



**Holy Ghost Orthodox Church**  
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Rev. Father Robert Popichak, Pastor

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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 Paouncic, Anthony Yerace, Joanne Brodrick, Khrystyna Chorniy, Anthony Cormier [2-year-old with cancer], Diane Waryanka, Nathan Forbeck, Joseph Baloga, 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.

**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, Prosperous, and Blessed Years!

**FIRST BANNS OF MARRIAGE:** **Robert Chicka and Allison Thiel will be joined in Holy Matrimony on Saturday, June 27, at 11 AM in our parish.** If you know of any reason they should not be married, please contact Father Bob as soon as possible.

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, 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*

\*\*\*\**The week of June 7-14 is a FAST FREE WEEK!*\*\*\*\*

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, EUELPSTUS, 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*

Monday, June 15

**APOSTLES'/SAINTS PETER & PAUL/FAST BEGINS**

Sunday, June 21

Divine Liturgy

10:30 AM

**SUNDAY OF ALL SAINTS OF NORTH AMERICA AND ALL SAINTS OF UKRAINE**

**ALL VENERABLE AND GOD-BEARING FATHERS OF MOUNT ATHOS, TRANSLATION OF THE RELICS OF THEODORE STRATELATES, VENERABLE EPHREM-PATRIARCH OF ANTIOCH, VENERABLE ZOSIMUS-MONK OF PHOENICIA, SAINT ATRE OF NITIRA IN EGYPT, SAINTS NAUCRATIUS-ABBOT OF STUDIO, SAINT THEODORE-BISHOP OF ROSTOV & SUZDAL, FINDING OF RELICS OF SAINTS BASIL & CONSTANTINE-PRINCES OF YAROSLAVL, SAINT THEOPHILUS OF LUGA & OMTCH-DISCIPLE OF SAINT ARSENIUS OF KONEVITS/VALAAM**

*Tone 1*

Romans 2:10-16

Matthew 4:18-23

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

*Parastas in Blessed Memory of Joseph Baloga—40 Days—Fr. Bob*

## **BULLETIN INSERT FOR 07 JUNE 2009**

### **PENTECOST—TRINITY SUNDAY**

### **DESCENT OF THE HOLY SPIRIT**

### **OUR 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**

**\*\*\*PAGE 203 IN THE BLACK DIVINE LITURGY BOOKS\*\*\***

Completely have trust in God, leave everything in His hands, and believe that His love will act for your own benefit. Then God will take care of everything, because there is nothing He cannot do; everything is easy for Him. The difficult thing is for man to decide to humble himself and leave everything to God's providence and love.

*Elder Paisios of the Holy Mountain (Athos)*

Church gives fresh meaning to 'offering' plate  
updated 10:26 a.m. EDT, Mon May 18, 2009

(CNN)—The pastor of a non-denominational church in Argyle, Texas, passed around the collection plate to his congregants earlier this year—and asked them to take money from it.

Donations at the Cross Timbers Community Church had slumped because of the economic downturn. Pastor Toby Slough thought that his congregants had to be hurting, too.

His gesture, instead, was met with an unexpected response: The church had its highest offering ever.

It was a eureka moment for Slough: Give away money to those who need it, knowing his church members will help fill the need.

"In these economic times, we can't be so into church business that we forget what our business is, and that is to help people," Slough told CNN television affiliate KDAF in Dallas-Forth Worth, Texas.

In the past two months, the 9-year-old church has done just that: handed out a half-million dollars to members and non-members who are struggling.

"We've taken \$200,000 and spread it out to organizations—four local, two missions that are feeding and clothing people in these tough times," Slough said. "We've paid utility bills for members of our church that are unemployed or under-employed."

His favorite giveaway came three weeks ago. The church gave 1,400 families \$50 each and told them to hand it out to someone else.

One of the recipients was Katie Lewis. "I've been alone so long. Just to be thought of and to be remembered, to be welcomed—it's amazing," she said, crying.

Church members are pleasantly surprised.

