded electroencephalograms of praying monks and fixed an unusual phenomenon – the complete “switch-off” of their cerebral cortex. This state can be observed only with babies aged three months when they are near their mother in complete safety. As a person grows up, the feeling of safety disappears, brain activity increases and the rhythm of cerebral biocurrents become rarer only during deep sleep and during a prayer, as the scientist proved. Valery Slezin called this unknown state slow, or praying, wakefulness and proved that it is vital for any person.

It is a known fact that diseases are mostly caused by negative situations and offenses that stick in our mind. However, during a prayer worries move to the background or even disappear at all. Thus, both moral and physical healing is possible.

Even church services help to improve health. Engineer and electrophysicist Angelina Malakhovskaya from the laboratory of medical and biological technologies carried out above thousand research to find out clinical health characteristics of parishioners before and after the service. It turned out that a service in a temple normalizes the blood pressure and blood values.

Prayers may neutralize even radiation. It is known that after the Chernobyl explosion radiation instruments returned an off-scale reading. However, radiation background was normal near The Archistratigus Michael church that is four kilometers away from reactors. St. Petersburg scientists confirmed by experiments that the holy water, the sign of the cross and ringing of church bells may be healing as well. That is why, in Russia the bells were constantly ringing during epidemics.

The ultrasound range of bell ringing kills viruses of flue, jaundice and typhus: proteins of viruses curl and carry no infection, said Angelina Malakhovskaya. The sign of cross is even more effective, it kills pathogenic microbes (colon bacillus and staphylococci) not only in tap water, but also in rivers and lakes. It is even more efficient than modern disinfecting devices of electromagnetic radiation.

The scientific laboratory of Industrial and Naval Medicine Institute researched water before and after consecration. It turned out that if the Lord's Prayer is read over water and the water is crossed then, the number of malignant bacteria will be one hundred times lower. Electromagnetic radiation gives much worse results. Thus, Orthodox Christian recommendations to consecrate any food and drink is not just of spiritual and also of preventive character.

The holy water is not just purified; it changes its structure, become harmless and healing. Special devices can prove that.

Spectrographs suggest that consecrated water has greater optical density, as if it understood the sense of prayers and kept it. That is the reason for its unique healing quality.

The only limitation is that it heals only pious people.

"Water differentiates the level of people's belief," Angelina Malakhovskaya said. "When a priest consecrates water, the optical density is 2.5 times more, when it is done by a religious layman, it is only 1.5 times more, but with a christened and unbelieving man without a cross on his neck, the changes were insignificant."

Arguments and Facts

Translated by Julia Bulygina
Pravda.ru

July 10, 2005 - Bulletin 36, Volume XLII
Together in Christ: The Reason for Assembly
Written by the Very Rev. Vladimir Berzonsky

If we say, *"Why do we meet again at an All American Council?"* it means that we have forgotten the purpose of council. We can speak of agendas and problems, budgets and departments, reports and reviews; but the primary reason is to be together in Christ. We may occupy an entire continent and scatter over three nations our parishes, monasteries and institutions, but we are basically the same Church who gathered that traumatic day of the resurrection in the Upper Room. Like the apostles, we too yearn

to experience the same Christ alive now among all who are baptized in His name.

The tragedy of forgetting that we belong to one another in Him deprives us of the *sobornost*, which we explain to western Christians as an earmark of our communion. It may be that as Wordsworth wrote, "*The world is too much with us,*" and we have lost the awareness of having partaken of the same sacred Host and chalice several years ago. It's in our nature as humans to adapt and adjust to whatever conditions we find ourselves; nevertheless we ought to bear in mind the ideal condition – at least on this side of the Kingdom – and that is to become that same "*little flock*" that our Lord Jesus so loved and for which He sacrificed His life on earth.

We know all this theoretically, and we even practice its implications. All our hierarchs remember one another in their sacred prayers, those diptychs that are on their and our tables of oblation. Every priest stands at his preparation table an hour before the Divine Liturgy recalling by name the ordained and lay persons in his deanery and diocese, removing small particles from the bread of offering so that not only by word but by matter all are united on the sacred paten to be lifted up to the Lord of love. More, the priests call to mind the invisible yet actually present Church, those who have gone before us to their rest in the bosom of Abraham.

We come to Him, and we do so many times alone in our prayers and contemplation. In our "*closets,*" we close out the cacophony of society and descend from our minds into the depths of our hearts to be with Him one on One. Nourished and energized with spiritual food, we expand our awareness of all others who have given themselves totally and irrevocably to Christ Jesus.

