



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, 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 Anthony Dimitri, Father Cuthbert Jack, Father Elias Warnke, Father Robert Holet, Father Frank Estocin, Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike 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—an 8-year-old girl with rheumatoid arthritis, Isabella Olivia Lindgren—a 4-year-old with a brain tumor, Dillon, Ethel Thomas, Donna, Nick Malec [Maxine's brother], Erin, 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, Theodore Nixon, Charles Johnson, Amy Forbeck, Michelle Corba Kapeluck, Gloria Prymak [Liz's niece], Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, George & Mika Rocknage, Robert McKivitz, Tom Marriott, Joe Farkas, Liz Obradovich, Liz, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Peter Natishan, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Brandi Thomas, Eleanor Kelly, Bryan, Peter & Karen Special, Amy Boe, Doris Artman, Maureen Sams, Nancy Barylak, Henry & Shirley Tkacik, Carol Kowalcheck, Martin Golofski, Joe Paouncic, Anthony Yerace, Khrystyna Chorniy, Anthony Cormier [3-year-old with cancer], Diane Waryanka, Nathan Forbeck, Andy Torick, Sarah Doyle, Samuel Peters, Jean Stutchell, Bonnie Blair [Pani Gina's mother], Charles & Esther Holupka, Wanda Mefford, Lynn (Bush) Gill, David Vallor, Henry Faraly, Betty O'Masta, Julie Eiler, Glenn Miller, Debbie

Talapasso—Slickville Postmistress, Vince Ferro, Gregory Repa, Michael Pawlyshyn, Dorothy Lednovich, Wally Burlack, Kristin Batch Vaughn, Bob C., Allie—young girl with leukemia, Heather Kramer, Pete Dimperio, Jane Wartinbee, 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.

Reminder: The Apostles/Saints Peter and Paul Fast begins tomorrow. Please fast to the best of your ability and as your health allows. If you have any questions, please see Father Bob.

You must ask in prayer, "Give me faith. Give me the love of Jesus. Give me humility." These things are all gifts. Only God can grant them. Pray. Pray. Pray. *Gerontissa Makrina (+1995)*

Please remember James John Logue George Senita, John Kirkowski, & Steve Brittan 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 Seventh Grade and Matt's Fifth 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 30

Divine Liturgy of Saint John Chrysostom 10:30 AM

FIRST SUNDAY AFTER PENTECOST—SUNDAY OF ALL SAINTS

APOSTLE ANDRONICUS OF THE 70 & FELLOW LABORER JUNIA; MARTYRS SOLOCHON, PAMPHAMER, AND PAMPHALON-SOLDIERS; SAINT STEPHEN-PATRIARCH OF CONSTANTINOPLE

Tone 8

Hebrews 11:33-12:2

Matthew 10:32-33, 37-38, 19:27-30

LITANY IN BLESSED MEMORY OF ALL DECEASED VETERANS

Monday, May 31

APOSTLES' [SAINTS PETER AND PAUL] FAST BEGINS

Sunday, June 6

Divine Liturgy of Saint John Chrysostom 10:30 AM

SECOND SUNDAY AFTER PENTECOST—ALL SAINTS OF NORTH AMERICA & UKRAINE

VENERABLE SIMEON STYLITES THE YOUNGER OF WONDERFUL MOUNTAIN; MARTYRS MELETIUS STRATELATES, STEPHEN, JOHN, AND 1218 SOLDIERS WITH WOMEN & CHILDREN WHO SUFFERED IN GALICIA; VENERABLE NICETAS STYLITES-WONDERWORKER OF PEREYASLAV-ZALESKI

