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APOSTLES FAST—SAINTS PETER AND PAUL FAST

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, 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 Pauncic, 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, Steven Sheakley [Pani Gina's cousin], Carmen Talmonti, 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.

Please remember James John Logue George Senita, John Kirkowski, & Steve Brittian 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 Eighth Grade and Matt's Sixth 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 27 Divine Liturgy of Saint John Chrysostom 10:30 AM

FIFTH SUNDAY AFTER PENTECOST

PROPHET ELISHA; SAINT METHODIUS-PATRIARCH OF CONSTANTINOPLE; SAINT NIPHON OF MOUNT ATHOS; SAINT MYSTYSLAV-IN BAPTISM GEORGE-PRINCE OF NOVGOROD; VENERABLE ELISHE-MONK OF SUMSK-SOLOVKI; VENERABLE METHODIUS-ABBOT OF PESHOSHA; SAINT JULITA/JULIA OF TABENNA IN EGYPT; SAINT JOSEPH-BISHOP OF THESSALONICA; DISCOVERY OF THE RELICS OF HIEROMARTYR VOLODYMYR-METROPOLITAN OF KIEV

Tone 4

Romans 10:1-10

Matthew 8:28-9:1

Litany in Blessed Memory of John Batch—Harry Batch

Parastas in Blessed Memory of Joe Karas—Janice & Yunko Kuzmin

Sunday, July 4 Divine Liturgy of Saint John Chrysostom 10:30 AM

SIXTH SUNDAY AFTER PENTECOST

MARTYR JULIAN OF TARSUS IN CILICIA; HIEROMARTYR TERENCE/TERTIUS-BISHOP OF ICONIUM; VENERABLE JULIUS-PRESBYTER OF NOVARA & BROTHER JULIAN THE DEACON; NEW-MARTYR NICETAS OF NISYROS NEAR RHODES; MARTYRS ARCHIL II & LUARSAB II—KINGS OF GEORGIA; MARTYR APHRODISIUS IN CILICIA

Tone 5

Romans 12:6-14

Matthew 9:1-8

Litany in Blessed Memory of Anna Kitch, Olga Stock, Susan Justina Sredich, Igumen George [Owen], Claudia Horvath, & Sophie Carrera—Fr. Bob

Sunday, July 11 Divine Liturgy of Saint John Chrysostom 10:30 AM

SEVENTH SUNDAY AFTER PENTECOST

TRANSLATION OF THE RELICS OF THE HOLY WONDERWORKERS AND UNMERCENARIES CYRUS & JOHN; VENERBLE SERGIUS & HERMAN-ABBOTS OF VALAAM; VENERABLE PAUL THE PHYSICIAN OF CORINTH; VENERABLE XENOPHON-ABBOT OF ROBEIKA; ICON OF THE MOST HOLY THEOTOKOS—THREE HANDS

Tone 6

Romans 15:1-7

Matthew 9:27-35

Parastas in Blessed Memory of Hilda Holupka—Evelyn Burlack

BULLETIN INSERT FOR 27 JUNE 2010

FIFTH SUNDAY AFTER PENTECOST

PROPHET ELISHA; SAINT METHODIUS-PATRIARCH OF CONSTANTINOPLE; SAINT NIPHON OF MOUNT ATHOS; SAINT MYSTYSLAV-IN BAPTISM GEORGE-PRINCE OF NOVGOROD; VENERABLE ELISHE-MONK OF SUMSK-SOLOVKI; VENERABLE METHODIUS-ABBOT OF PESHOSHA; SAINT JULITA/JULIA OF TABENNA IN EGYPT; SAINT JOSEPH-BISHOP OF THESSALONICA; DISCOVERY OF THE RELICS OF HIEROMARTYR VOLODYMYR-METROPOLITAN OF KIEV

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.

READER: O Lord, how manifold are thy works!

PEOPLE: In wisdom hast Thou made them all.

ALLELUIA VERSES—TONE 4

Go forth and prosper and reign, because of truth and meekness and righteousness.

You love righteousness and hate iniquity.

