



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, Metropolitan John, 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], Father Joseph Kopchak, Father Charles Mezzomo, Father Anthony Dimitri, 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, Mildred Manolovich, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, 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 7-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 3-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Nick Malec [Maxine's brother], Erin, Jim Markovich, Jeff Walewski [thyroid cancer], Carol [Lotinski] Rose, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Gary Zurasky, Michael Horvath, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Michael Miller, 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, Marjorie Pershing, Tom Marriott, Joe Farkas, Liz Obradovich, Liz, Halyna Zelinska [Bishop Daniel's mother], Mary Ann, Charlotte, Peter Natishan, Michael Spak, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Ben Bonifield—a classmate of Alex, Peter Special, Amy Boe, Doris Artman, Maureen Sams, Nancy Barylak, Shirley Tkacik, Carol Kowalcheck, Martin Golofski, Joe Pauncic, Anthony Yerace, Joanne Brodrick, Khrystyna Chorniy, Anthony Cormier [2-year-old with cancer], Diane Waryanka, Nathan Forbeck, Andy Torick, Sarah Doyle, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal,

Homer Paul Kline, and Steve Ostaffy. We pray that God will grant them all a speedy recovery.

"And now abideth faith, hope, love, these three things ..." (I Cor. 13:13)

On Faith: by St John Chrysostomos

[On what is needed in the garden of one's heart for faith to grow]

"Faith needs: a generous and vigorous soul; and one rising above all things of sense; and passing beyond the weakness of human reasonings. For it is not possible to become a believer, other than by raising one's self above the common customs [of the world]."

Please remember James John Logue George Senita, & John Kirkowski assigned to Iraq, Matthew Machak, Tonia Dec, Michael Repasky, 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, May 31

Divine Liturgy 10:30 AM

HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL

MARTYR THEODOTUS OF ANCYRA & 7 VIRGIN-MARTYRS: ALEXANDRA, TECUSA, CLAUDIA, PHAINE, EUPHRAISIA, MATRONA, & JULIA, MARTYRS PETER, DIONYSIUS, & THOSE WHO SUFFERED UNDER DECIUS: ANDREW, PAUL, CHRISTINA, HERACLIUS, PAULINUS, & BENEDIMUS, MARTYRS SYMEON, ISAAC, & BACHTISIUS OF PERSIA, MARYTRS DAVID & TARISHAN OF GEORGIA

Tone 6

Acts 20:16-18,28-36

John 17:1-13

SUNDAY, JUNE 7

DIVINE LITURGY 10:30 AM

PENTECOST—TRINITY SUNDAY—PARISH NAME'S DAY

THIRD FINDING OF THE HEAD OF JOHN THE BAPTIST

HIEROMARTYR THERAPON-BISHOP OF CYPRUS, SAINT DODO-PRINCE OF GEORGIA, SYNAXIS OF THE SAINTS OF VOLYN': YAROPOLK, STEPHEN, MACARIUS, IGOR, & JULIANA, RIGHTEOUS JOHN & MARY OF

USTIUG/VOLOGDA, COMMEMORATION OF THE REUNION OF 3 MILLION UNIATES WITH THE ORTHODOX
CHURCH IN 1831
KNEELING PRAYERS

Tone 7
Acts 2:1-11
John 7:37-52,8:12

Litany in Blessed Memory of Ann Roman, Mary Maoli, & Joe Karas—Fr. Bob
Parastas in Blessed Memory of Mary Deren [10 years] and Katherine Tomashoski [85 years]—John and Debbie
Paouncic

Sunday, June 14

Divine Liturgy

10:30 AM

SUNDAY OF ALL SAINTS

MARTYR JUSTIN THE PHILOSOPHER & THOSE WITH HIM AT ROME: JUSTIN, CHARITAN & WIFE CHARITA,
EUELPISTUS, HIERAX, PEON, VALERIAN, & JUSTUS, MARTYR VICTORIA THE ROMAN OF THESSALONICA, SAINT
AGAPITUS-UNMERCENARY PHYSICIAN OF PERCHEVSKY LAVRA, VENERABLE DIONYSIUS-ABBOT OF GLUSHETSK

