



## **Holy Ghost Orthodox Church**

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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], 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.

**Happy Birthday to our July babies:** Harry Batch on the 1<sup>st</sup>, Matthew Brunermer on the 15<sup>th</sup>, and Katrina Scott on the 25<sup>th</sup>. May God Grant them all Many Happy, Healthy, and Prosperous Years!

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, 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*

**Monday, July 12     FEAST OF THE HOLY, GLORIOUS, AND ALL-LAUDABLE APOSTLES PETER AND PAUL**

**Sunday, July 18     Divine Liturgy of Saint John Chrysostom     10:30 AM**

**EIGHTH SUNDAY AFTER PENTECOST**

**VENERABLE ATHANASIOUS OF MOUNT ATHOS & 6 DISCIPLES; MARTYRS ANNA & CYRILLA; VENERABLE LAMPADUS-MONK OF HIRENOPSIS; UNCOVERING OF THE RELICS OF SAINT SERGIUS OF RADONEZH; VENERABLE ATHANASIOUS & THEODOSIUS-DISCIPLES OF SAINT SERGIUS OF RADONEZH; NEW MARTYR CYPRIAN OF KOUTLOUMOUSIOU MONASTERY ON MOUNT ATHOS**

*Tone 7*

I Corinthians 1:10-18

Matthew 14:14-22

*Parastas in Blessed Memory of Helen Pytlak—Julia Russell, Behun & Pytlak Families*

## **BULLETIN INSERT FOR 04 JULY 2010**

**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**

### **TROPARION—TONE 5**

Let the faithful praise and worship the Word,  
Coeternal with the Father and the Spirit;  
Born for our salvation from the Virgin;  
For He willed to be lifted up on the Cross in the flesh,

To endure death,  
And to raise the dead by His glorious Resurrection!

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

**KONTAKION—TONE 5**

Thou didst descend into Hell, O my Savior,  
Shattering its gates as almighty;  
Resurrecting the dead as Creator,  
And destroying the sting of death.  
Thou hast delivered Adam from the curse,  
O Lover of Man,  
And we all cry to Thee: O Lord, save us!

**PROKEIMENON—TONE 5**

**READER:** Thou, O Lord, shalt protect us and preserve us from this  
generation forever.

**PEOPLE: Thou, O Lord, shalt protect us and preserve us from this  
generation forever.**

**READER:** Save me, O Lord, for there is no longer any that is godly.

**PEOPLE: Thou, O Lord, shalt protect us and preserve us from this  
generation forever.**

**READER:** Thou, O Lord, shalt protect us and preserve us...

**PEOPLE: From this generation forever.**

**ALLELUIA VERSES—TONE 5**

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy  
truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be  
prepared in the heavens.

**Dads say the darndest things.**

Most aren't as colorful (i.e., profane, crude, expletive-laced) as Justin Halpern's dad, Sam, the subject of the son's wildly popular Twitter feed that became a book, "Sh\*t My Dad Says." It's now No. 1 on the New York Times bestseller list and soon to be a CBS sitcom starring William Shatner.

Even so, the things fathers say make a deep impression on their children. In honor of Father's Day, the Post-Gazette asked readers to send in quotes from their dads. Luckily, most of them were printable in a family newspaper.

"I'm the father."-- Mike Thomas, justifying telling his family what to do, where to eat and how to live. Sent by his daughter, Sally Thomas of Regent Square.

"You mess with the bull, you'll get the horns." "You can't fly with the owls at night and soar with the eagles in the day."-- Albert Fletcher, sent by his son, Albie Fletcher of West Deer.

"Have a lovely."-- Norbert Sztukowski, the youngest of 19 children, who ran the 80-year-old family restaurant in Cudahy, Wis. His daughter, Shelly Blackwood of Chippewa, Beaver County, and two of her nephews had the saying tattooed on their bodies -- she on the top of her right foot, they over their hearts.