A VERY SHORT History of Salem Township

Salem Township's history starts with the battle of Bushy Run on August 5, 1763. There Colonel Henry Bouquet led the 42nd regiment (the Black Watch Regiment) recruited from the American Colonies against a contingent of Indian warriors led by the famed Indian chief, Pontiac. The battle began at 1:00 pm and raged on for two days. With casualties on both sides, the Indians retreated. This was the last major stand for the Indians who eventually moved further west. Bouquet moved on to secure Fort Pitt and thus opened the western part of Pennsylvania to colonial settlements.

A colony of Americans heading west decided to settle in the area near Bushy Run and the 'Salem settlement' was established in 1765.

Today the township encompasses 47.8 square miles with a population of around 7,000.

The township has a consolidated public education system known as the Greensburg-Salem School District. The main road through the township is Route 22 which connects its citizens with a direct route into Pittsburgh. It's a farming community with a suburban atmosphere and over 250 businesses flourishing in various parts of the township. With Pittsburgh 40 minutes away the residents have access to the metropolitan atmosphere, health care and professional sports of a major city.

Vandals hit Anchorage Cathedral—Posted 06/11

ANCHORAGE, AK [OCA] -- Vandals hit Saint Innocent Cathedral here on Wednesday, June 9, 2010, pillaging the altar's liturgical appointments and burning pages of the Gospel Book. Several other items were stolen.

According to media reports, the suspects entered through windows in the back of the cathedral some time between midnight and 11:00 a.m. Wednesday.

"The Gospel that was thrown and ripped that we use during the Gospel reading and the hand cross that we use was totally destroyed, cannot be used again,"

Father Peter Chris told KTUU Channel 2 News, adding that while the break-in was not the first at the cathedral, it was the worst.

His Grace, Bishop Benjamin of San Francisco and the West, Locum Tenens of the Diocese of Alaska, addressed the issue in a letter to the clergy and faithful of the diocese, the text of which reads as follows.

"It is with great sadness that I have to report the Cathedral of Saint Innocent in Anchorage was broken into the night before last and the altar pillaged and violated. Yesterday, I received a tearful call from Father Peter Chris who came to the Cathedral to find the altar in shambles. Many of the items in the altar were senselessly and shamefully damaged and defaced for no apparent reason. Several items were stolen. The reserved sacrament is intact, as are the relics and the antimensons. But, the Gospel Book on the main altar had pages torn out of it and showed signs that the vandals tried to burn them. The police have investigated and are on top of things.

"We are grateful to God that more damage was not done and that no one was hurt. Please pray for the souls of the people who committed this crime against God and His Church. The condition of the Cathedral, in a very sad way, reflects the spiritual destruction and damage that exists in a human soul that would do such a thing. How truly sad it is that a human being, brought into

being by God for no other reason than to share His incomprehensible, divine love, a human being created in His image could mar and deface that image in such a terrible way.

"What is lost or damaged in the Cathedral are only material things. The damage we human beings do to our own souls is much more serious. This should also be a reminder to us all that in this evil age, we need to be methodical about securing our churches from such desecration by mindless, fallen men."

Together with great asceticism and deep humility, ascetic father Tychon also had the gift of ceaseless prayer, even when he was asleep. "When one prays," he would say, "the prayer should become one with the heart, just as you stick two objects together with glue." He would also say that "Before anyone starts a project, he must first pray to God, 'Illuminate me and give me strength.' And when the project is finished he should say, 'Glory to God!'" *from An Athonite Gerontikon*

From the sayings of St. Ephraim: "When you fall, rise; and when you sin, repent. Just never let the poison of despair penetrate into your heart, seeing the great sea of God's compassion."

Icon of Saint George The Prince of Martyrs



This renowned and glorious martyr was born in Cappadocia, the son of rich and God-fearing parents. His father suffered for Christ, after which his mother moved to Palestine.

When George grew up, he went into the army. By the age of twenty, George rose to the rank of tribune, and as such was in service under the Emperor Diocletian.

When this Emperor began a terrible persecution of Christians, George came before him and boldly confessed that he was a Christian. The Emperor threw him into prison, and commanded that his feet be put in stocks and a heavy weight placed on his chest. After that, he commanded that George be bound to a wheel, under which was a board with great nails protruding, and ordered that the wheel be turned. George was then buried in a pit with only his head above the ground, and left for three days and nights. He was then given a deadly poison. During all these tortures, George prayed unceasingly to God.