We pray for those with the Elijah syndrome, tempted to believe that they are one of a pitiful few left with a remnant of faith in a world having left the Orthodox Church behind. We pray for the nun considering whether her choice of a lifetime commitment to Christ was the right decision. We pray for the layman struggling to establish a mission with so little cooperation and so many obstacles to conquer. We pray for the young priest in an old parish, and for the old priest who senses that he may be out of touch with his flock.

We are the Orthodox Church in America, but we are not all Americans. Many of us come with Old World attitudes, convictions and mindsets that can never be altered. Others are trying to look as little American as possible, hoping to pass themselves as immigrants. Children and grandchildren of early pioneers whose native tongues and ways have long been forgotten share the same Christ with those with a record of having passed through a variety of cults, sects and life styles. The One Who proclaimed that "*Whoever loses his life for My sake will find it*" (Matthew 16:25), stretches His arms out from the Cross and calls us all to gather with love for one

another despite our disparities and find consolation, energy, confidence and renewal of our commitment in Him, with Him and for Him in the assembly we call the All-American.

What's An Orthodox Priest To Do?

When the Rev. John Parker was asked to say the benediction at the graduation rite for the Medical School of South Carolina, he did what any Eastern Orthodox priest would do.

He went straight to "The Great Book of Needs," a four-volume set of prayers collected over two millennia for use during every imaginable kind of ritual.

Then he received a letter from the president's office offering guidelines for prayers at this public school in Charleston, S.C. It required inclusive language such as "Holy God, Holy One, Creator, Sustainer" rather than prayers mentioning Jesus, Allah, the Trinity or other specific divine references.

"Steer clear of parochial, exclusively defining religious names, concepts, practices, and metaphors," it said. "A good rule of thumb to remember is that you come representing the entire faith community, not just your own group. The prayer should therefore not be offensive to anyone, whether Catholic, Baptist, Jewish, Muslim, etc."

Parker had a problem. He knew that centuries of Orthodox tradition forbade this approach. He decided that the policy was so inclusive that ancient Christian prayers would be excluded.

"As an Orthodox priest, I was invited to pray on behalf of all and for all," he said. "The question was, once I was there, would I be allowed to pray as an Orthodox Christian? According to that memo, they wanted me to pray in somebody else's words and, if you stop and think about it, to pray to somebody else's God.

"I knew that my archbishop would not allow me to do that. We cannot pray the way they wanted me to pray."

"... Nevertheless, Parker sent school officials the text of the Orthodox benediction. His invitation to pray was immediately revoked and the May graduation slot filled by a Southern Baptist pastor, one linked with the progressive Cooperative Baptist Fellowship. Another member of the same church serves as the medical school's chaplain...."

How Many Answers do you know? Have Fun (but no peeking!).

Write your answers on a paper there are 20 questions.

1. What builds strong bodies 12 ways?

- A. Flintstones vitamins
- B. The buttmaster
- C. Spaghetti
- D. Wonder Bread
- E. Orange Juice
- F. Milk
- G. Cod Liver Oil

2. Before he was Muhammed Ali, he was...

- A. Sugar Ray Robinson
- B. Roy Orbison
- C. Gene Autry
- D. Rudolph Valentino
- E. Fabian
- F. Mickey Mantle
- G. Cassius Clay

3. Pogo, the comic strip character said, ' We have met the enemy and...

- A. It's you
- B. He is us
- C. It's the Grinch
- D. He wasn't home
- E. He's really mean
- F. We quit
- G. He surrendered

4. Good night, David.

- A. Good night, Chet
- B. Sleep well
- C. Good Night, Irene
- D. Good Night, Gracie
- E. See you later, alligator
- F. Until tomorrow
- G. Good night, Steve

5. You'll wonder where the yellow went,

- A. When you use Tide
- B. When you lose your crayons
- C. When you clean your tub

- D. If you paint the room blue
- E. If you buy a soft water tank
- F. When you use Lady Clairol
- G. When you brush your teeth with Pepsodent

6. Before he was the Skipper's Little Buddy, Bob Denver was Dobie's friend,

- A. Stuart Whitman
- B. Randolph Scott
- C. Steve Reeves
- D. Maynard G. Krebs
- E. Corky B. Dork
- F. Dave the Whale
- G. Zippy Zoo