"People are not ugly. They are simply less fortunate than you."-- Morton Schwam, sent by his daughter, Penny Burke of Murrysville.

"Just remember, son. Rome wasn't built in a day."-- Okey Walker to his son, Charles V. Walker of Bethel Park, right before the latter's wedding -- even though the elder had never explained to him about the birds and the bees.

"There's nothing more dangerous than a person who is educated beyond their intelligence." "A true Southerner can tell you to go to hell, and you don't figure that out for at least three days."-- The late John Woodruff, sent by his daughter, Marci Woodruff of Squirrel Hill.

Sam Viggiano of Churchill remembers these sayings from his father, Ralph Viggiano, who died in 2008: "We Viggianos never say I can't, we say I'll try." "If you are going to be a ditch digger, be the best ditch digger." "If you want the ball to go up, you have to hit down on it," a reference to golf. His worst insults: "That no good son of a biscuit" or "that cocker roach."

"Nobody cares!"-- Mitchel Miholovich, remarking on most world events. Sent by his son, Mitchel J. Miholovich of Level Green.

"If you can't earn more, spend less."-- Henry R. Gordon, a World War I veteran who lived in Wilkinsburg until his death in 1979. Sent by his daughter-in-law, Carol Gordon of Moon. Her son, Michael, put his own twist on it: "If you can't earn more, get another job."

"God never hurries, but he's never late."-- Andrew Tokay, explaining that people would receive their reward or comeuppance when God was good and ready. Sent by his daughter, Gloria Hill of Penn Hills.

"No matter what you do in life, janitor or president of the United States, be the best you can be."-- Lenny Narr to his daughter, Heidi Narr of Crafton, as she was about to start her first job at age 15.

"If I knew I was going to live this long, I would have taken better care of myself."-- Edgar Novick, still going strong at 94. Sent by his daughter, Andrea Levenson of Monroeville, who says he's in better shape than people half his age.

"You're not made of sugar; you won't melt working in the rain." "I can get a high school student to tell me he can't get the job done. Tell me how you can get the machine fixed." "A man can figure out a way to do it or not do it; he just has to figure out what he wants."-- Bill Gallagher, 74, of New Brighton, explaining work ethic and ingenuity to his son, Bill Gallagher Jr. of Medfield, Mass.

"You'll be better before you get married."-- Richard Hinkle of North Huntingdon, any time a child made a big fuss over a minor injury. Sent by daughter Ricki Hinkle, also of North Huntingdon.

"Better give your soul to God, because your [backside] is gonna be mine!"-- The late John Tokarski, a Pittsburgh police officer for 38 years, who raised six children in Bloomfield. Sent by his son, John Tokarski Jr. of Glenwood, who heard it whenever he got in trouble.

"Doesn't mean hell to me, ain't no more money in my pocket!"--Mr. Tokarski's usual comment upon learning whether the Pirates or Steelers won or lost.

Any time Tom Goana Jr., of Ambridge, mowed the lawn or washed the car, the neighbor would ask his father what he was paying his son. The answer: "He can eat and sleep here tonight."

"Fifty percent of the time do what you're asked, and 50 percent of the time do what you're told, and you'll have a happy, lasting marriage."-- Standard advice to the bridegroom from Chuck Gilmartin, a plumbing contractor from Girard, Ohio. Sent by his daughter, Nancy Christo of Cranberry.

"If you put enough jelly on your bread, your stomach will think it's pie."-- anonymous

"Inch by inch, everything's a cinch."-- Linda Righi's father, Leonard Lally of Albany, N.Y., said that often to his family. The words gave his daughter, from

Monroeville, the strength to put one foot in front of the other through single motherhood, layoffs and sick kids. Two years ago, when her dad suffered a stroke at age 80, she whispered his own favorite saying into his ear over and over. A month later, he amazed his doctors by walking and talking. He lived four more months. "Although he remembered nothing of his hospital stay," Ms. Righi wrote, "I would like to think that those special words provided him the same strength and courage I have relied on over the years."