Miraculously, God healed him instantly and saved him from death, to the great amazement of the people. Many of the roman soldiers and civilians became Christians and were martyred when they saw him and listened to what he says. Later, when Saint George raised a dead man to life by his prayers, many more embraced the Christian faith. Among these was the Emperor's wife, Alexandra. In the year 303, the Emperor ordered that holy George be beheaded.

Consumed by love for Christ, holy George left everything - his status, wealth, imperial favor, his friends and every worldly thing. For his faith and love, the Lord rewarded him with a wreath of unfading glory and with eternal life in His Kingdom. The Lord had promised that who asks in the intercession of Saint George, God will respond to his needs.

Saint George symbolizes the never-ending struggle between good and evil, one of the "Sons of Light" who wages an unending combat against the "Dragon of Darkness." He performed impressive miracles like when he saved England from the Muslim attack to Europe and drove them all the way out after they thought that all Europe will be Muslim. Since then, most of British medals carry his picture. In Egypt, I, Rafik M Khalifa, used to go to an apartment of a poor Lebanese lady in Cairo, Egypt, who would call on Saint George and cast Demons, every day. The poor apartment was heaven on earth to my wife Sula, and my mother Yvette, and me. Later on, God gave us two God-fearing sons, Maurice took the name of my father and George took the name of our beloved saint.

Saint George's icon was painted by Iconographer Anthony in his maximum security prison cell. In memory of George Sapharas. May his memory be eternal

This icon was given to me as gift by my brother, Dr. Nagib Maurice Khalifa, who teaches in prison the Christian Orthodox faith.

About the icons, briefly, there was a very violent prisoner who had a judgment to spend all his life in jail. He asked that they allow him to paint but they refused. So he was using the Mustard, Ketchup, etc., in painting. He also was receiving The Christian Orthodox teaching. The result was that he became very calm, very humble and kind and he is now a Christian Orthodox and is called Monk John, after becoming a monk. This criteria spread a bit, and one of them drew this icon of Saint George, The Prince of Martyrs.

Saint George The Prince of Martyrs. From the icon collection of Orthodox Christian Prison Ministry. PO Box 1000 Lompoc CA 93438-1000 Antiochian Orthodox Christian Archdiocese of North America.

"For these [difficulties] I have found that a smile and a stick will carry you through all right, and in ninety-nine cases out of a hundred it is the smile that does the trick." Baden-Powell

"I never make stupid mistakes. Only very, very clever ones."—John Peel

"A common mistake that people make when trying to design something completely foolproof is to underestimate the ingenuity of complete fools."—Douglas Adams

"There are two mistakes one can make along the road to truth...not going all the way, and not starting."—Buddha

The Importance of Fathers—e-mail from Father Joshua

American society is now coming to the close of an era when many secular authorities discounted the role of fathers in families. Recently, scientists have discovered fathers. There are two major trends in American fatherhood today: father absence and father involvement.

A large and increasing number of children are being raised without the continued presence of a father. While the number of American families since 1970 has risen 20 percent, the number of mother-only families has increased by 51 percent.

The most extensive study to date on this topic concluded, "Children who grow up in a household with only one biological parent are worse off, on average, than children who grow up in a household with both of their biological parents, regardless of the parents' race or educational background, regardless of whether the parents are married when the child is born, and regardless of

whether the resident parent remarries.” In pre-industrial revolution times, fathers “played a central role in the family. Prior to the late 18th and early 19th centuries, fathers were intimately involved in the daily lives of their children. Fathers taught their children how to work and worked along side of them, especially sons. Fathers were also responsible for teaching their children spiritual values and to read and write, if they were literate themselves.”

With industrialization and urbanization came the separation of the work sphere from the family residence for most families. Fathers typically left home to work in factories and were separated from their families not just for eight hours, but often for 14–16 hours. This work away from home hindered their role in domestic affairs. Fathers more often were “absentee managers” and became more emotionally distant.