Tone 8
Hebrews 11:33-12:2
Matthew 10:32-33, 37-38, 19:27-30

Litany in Blessed Memory of Catherine Yakim—Ollie

BULLETIN INSERT FOR 31 MAY 2009

HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL
MARTYR THEODOTUS OF ANCYRA & 7 VIRGIN-MARTYRS:
ALEXANDRA, TECUSA, CLAUDIA, PHAINE, EUPHRAISIA,
MATRONA, & JULIA, MARTYRS PETER, DIONYSIUS, & THOSE
WHO SUFFERED UNDER DECIUS: ANDREW, PAUL, CHRISTINA,
HERACLIUS, PAULINUS, & BENEDIMUS, MARTYRS SYMEON,
ISAAD, & BACHTISIUS OF PERSIA, MARYTRS DAVID &
TARISHAN OF GEORGIA

TROPARION—TONE 8

Most glorious art Thou, O Christ our God!
Thou hast established the Holy Fathers as lights on the earth!
Through them Thou hast guided us to the true faith!
O greatly Compassionate One, glory to Thee!

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

KONTAKION—TONE 8

The apostles' preaching and the fathers' doctrines
Have established one faith for the Church.
Adorned with the robe of truth, woven from heavenly theology;
Great is the mystery of piety which it defines and glorifies.

PROKIEMENON—TONE 4

Reader: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever.

People: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever.

Reader: for Thou art just in all that Thou hast done for us!

People: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever.

Reader: Blessed art Thou, O Lord God of our Fathers.

People: And praised and glorified is Thy name forever.

ALLELUIA VERSES—TONE 1—PSALM 50

The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting.

Gather to me my venerable ones, who made a covenant with me by sacrifice.

HYMN TO THE THEOTOKOS—REPLACES “IT IS TRULY MEET...”

Magnify, O my soul, Christ the Giver of Life, who has ascended from earth to heaven!

We magnify you, the Mother of God, who beyond reason and understanding gave birth in time to the Timeless One!

COMMUNION HYMNS [PSALM 148 AND 32]

Praise the Lord from the heavens! Praise Him in the highest!

Rejoice in the Lord, O you righteous! Praise befits the just.

Bartholomew I appeals to the European Court in Strasbourg against Ankara—NAT da Polis



Many parishes and communities have been requisitioned by the Direction for Religious Foundations and used for private purposes (even as gaming halls). The Synod of the Patriarchate has made the decision to appeal to the courts in Turkey and should that fail to Strasbourg.

Istanbul (AsiaNews)—Ecumenical Patriarch Bartholomew I has announced his intention to appeal to the European Court for Human Rights in Strasbourg over violations against the Orthodox community and its

foundations, unjustly expropriated of lands and buildings by Ankara's Direction for Religious Foundations.

Speaking to faithful in St Georges' Parish, close to the Byzantine walls of Istanbul, the Patriarch affirmed that the decision to go to the Strasbourg court was made by the Synod.

"We have and you have come here-he said-to celebrate this religious ceremony in a parish that is facing many difficulties. Unfortunately it is not alone. The problem is that this parish and its community, as is the case with many others of the Church of Constantinople, have been abusively declared *mazbut* (occupied) by the Direction for Religious Foundations. This means that we cannot claim any rights to the management of the properties of this community, nor proceed with the election of its administrative board. As a result of this we have no right to manage that which was left to us by our forefathers. The only thing we are allowed to carry out in these places are religious functions. Unfortunately this is fate of this parish and many other parishes of the Church of Constantinople"

"In the court yard of this parish—the Patriarch continued—the building which housed the community's school still exists. It unfortunately has been transformed into a gaming hall and its management has been ceded by the authorities to a private individual, who in turn compensated them with rent."

"In an attempt to put an end to these injustices which we are being subjected to—added Bartholomew I—the Synod has reached a decision; to appeal firstly to the State Judiciary of Turkey, then, if all else should fail to the European Court in Strasbourg, following the example of the orphanage on Prince Buyukada Island, in the hopes that in this case too, justice will be done". (ref. [AsiaNews.it](#), 29/11/2007 [The Supreme Court in Strasburg allows Patriarchs' appeal for Buyukada orphanage](#)).