"Always live east of where you work. That way the sun isn't in your eyes when you drive to work and back."-- Charles O'Data of Beaver, sent by son, Jon O'Data of Rochester.

"You need your tongue scraped!"-- The late Dean Linder Sr. of Shaler when any of his children refused to eat something. Sent by his daughter, Ilona Ann Linder Perry of Shaler.

"We'd all be rich if we had tomorrow's newspaper."-- Guy Swanson of Arnold, MD., sent by his daughter, Sherri Perfett of Moon.

"Most great men are dead or dying, and I'm not feeling well myself."-- The late Episcopalian Rev. Ken Waldron, former pastor of Epiphany Church in Avalon, in his yearbook from Grove City College in the 1920s. Sent by his son, John F. Waldron of Ocala, FL.

**A word from the desert:** Abba Sisoës said, "Let yourself be despised, cast your own will behind your back, and you will be free from care and at peace."

### **Trusting in Christ**

There are those who complain that they cannot live a Christ-like life. "I simply don't have the strength," they say. To these voices our Lord would say, "Stir up what strength you have, however small it may be." It is only when we ourselves are willing to resist sin and evil with whatever feeble strength we have that the Lord will add His strength to ours and help us overcome defeat.

It is not that others have more strength, more patience, more faith, than we have. It is that they stir up what they have and it grows. It grows by God's grace and enables us to be more conquerors through him who Loved us. As much as possible, love the desert and the immaterial life, and fly from your material possessions to the fold of the poor. Simplify your life so as to be freed from worldly anxiety, so that your life might have meaning. *Elder Paisios*  
+1994

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Protocol 68/10

July 4, 2010

Independence Day

To the Most Reverend Hierarchs, the Reverend Priests and Deacons, the Monks and Nuns, the Presidents and Members of the Parish Councils of the Greek Orthodox Communities, the Distinguished Archons of the Ecumenical Patriarchate, the Day, Afternoon, and Church Schools, the Philoptochos Sisterhoods, the Youth, the Hellenic Organizations, and the entire Greek Orthodox Family in America

Beloved Brothers and Sisters in Christ,

On this annual observance of Independence Day, we give thanks to God for the spiritual freedom we have in Christ and for the freedom we have in this nation in which we live. As people of faith we are recipients of the grace of God, which frees us from the bondage of sin and death and enables our ascent to restoration and eternal communion with Him. As citizens and residents in the United States of America, we are beneficiaries of a form of government that recognizes both the political and social freedoms inherent to each of us as human beings.

One of these freedoms is religious liberty. Over two centuries ago, many of the framers of our political system realized that this was a necessity for the stability and function of the new government and that it was a right belonging to all in relation to freedom of conscience and the pursuit of truth. In the process of establishing the new nation, it was apparent to the framers that the country had many different religious groups. They were well aware of the dangers of adjoining one religious tradition with the power of the state. These modes of governance that were based on coercion often resulting in oppression and exclusion, had led many to leave their homelands and come to America. The framers also believed that freedom of conscience expressed in religious belief, speech, and association was not a threat but a right of each and every person and should be protected from the power of government. None of this was an attempt to inhibit the vitality of religion, as in fact many of the framers recognized the moral and communal role of religious faith in contributing to



a strong citizenry. The primary motivation was religious liberty—the freedom of each and every person to choose, to believe, to practice, and to offer and share with others without fear of the interference or oppression of government.

As Orthodox Christians living in this nation, we have and continue to share in this freedom. We gather as communities, worship and minister freely, build churches and schools, and share our faith with others. In addition to our faithfulness to God and our determination to cherish and share what He has given us, religious liberty has contributed to the vitality of Orthodox Christianity in America. May we give thanks for this, and may we use our freedom as an opportunity to participate fully in our faith and to share the Gospel with all.