Tone 1

Romans 2:10-16

Matthew 4:18-23

LITANY IN BLESSED MEMORY OF ANN ROMAN, MARY MAOLI, JOE KARAS, & WALTER BURLACK—FR. BOB

Sunday, June 13

Divine Liturgy of Saint John Chrysostom 10:30 AM

THIRD SUNDAY AFTER PENTECOST

APOSTLE OF THE 70 HERMES; MARTYR HERMIAS OF COMANA; MARTYR PHILOSOPHUS AT ALEXANDRIA; MARTYR MARUS THE MAGICIAN-CONVERTED ON WITNESSING THE MARTYRDOM OF HERMIAS

Tone 2

Romans 5:1-10

Matthew 4:22-33

BULLETIN INSERT FOR 30 MAY 2010

SUNDAY OF ALL SAINTS

FIRST SUNDAY AFTER PENTECOST

**APOSTLE ANDRONICUS OF THE 70 & FELLOW LABORER JUNIA;
MARTYRS SOLOCHON, PAMPHAMER, AND PAMPHALON-
SOLDIERS; SAINT STEPHEN-PATRIARCH OF CONSTANTINOPLE**

TROPARION—TONE 4

As with fine porphyry and royal purple,
Thy Church has been adorned with Thy Martyrs blood
Shed throughout the world
She cries to Thee, O Christ God: send down Thy bounties on Thy people,
Grant peace to Thy habitation and great mercy to our souls.

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 universe offers Thee the God-bearing martyrs
As the first fruits of creation, O Lord and Creator.
Through the Theotokos and their prayers establish Thy Church in peace.

PROKEIMENON—TONE 4

READER: Pray and make your vows before the Lord our God!

PEOPLE: Pray and make your vows before the Lord our God!

READER: In Judah God is known; His name is great in Israel!

PEOPLE: Pray and make your vows before the Lord our God!

READER: God is wonderful in His saints, the God of Israel.

PEOPLE: Pray and make your vows before the Lord our God!

READER: Pray and make your vows...

PEOPLE: Before the Lord our God!

ALLELUIA VERSES—TONE 4

The righteous called, and the Lord heard them.

Many are the afflictions of the righteous; but the Lord delivers them out of them all.

COMMUNION HYMNS

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

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

From the sayings of Abba Epiphanius: "He who revealeth and discovereth his good work is like unto the man who soweth [seed] on the surface of the ground, and doth not cover it up, and the fowl of the heavens cometh and devoureth it; but he who hideth his good works i like unto the man who soweth his seed in the furrows of the earth, and he shall reap the same harvest."

Wisdom from St. John Chrysostom

"He who wishes personal salvation and who wishes to be a true son of the Orthodox Church, must seek in her deliverance from the flood as in the ark of Noah. He who fears the terrible thunder of anathema that overwhelms soul and body must take upon himself the most sweet yoke of Christ - the ecclesiastical dogmas. Let him tame the unruliness of his mind with the ecclesiastical laws and submit in all things to his Mother - the Church!"

Spiritual Counsels of the Blessed Elder Paisios the Athonite +1994

If one does not approach the spiritual life in this way, if one does not see God in everything he does, then he will be still far from God, even if you place him in the Church. Give him hymns of the Church to chant, and he will still be far from God. Give him a spiritual book to read, and—again—he will be far from God. Whatever spiritual things you give him to do, it will not lead him to God."

On Silence, Idle Talk, and Boldness

My child, have patience, humility, and love, and guard your tongue, for when it defeats a person, it becomes an irrepressible evil for him, sweeping away also other people in its course and casting them down into the abysses of sin. Yes, my child, you must guard your mouth so that your

heart may be kept pure. And when it stays pure, God comes and dwells in it, and then it becomes a temple of God. The holy angels rejoice to be in such a heart! Likewise, drive away filthy thoughts with anger and the prayer; the prayer is a fire that burns and expels the demons.