"We do not want—he concluded—special treatment, but neither can we allow our rights to be trampled on or our identity and the cultural heritage entrusted us by our forefathers be erased".

Thought for the Day (how we conduct our lives is important)

It is not faith merely to profess belief, but to do works worthy of faith; ... for sound doctrines avail nothing towards our salvation, if our life is corrupt...For even though we have all faith and all knowledge of the Scriptures, yet if we are naked and

destitute of the protection derived from (holy) living, there is nothing to hinder us from being hurried into the fire of hell; and burning forever in the unquenchable flame. For as they who have done good shall rise to life everlasting, so they who have dared the contrary shall rise to everlasting punishment; which never has an end. Let us, therefore, manifest all eagerness not to waste the gain, which accrues to us from a right faith, by our vile actions; but becoming well-pleasing to Him by these [i.e., our actions] also, boldly to look upon Christ. No happiness can be equal to this. *St. John Chrysostom*

KEEP YOUR EYES ON THE PRIZE

Lent is half over this week. Our efforts at prayer, fasting, and almsgiving may be flagging. We may be growing fatigued from this spiritual combat with the world, the flesh and the devil. Our holy Church knows that we as weak human beings need a "pick-me-up" to keep us going.

For this reason She presents the precious Cross of Christ to us in the midst of the temple adorned with flowers, symbols of Christ's victory. The Cross is the prize that awaits us at the end of the Fast. The Cross represents for us not only the suffering and death of Our Lord but His glorious Resurrection as well. We sing today: *We bow before Your Cross, O Master, and we glorify Your holy Resurrection!* The Byzantine Church cannot mention the suffering of Christ without alluding to the greatest event in history—JESUS RISING FROM THE DEAD.

That is why a true icon of the Cross has Jesus hanging on the Cross, but he is never bloody or bruised as He was in real life from suffering the cruelest and most brutal death devised by fallen humanity. He appears more to be on the throne of His glory—serene, majestic. Very often the inscription above the Cross is not Pilate's *Jesus of Nazareth—King of the Jews* but rather *THE KING OF GLORY*. God reigns from the Tree!

Look at that Prize today. As you approach to bow before it and kiss it, renew your commitment *to fight the good fight, to finish the course of the fast, to keep the faith intact, to smash the heads of invisible serpents and without condemnation to reach and to worship the holy Resurrection.* [Ambon Prayer--Liturgy of the Presanctified Gifts]

Archpriest Charles A. Mezzomo

From the wise sayings of **Fr. Matthew the Poor (Abouna Matta El Maskeen)**

"With its keen theological sense the Orthodox Church comprehends that Christ subjected Himself to death but did not come under its sway. Resurrection was immanent in Him, and He consented to crucifixion only in the measure of His

own commitment to His love for sinners. "Greater love hath no man than this, that a man lay down his life for his friends" and His obligation of obedience to the Father "became obedient even unto death, the death of the cross." This is why Scripture and the prophets stated that it was not possible that He should be held by the grave. Resurrection here came to emphasize His voluntary death."

REMINDERS: NO KNEELING until the Kneeling Prayers of Pentecost Sunday. Also, we do not say the prayer to the Holy Spirit "O Heavenly King" until Pentecost Sunday.

THE KOHL'S SHOPPING TRIP

(This is just too funny! This could only be true; you simply can't make this stuff up! Oh, for you who don't know this: Kohl's is a department store.)

Clutching their Kohl's shopping bags, Ellen and Kay woefully gazed down at a dead cat in the mall parking lot. Obviously a recent hit...no flies, no smell. What business could that poor kitty have had here?' murmured Ellen. 'Come on, Ellen, let's just go.' But Ellen had already grabbed her shopping bag and was explaining, 'I'll just put my things in your bag, and then I'll use this tissue.'

She dumped her purchases into Kay's bag and then used the tissue paper to cradle and lower the former feline into her own Kohl's bag and cover it. They continued the short trek to the car in silence, stashing their goods in the trunk. But it occurred to both of them that if they left Ellen's burial bag in the trunk, warmed by the Texas sunshine while they ate, Kay's Lumina would soon lose that new-car smell.