May we also be mindful of those who labor for faith and ministry within societies that have a problem with religious liberty either as a right or as an essential element of a free society. This is the political context that continues to challenge and heavily press our beloved Ecumenical Patriarchate and especially His All Holiness our Ecumenical Patriarch Bartholomew. Governments, commissions, and world leaders have addressed these issues and continue to champion the necessity of religious freedom for the Ecumenical Patriarchate. However, more must be done.

As Orthodox Christians in America and as beneficiaries of religious liberty, many of you have offered warm prayers and precious services to our Ecumenical Patriarchate recognizing its needs as well as the importance of religious freedom. I give thanks to God for your precious contribution and pray for His continued guidance and strength in these efforts. Let all of our faithful throughout the United States, all of us who live in a free society and cherish religious liberty, pray and continue to increase our assistance. Now is a critical time to voice our support, to encourage leaders in government, and to guide awareness into action. May we do this in gratitude for the freedom we have, for the sake of the Church and the Gospel which we are called to share, and for the glory of God.

With paternal love in Christ,

†DEMETRIOS  
Archbishop of America

### **Children Are Quick**

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TEACHER: Maria, go to the map and find North America.

MARIA: Here it is.

TEACHER: Correct. Now class, who discovered America?

CLASS: Maria.

---

TEACHER: John, why are you doing your math multiplication on the floor?

JOHN: You told me to do it without using tables.

---

TEACHER: Glenn, how do you spell 'crocodile'?

GLENN: K-R-O-K-O-D-I-A-L'

TEACHER: No, that's wrong

GLENN: Maybe it is wrong, but you asked me how I spell it.

(I Love this child)

---

TEACHER: Donald, what is the chemical formula for water?

DONALD: H I J K L M N O.

TEACHER: What are you talking about?

DONALD: Yesterday you said it's H to O.

---

TEACHER: Winnie, name one important thing we have today that we didn't have ten years ago.

WINNIE: Me!

---

TEACHER: Glen, why do you always get so dirty?

GLEN: Well, I'm a lot closer to the ground than you are.

---

TEACHER: Millie, give me a sentence starting with 'I.'

MILLIE: I is...

TEACHER: (interrupting) No, Millie..... Always say, 'I am.'

MILLIE: All right... I am the ninth letter of the alphabet.

---

TEACHER: George Washington not only chopped down his father's cherry tree, but also admitted it. Now, Louie, do you know why his father didn't punish him?

LOUIS: Because George still had the axe in his hand...

---

TEACHER: Now, Simon, tell me frankly, do you say prayers before eating?

SIMON: No sir, I don't have to, my Mom is a good cook.

---

TEACHER: Clyde, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

CLYDE: No, sir. It's the same dog.

(I want to adopt this kid!!!)

---

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?

HAROLD: A teacher

---

A pirate captain and his first mate sail the Caribbean. The lookout points and yells "Captain, there's a cargo ship riding low off the port bow."

The captain smiles, turns to his first mate and says "bring me my red shirt."

After they attack and plunder all the booty the first mate turns to the captain and asks "Captain, why do you always ask for your red shirt when we attack?" The captain replies "well matey, if I get stabbed during battle the shirt hides

the blood. I don't want any of ya to worry about me but keep on fighting." The mate nods.

The next morning, the lookout points and yells down to the Captain, "Captain, the whole Spanish Armada's off the starboard bow."

The Captain turns to his mate and says, "Bring me my brown pants."

How can we spend the day without sin, that is, in a holy manner? This is our daily concern: How can we transform all our being, our thoughts, our feelings, even our physical reactions, so as not to sin against our heavenly Father, against Christ, against the Holy Spirit, against a human person, against our brother or against any single thing in this life?

*Archimandrite Sophrony*

Abba Paphnutius said: When I was walking along the road, I happened to lose my way and found myself near a village, and I saw some people who were talking about evil things. So I stood still, praying about my sins. Then, behold, an angel came, holding a sword, and he said to me, "Paphnutius, all those who judge their brothers perish by this sword, but because you have not judged, but have humbled yourself before God, saying that you have sinned, your name is written in the book of the living!"