"You don't hear about a church giving money away," Amy Sullivan said. Slough said he is not concerned if people try to take advantage of the church's generosity.

"I told my church a couple weeks ago, if I'm not being taken advantage of, I'm not being like Jesus," he said.

The church has now formed a group to look into the best ways to give out money. And, Slough said, it plans on doing so as long as there is a need in the community.

### Faithful to the Narrow Gate

Parish priests and parishioners benefit from being exposed to information about monastic life in different local and national settings because it broadens the knowledge and understanding of Church life.

Similar benefit comes from having opportunities to visit different parishes. While each parish contains the fullness of the Christian life and has the essentials for a full Christian life, limits also exist.

To feed the hunger of the soul, benefits exist in making pilgrimages to monasteries and various holy places of the Church including visits to other parish churches.

In local parishes individuals have the fundamentals of the Divine Liturgy and have the opportunity for other Divine services to the degree that they are served.

The opportunities for Holy Confession and Holy Communion exist in the parish church. Prayers for illness and other needs, opportunities for Baptism, Chrismation, Marriage and Holy Unction are integral to parish life.

When parish priests and parishioners visit monasteries or other parish churches, a certain strengthening occurs. The beliefs and practices of the visitors and the visited are reaffirmed and learning takes place.

Similarly when monks and nuns visit a parish, information is exchanged and ways of life in the parish and in the monastery become more familiar to all concerned.

Parishes and monasteries differ in size and capabilities. Parishes with more than one priest and a large number of parishioners can have a greater number of services and offer a greater range of activities.

Monasteries with a large number of monks or nuns can yield greater fruit in the services offered, in iconography or written works and in hospitality. The focus on the life in Christ is important whether it be in the parish church or in the monastery.

Adherence to the way of the Gospel is necessary in the home, in the parish church and in the monastery. Believers do well to examine their fundamental beliefs constantly to ensure they remain true to Christ.

Faithfulness to Christ is possible whether a person is among the laity, is a monk or nun or is a deacon or priest. Faithfulness to Christ is known by the way a person lives.

An individual's thoughts and actions will reveal whether he or she is true to Christ. Until a person's last breath and until the last moment of conscious thinking, the believer is expected to adhere to the way of the narrow gate.

The Lord Jesus Christ said: "Narrow is the gate and difficult is the way which leads to life, and there are few who find it." (Mt.7:14-NKJV)

*Prepared for Adult Class. St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. May 6/19, 2009. The Righteous Job. Very Rev. Father Rodney Torbic*

"While you are living your life on earth, try to do something good which may remain after you." Lord Robert Baden-Powell

**ST. JOHN DAMASCENE [*John of Damascus*], A LEADING FIGURE OF  
BYZANTINE THEOLOGY**

VATICAN CITY, 6 MAY 2009 (VIS) - In his general audience held this morning in St. Peter's Square, the Pope focused his remarks on St. John Damascene (675-749), "a leading figure in the history of Byzantine theology".

Above all, said Benedict XVI, this saint was "an eye witness to the move from the Greek and Syriac culture shared by the eastern part of the Byzantine Empire, to the novelty of Islam whose military conquests opened a space in the territory today known as the Middle or Near East".

St. John Damascene "was born to a rich Christian family and as a young man held the office ... of economic administrator of the caliphate. Soon, however, dissatisfied with life at court, ... he entered the Monastery of San Saba near Jerusalem around the year 700. ... There he dedicated all his energies to asceticism and writing, not disdaining some pastoral work, of which testimony is to be found in his numerous Homilies. ... [Pope] Leo XIII proclaimed him a Doctor of the Universal Church in 1890".

The Pope explained how St. John Damascene's fame rests, above all, "on his three 'Discourses against the Iconoclasts' which, following his death, were condemned by the iconoclast Council of Hieria (754)". These Discourses, he went on, represent "the first attempt to legitimise the veneration of sacred images, associating them with the mystery of the Incarnation of the Son of God in the bosom of the Virgin Mary.