They decided to leave the bag on top of the trunk, and they headed over to K & W Cafeteria. After they went through the serving line and they sat down at a window table. They had a view of Kay's Chevy with the Kohl's bag still on the trunk. BUT not for long!

As they ate, they noticed a woman in a red gingham shirt stroll by their car. She looked quickly this way and that, and then took the Kohl's bag without breaking stride. She quickly walked out of their line of vision.

Kay and Ellen shot each other a wide-eyed look of amazement. It all happened so fast that neither of them could think how to respond. 'Can you imagine?' finally sputtered Ellen. 'The nerve of that woman!'

Kay sympathized with Ellen, but inwardly a laugh was building as she thought about the grand surprise awaiting the female thief. Just when she thought she'd have to giggle into her napkin, she noticed Ellen's eyes freeze in the direction of the serving line.

Following her gaze, Kay recognized the woman in the red gingham shirt with The Kohl's bag hanging from her arm. She was brazenly pushing her tray toward the cashier. Helplessly they watched the scene unfold.

After leaving the register, the woman settled at a table across from theirs, put the bag on an empty chair and began to eat. After a few bites of baked whitefish and green beans, she casually lifted the bag into her lap to survey her treasure. Looking from side to side, but not far enough to notice her rapt audience three tables over, she pulled out the tissue paper and peered into the bag.

Her eyes widened, and she began to make a sort of gasping noise. The noise grew. The bag slid from her lap as she sank to the floor, wheezing and clutching her upper chest. The beverage cart attendant quickly recognized a customer in trouble and sent the busboy to call 911, while she administered the Heimlich maneuver.

A crowd quickly gathered that did not include Ellen and Kay, who remained riveted to their chairs for seven whole minutes until the ambulance arrived. In a matter of minutes, the woman with the red gingham shirt emerged from the crowd, still gasping, and securely strapped on a gurney. Two well-trained EMS volunteers steered her to the waiting ambulance, while a third scooped up her belongings.

The last they saw of the distressed cat-burglar was as she disappeared behind the ambulance doors...the Kohl's Bag perched on her stomach!

God does take care of those who do bad things! (AND once in a while He allows us to witness it!)

The most tragic event of my life—By Chuck Norris

Posted: May 25, 2009 1:00 am Eastern © 2009

The single most tragic event of my life took place in 1970. It was the day I heard my younger brother, Wieland, was killed in [Vietnam](#). It was a day like no other. No family should have to feel what my mother, brother Aaron, and I did that day. And yet so many do, every day, in every year.

At the height of the Vietnam war, both of my brothers, Wieland and Aaron, enlisted in the U.S. Army. Aaron was stationed in [Korea](#), and Wieland was sent to Vietnam. As Wieland headed off to Nam, I hugged and kissed him and said, "I'm going to miss you. Be careful."

In 1970, I was refereeing a tournament in [California](#) when I heard an announcement over the loud speaker, "Chuck Norris, you have an urgent call." I hustled over to the phone. I recognized the muffled voice of my mother-in-[law](#), and she was crying. "What's wrong, Evelyn?" I asked her. "Your brother, Wieland, has been killed in Vietnam." If I had been kicked in the [stomach](#) by a dozen karate champions at the same time, it could not have impacted me more. I staggered back

away from the phone as though that would somehow make Evelyn's words untrue. It didn't.

I hung up the phone, moving in what felt like slow motion. For a long time I couldn't function. I simply sat in shock, thinking about my little brother, Wieland, my best friend whom I would never see again in this life. Right there, in front of anyone who cared to see, I wept uncontrollably.

When Wieland had been 12 years old, he'd once had a premonition that he would not live to be 28. Wieland died on June 3, 1970, one month before his 28th birthday. As Jesus said, "There is no greater love than the one who lays down his life for another."

It's fitting for a soldier like Wieland that Memorial Day falls every year a week or so before the anniversary day that he gave his life in action. (It was to my brother Wieland that I also dedicated all my "Missing in Action" films.)