More recently, a new kind of father is emerging, resembling more closely those of pre-industrial eras. This father still plays a major breadwinner role but is also more involved in domestic tasks and caring for children. Father involvement makes a real difference. Kids do better when their relationship with Dad is close and warm.

Dads & Babies

- Children form attachments to fathers as well as mothers from age 7–13 months. By 15 months, a greater percentage of children would respond with “Daddy” when shown their father’s picture than would respond to their mother’s picture. During the first weeks in a baby’s life, when moms are usually at home, dads become the child’s “most significant other.” It is through the father that the baby first learns about comings and goings, transitions, separations and non-mother nurturing.
- Fathers are as capable as mothers of caretaking, demonstrating competence, and being sensitive to a child’s needs. Fathers are actually better at keeping a baby’s attention.
- Children whose fathers were actively involved with them during the first eight weeks of life managed stress better as elementary students.
- Premature infants whose fathers spent more time playing with them had better mental development by age 3, whether their father resided in the same house or not.
- Play is a more prominent part of father-child than mother-child relations. Fathers are more likely to initiate rough and tumble play while mothers are more likely to initiate organized games and teaching. Children prefer Dad as a play partner, but more often go to Mom in stressful situations.

Modeling

- Sons of nurturing fathers are more likely to model and internalize their modes of thinking and problem-solving.
- A close and warm relationship with Dad fosters a daughter's sense of competence especially in math skills, and a secure sense of femininity.
- Fathers play a major role in preparing children for life outside the family. Fathers' emotional support of Mom greatly influences the general well-being of children.

Later Development

On average, when compared with children of less involved fathers:

- Children of highly involved fathers show increased cognitive competence, increased empathy, enhanced school performance, greater motivation to succeed, enhanced social development and self-esteem, less sex-stereotyped beliefs, stronger gender identity and character, and more intrinsic motivation.
- Children of highly involved fathers have fewer psychological and behavioral problems, are less likely to become delinquent, and are less likely to use drugs.

Personal & Family Benefits

- Fathers also benefit personally from their involvement. Men's sense of personal happiness and satisfaction is more strongly linked to their family roles than their work roles. Men who invest in children have better overall health and lower levels of psychological distress. Involved fathers tend to be more giving and caring when they reach middle age. And, contrary to expectation, involved fathers can actually achieve high levels of job success. For instance, in one four-decade study, involved fathers were more likely to have advanced in their occupations, when compared with less involved dads.
- In two-parent families, when Dad is actively involved with the kids, Mom's stress level goes down, and both parents feel more fulfilled. This has a positive impact on the parents' marriage and on the children.

Being a Great Dad

Being a dad today is more complicated than it used to be. Dads were once expected to "bring home the bacon" while Moms raised the children.

Nowadays, the message is different. Dads should still be a major breadwinner, but more is expected, regardless of whether or not Mom works outside the home. He should be willing to change diapers, dress children, cook meals, clean house, volunteer at school and help do all those things that his wife used to be expected to do alone. There is a clear message out there: Dad, you ought to be a more involved father, and Mom, you need to let Dad get involved.

Final Tips

Nurture your marriage first, prioritize fatherhood, get involved with your child from the beginning, learn the fatherhood craft, have regular one-on-one time with each child, show affection often, take kids to work, stay connected when you have to be away, and teach them. Connect with your child at all levels. Fathering is essential for our children's spiritual, intellectual, and psychological growth and development.

Excerpted from an article by Stephen F. Duncan, Ph.D.

Professor of Family & Human Development Specialties, MSU Extension Service

*From the parish newsletter of Saint Lawrence Orthodox Parish, Felton, CA

From the sayings of St Anthony the Great: **"There are many who fall and who rise up to an attitude of rectitude, but there are some who fall from good deeds to polluted things; better is he who falleth and riseth up than he who standeth and then falleth."**

a word from the desert: Sometimes God allows a relative or fellow worker to cause us problems in order to exercise our patience and humility; however, instead of being grateful for the chance God gives us, we react and refuse to be cured. It is like refusing to pay the doctor who is going to give us a shot when we are ill. *Fr. Paisios Eznepides (+1994)*