"St. John Damascene", the Holy Father added, "was among the first to make the distinction, in the public and private devotions of Christians, between adoration ('latreia') and veneration ('proskynesis'): the former may only be addressed to God, Who is supremely spiritual, while the latter may use an image to address the person represented in that image".

"It immediately became clear that this distinction was important in order to provide a Christian response to people who insisted that the severe Old Testament ban against the liturgical use of images was universal and perennial. This was also a subject of great discussion in the Muslim world, which accepts this Hebrew tradition of the complete exclusion of all images from worship. In this context Christians, for their part, discussed the problem and found the justification for the veneration of images".

Benedict XVI went on to highlight how St. John Damascene "remains an important witness of the veneration of icons, which would become one of the most distinctive aspects of Eastern theology and spirituality, even until today. His teaching is part of the tradition of the Universal Church whose sacramental doctrine allows elements taken from nature to become channels of grace, by virtue of the invocation ('epiclesis') of the Holy Spirit, accompanied by the confession of the true faith".

This Syrian saint also admitted "the veneration of the relics of saints, on the basis of the conviction that Christian saints, having been made participants in the resurrection of Christ, may not be simply considered a 'dead'".

Finally, the Pope referred to "the optimism" of St. John Damascene's contemplation of the natural world: the fact that "he saw the good, the beautiful and the true in the visible creation. Such Christian optimism is not ingenuous optimism. It makes allowance for the wound inflicted on human nature by the freedom of choice decreed by God and improperly used by man, with all the consequences of widespread disharmony this has led to. From here arose the need, which the theologian of Damascus saw clearly, for 'nature to be reinforced and renewed' by the descent of the Son of God into the flesh".

AG/ST. JOHN DAMASCENE/...

VIS 090506 (610)

My Beloved Brothers and Sisters in the Lord Jesus,

## **CHRIST IS RISEN!**

I humbly beg your kind attention to my urgent appeal for our School. Nearly, 3 months ago, I sent you a letter briefly describing our Pittsburgh area miracle called T.H.E.O.S. (Three Hierarchs Eastern Orthodox School --- Pre-K through 8th grade, begun -one grade at a time - ten years ago). Many of you have been so kind to offer us your prayers and support.

The School has deeply appreciated your help – especially in light of the current economic distress. This has created additional financial challenges and every effort has been made to reduce expenses to the absolute minimum while maintaining a quality education.

Because of all the rain we have had during the past few months, we must *immediately* replace the entire roof of the School at a cost of over \$110,000. Several days during the past semester, many areas were flooded by water from leaks; in their efforts to minimize the flooding, all of the school's buckets were used to catch as much of the water as possible.

On May 31st, God willing, we will have our Annual Benefit Dinner. Every penny received at this event is needed to meet basic operating expenses, from teachers' salaries to financial assistance for needy students. **Unfortunately, problems with the roof have created an emergency situation that is simply beyond the School's ability to address.**

Therefore, I am appealing to all of you on my list to help us keep this miracle going. Through God's grace, we have grown from 13 pre-school students in 1998 to Pre-K

through 8th grade and 80 students in 2008! (Please visit our web-site at: <http://theoschool.org> )

If everyone on my list offered just \$5.00, that would pay 5% of the roof cost. And if we could average \$50 per my e-mail brothers and sisters (the donation amount for the Benefit Dinner), we could pay HALF of the bill for the roof!

**Please, if at all possible, take a moment to send whatever **donation** you can to:**

***Three Hierarchs Eastern Orthodox School  
1819 Ellsworth Avenue  
Heidelberg, PA 15106***

With all my heart, I thank you for taking the time to read my appeal for your prayers and support for our School. Please keep our teachers, administrators, students and their parents in your prayers.

May our Most Holy Theotokos embrace your precious souls --- filling them with courage and hope!