7. Liar, liar...

- A. You're a liar
- B. Your nose is growing
- C. Pants on fire
- D. Join the choir
- E. Jump up higher
- F. On the wire
- G. I ' m telling Mom

8. Meanwhile, ba ck in Metropolis, Superman fights a never ending battle for truth, justice and...

- A. Wheaties
- B. Lois Lane
- C. TV ratings
- D. World peace
- E. Red tights
- F. The American way
- G. News headlines

9. Hey, kids, what time is it?

- A. It's time for Yogi Bear
- B. It's time to do your homework
- C. It's Howdy Doody Time
- D. It's Time for Romper Room
- E. It's bedtime
- F. The Mighty Mouse Hour
- G. Scoopy Doo Time

10. Lions and tigers and bears...

- A. Yikes

- B. Oh no
- C. Gee whiz
- D. I'm scared
- E. Oh My
- F. Help Help
- H. Let's run

11. Bob Dylan advised us never to trust anyone

- A. Over 40
- B. Wearing a uniform
- C. Carrying a briefcase
- D. Over 30
- E. You don't know
- F. Who says, 'Trust me'
- G. Who eats tofu

12. NFL quarterback who appeared in a television commercial wearing women's stockings.

- A. Troy Aikman
- B. Kenny Stabler
- C. Joe Namath
- D. Roger Stauback
- E. Joe Montana
- F. Steve Young
- G. John Elway

13. Brylcream...

- A. Smear it on
- B. You'll smell great
- C. Tame that cowlick
- D. Greaseball heaven
- E. It's a dream
- F. We're your team
- G. A little dab'll do ya

14. I found my thrill...

- A. In Blueberry muffins
- B. With my man, Bill
- C. Down at the mill
- D. Over the windowsill
- E. With thyme and dill
- F. Too late to enjoy
- G. On Blueberry Hill

15. Before Robin Williams, Peter Pan was played by

- A. Clark Gable
- B. Mary Martin
- C. Doris Day
- D. Errol Flynn
- E. Sally Fields
- F. Jim Carey
- G. Jay Leno

16. Name the Beatles

- A. John, Steve, George, Ringo
- B. John, Paul, George, Roscoe
- C. John, Paul, Stacey, Ringo
- D. Jay, Paul, George, Ringo
- E. Lewis, Peter, George, Ringo
- F. Jason, Betty, Skipper, Hazel
- G. John, Paul, George, Ringo

17. I wonder, wonder, wonder, who

- A. Who ate the leftovers?
- B. Who did the laundry?
- C. Was it you?
- D. Who wrote the book of love?
- E. Who I am?
- F. Passed the test?
- G. Knocked on the door?

18. I'm strong to the finish

- A. Cause I eats my broccoli
- B. Cause I eats me spinach
- C. Cause I lift weights
- D. Cause I'm the hero
- E. And don't you forget it
- f. Cause Olive Oyl loves me
- g. To outlast Bruto

19. When it's least expected, you 're elected, you're the star today...

- a. Smile, you're on Candid Camera
- b. Smile, you're on Star Search
- c. Smile, you won the lottery
- d. Smile, we're watching you
- e. Smile, the world sees you
- f. Smile, you're a hit
- g. Smile, you're on TV

20. What do M & M's do?

- a. Make your tummy happy
- b. Melt in your mouth, not in your pocket
- c. Make you fat
- d. Melt your heart
- e. Make you popular
- f. Melt in your mouth, not in your hand
- g. Come in colors

Okay, now scroll down for the answers! J.M. LEPAK, Jr., '63 Brandon, FL

Here are the right answers.

- 1 d - Wonder Bread
- 2 g - Cassius Clay
- 3 b - He Is Us
- 4 a - Good night, Chet
- 5 g - When you brush your teeth with Pepsodent
- 6 d - Maynard G. Krebs
- 7 c - Pants On Fire
- 8 f - The American Way
- 9 c - It's Howdy Doody Time
- 10 e - Oh My
- 11 d - Over 30
- 12 c - Joe Namath
- 13 g - A little dab 'll do ya
- 14 g - On Blueberry Hill
- 15 b - Mary Martin
- 16 g - John, Paul, George, Ringo
- 17 d - Who wrote the book of Love
- 18 b - Cause I eats me spinach
- 19 a - Smile, you're on Candid Camera
- 20 f - Melt In Your Mouth Not In Your Hand