I've been honored over three decades since to show my support in a host of ways for our veterans and servicemen and women from every war since World War II. Thanking our military is why, in 2006 and 2007, I also visited our troops in the Middle East. I went to 28 bases and shook hands with nearly 40,000 troops. It was an experience I will remember for the rest of my life.

I'll be honest with you. I understand why people are against the wars we're in. But I simply don't understand how anyone could neglect to support these fine service men and women. It is not only unpatriotic. It is unjust.

War is never easy. Indeed, as Gen. Sherman once said, "War is hell." And, despite our variant views of it, we all can agree that our servicemen and women deserve our support and commendations. As with you, I'm humbled by their courage and grateful for their service.

The military is very close to me because it turned my life around. Joining the military helped me get on the right path. I still believe it can help others, too. That is why I stand with the majority of Americans who say to all our service members, their families, and indeed all the veterans who have served this great country and the cause of freedom, we salute you. We support you. And we will continue to pray for you.

Just last week, we heard Iranian president Ahmadinejad warn the West with his test missile, leaders from Taliban-teetering Pakistan battling more civil unrest, continued debate about where to place the detainees at Guantanamo Bay, and speeches from President Obama and former Vice President Cheney justifying their warfare and blame game in this terrorist-peppered post-9/11 era, etc. The world is far from a safe place.

And while our politicians pontificate over their positions and purposes, those who paid the ultimate sacrifice, their families, and our present service men and women continue even now to make real sacrifices. As Gen. Norman Schwarzkopf once humbly concluded, "It doesn't take a hero to order men into battle. It takes a hero to be one of those men who goes into battle."

If there is ever a time we should be grateful for our service men and women, it is now. Memorial Day and Veteran's Day should not be bottled up into two days a year. Our patriotic commemorations and military gratefulness should extend to every day of the year.

That is why, whether you're abroad or stateside, I encourage everyone to put into practice something I did in [Iraq](#) and try to do every time I see a military person in [uniform](#) anywhere. I stop him or her, look in their eyes, shake their hands, and say, "Thank you for your service."

As Brig. Gen. S.L.A [Marshall](#) said in "The Armed Forces Officer," "Also remember that in any man's dark hour, a pat on the back and an earnest handclasp may [work](#) a small miracle."

From the Sayings of Abba Poemen--"You must flee from sensual things. Verily, every time a man comes close to a struggle with sensuality, he is like a man standing at the edge of a deep lake, and the Enemy throws him in whenever he likes. But if the man lives far from sensual things, he is like one who stands at a distance from the lake, so that even if the Enemy entices him in order to throw him to the bottom, God sends him help at the very moment that the Enemy is drawing him away and doing him violence."

Saying Grace In A Restaurant

Last week, I took my children to a restaurant. My six-year-old son asked if he could say grace.

As we bowed our heads he said, 'God is good, God is great. Thank you for the food , and I would even thank you more if Mom gets us ice cream for dessert. And Liberty and justice for all! Amen!'

Along with the laughter from the other customers nearby, I heard a woman remark, 'That's what's wrong with this country. Kids today don't even know how to pray. Asking God for ice cream! Why, I never!'

Hearing this, my son burst into tears and asked me, 'Did I do it wrong? Is God mad at me?'

As I held him and assured him that he had done a terrific job, and God was certainly not mad at him, an elderly gentleman approached the table. He winke d at my son and said, 'I happen to know that God thought that was a great prayer.'

'Really?' my son asked.

'Cross my heart,' the man replied.

Then, in a theatrical whisper, he added (indicating the woman whose remark had started this whole thing), 'Too bad she never asks God for ice cream. A little ice cream is good for the soul sometimes.'

Naturally, I bought my kids ice cream at the end of the meal. My son stared at his for a moment, and then did something I will remember the rest of my life.

He picked up his sundae and, without a word, walked over and placed it in front of the woman. With a big smile he told her, 'Here, this is for you. Ice cream is good for the soul sometimes; and my soul is good already.'

The End

I love this story! Sometimes, we all need some ice cream. I hope God sends you some Ice Cream today