Your unworthy servant in Christ,

+Fr. Demetrios Carellas

P.S. - Yes, I am still praying that - God willing - we will add grades 9-12 as well --- someday! :-)

## **ST. THEODORE THE STUDITE: ORDER, OBEDIENCE, RENUNCIATION**

VATICAN CITY, 27 MAY 2009 (VIS) - In this morning's general audience, the Pope continued with his series of catechesis on the great writers of the Eastern and Western Church in the Middle Ages, turning his attention today to St. Theodore the Studite.

Addressing more than 15,000 pilgrims gathered in St. Peter's Square, the Pope explained how St. Theodore was born in the year 759 "to a noble and religious family". At the age of twenty-two he embraced the monastic life in the monastery of Sakkudion but, because of his opposition to the adulterous marriage of the emperor Constantine VI, was exiled to Thessalonika in 796. He was able to return to Sakkudion the following year thanks to the intervention of the empress Irene, who also encouraged the saint to move to the monastery of Studios in order to evade the incursions of the Saracens.

St. Theodore "became the head of the resistance against the iconoclast emperor Leo V the Armenian". This again led "to his being exiled in various places in Asia Minor.



Finally he was allowed to return to Constantinople, but not to his monastery". He died in the year 826.

"Theodore stands out in Church history as one of the great reformers of monastic life", said Pope Benedict, "and, alongside Patriarch St. Nicephorus of Constantinople, as a defender of sacred images during the second stage of iconoclasm".

The saint also emphasised "the necessity for order and submission on the part of his monks ... so that the monastery could go back to being a truly organic community, a real family or, as he said, a true 'Body of Christ'". This was because persecutions had forced the monks to disband.

The Holy Father went on: "One of Theodore's basic convictions was that monks, more than others, have a commitment to observe Christian duties with greater rigour and intensity in order to offer a sign, an indication, to all Christians. This is why they make a special profession, ... almost a 'new Baptism'".

"The commitment to poverty, chastity and obedience", said the Pope, "distinguishes monks from those who live in the world". Yet personal poverty, "an essential element of monasticism, also shows the rest of us a way to follow. The renunciation of private property, freedom from material things, sobriety and simplicity have radical validity only for monks, but the spirit of such renunciation is the same for everyone. We must not depend upon material things, we must learn renunciation, simplicity, austerity and sobriety. Only in this way can a united society develop and the great problem of poverty in this world be overcome".

"The main forms of renunciation are those imposed by obedience", which St. Theodore "describes as the 'martyrdom of submission'". In this context the Holy Father noted how "the social fabric cannot function if each exclusively follows his or her own path. ... Legality - in other words, submission and obedience to the rules of the common life and the common good - is the only thing that can heal a society, and ego itself, from the pride of being at the centre of the world".

"For Theodore the Studite, one important virtue - equal to the virtues of obedience and humility - was 'philergia', that is, love for work. ... He did not, then, allow monks, under the pretext of prayer or contemplation, to dispense themselves from work, which is in fact the means to discover God".

Benedict XVI also highlighted how St. Theodore was "the spiritual father of his monks", always ready "to listen to the confidences of everyone. He also gave spiritual advice to many people outside the monastery".

Theodore's Rule, "known by the name of 'Hypotyposis'", was codified shortly after his death and "adopted with a few modifications on Mount Athos, ... It remains", noted the Pope, "highly relevant".

The Holy Father concluded by warning of the "numerous perils that today threaten the unity of the shared faith and push us towards a dangerous kind of spiritual individualism. It is necessary to work to defend and develop the perfect unity

of the Body of Christ, a unity in which the peace of order and sincere personal relationships in the Spirit can come together harmoniously".

AG/ST. THEODORE STUDITE/...

VIS 090527 (720)

### **An Ascension Greeting from the Orthodox Christian Mission Center**

The Orthodox Christian Mission Center (OCMC) joins you in celebrating the glorious Ascension of our Lord, Jesus Christ! Continuing the work of the Apostles themselves, may we all be given the strength to answer the call issued by Christ on that day to "go and make disciples of all nations." Please pray for the 1.8 billion people around the world who have yet to hear the Gospel and for mission workers who will serve as witnesses for the Orthodox faith to the ends of the earth.