Selected from Counsels from the Holy Mountain from the Letters and Homilies of Elder Ephraim

Spiritual Counsels of the Blessed Elder Paisios the Athonite +1994

That God always provides what is good for us—[Part 1 of 2]

"God is kind by nature, and always provides for our good; and - when we ask for something - He always will provide it, as long as it is for our good. Whatever is necessary for the salvation of our soul and for the maintenance of our physical existence, God will provide it in abundance; and we will have His blessing. Whatever He deprives us of, either to test us or protect us, we accept with joy as well as thoughtfulness, as it is for our benefit."

Ortho Thought for the Day (on the Holy Myrrhbearers)

The Myrrh-bearing women didn't worry about anything, because they were in a spiritual state; and placed their trust in Christ. If they had not been in a spiritual state, what would they have trusted in to do what they did? In the spiritual life, even the most cowardly person can acquire great bravery; if he places his trust in Christ—in divine help. Such a person can go to the front line and fight a war and win.

Elder Paisios of the Holy Mountain (Athos)

Ortho Thought for the Day (seek divine consolation)

If a person does not entrust himself to God, so as to abandon himself entirely into God's hands, he will be tormented. People usually first turn to human consolation, and—when disappointed by them—then they take refuge in God. But if we want to avoid being tormented, we must first seek divine consolation, which is—after all—the only true consolation.

Elder Paisios of the Holy Mountain (Athos)

Ortho Thought for the Day (pray God for the gift of love)

Everyone who has the gift of charity receives others besides. But he who has not the gift of charity will lose even those gifts which he seemed to have. So it is necessary, brethren, that charity should be the motive for all your actions. *St. Gregory the Great*

Spiritual Counsels of the Blessed Elder Paisios the Athonite +1994

How God helps us grow from infants to adults in our struggle for Salvation

[Part 6 of 7]

"A spoiled child—who parents constantly give him chocolates, so he wants them always to be giving him—will become lazy, ill-disposed and unfortunate. Man, too, will never mature spiritually, if he is constantly assisted by God without struggling himself. For this reason then, God helps man at the beginning of the spiritual life; but then gradually removes Himself, in order for man to realize that he must do for himself whatever he can."

From the sayings of St. John Climacus: "Repentance lifts a man up. Mourning knocks at heaven's gate. Holy humility opens it. This I say, and I worship a Trinity in Unity and a Unity in Trinity."

From the sayings of Father Matthew the Poor: "Through hallowing the name of God, paying homage to him, thanking and honoring him with pure praise, man is transformed into a spiritual being."

Ortho Thought for the Day (on honor): Honor flees away from the man that runs after it; but he who flees from it, the same will it hunt down, and to all men become a herald of his humility. If you treat yourself with contempt so as to be honored, God will expose you publicly; yet if you disparage yourself for the sake of truth, God will move all His creatures to hymn your praise. *St. Isaac the Syrian*

Spiritual Counsels of the Blessed Elder Paisios the Athonite +1994

That we must believe in God, rather than in ourselves

"Nowhere does the Gospel tell you to believe in yourself, but to believe in God—that God can help, that God can heal. Some people, however, take this the wrong way, and say, '*Man has powers, and must believe in himself.*' To believe in one's self contains either egoism or demonism."

a word from the desert: A brother asked an old man, "Is it good to make many prostrations?" The old man said, "We see that God appeared to Joshua, the son of Nun, when he was prostrate in prayer." (Joshua 5:14)

Our parish would be grateful if you would publishing the following updated information in your bulletin this Sunday:

The world-renown Konevets Quartet from St Petersburg, Russia will sing a concert of Russian spiritual and folk music at St Nicholas Orthodox Church, 320 Munson Ave, Mckees Rocks, PA on Saturday,

June 5th beginning at 6:00 PM. A free-will offering will be taken at the concert (suggested donation, \$10 per person). This concert is the new date from the previously canceled engagement, due to flight delays caused by the Icelandic volcanic eruption. This concert date is a Pittsburgh exclusive and the last concert on their US Tour schedule.

Thank you,

St Nicholas Orthodox Church, McKees Rocks, PA

<http://stnicholas-oca.org>