



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, 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 Paouncic, 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, Stella E. Cherepko, Mike Horvath, 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 Brittan assigned to Iraq, Matthew Machak, Tonia Dec, Michael Repasky, Ed Litwin, and ALL American servicemen and women 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 18

NO SERVICE IN SLICKVILLE!

EIGHTH SUNDAY AFTER PENTECOST

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

Tone 7

I Corinthians 1:10-18

Matthew 14:14-22

Sunday, July 25

Divine Liturgy of Saint John Chrysostom

10:30 AM

NINTH SUNDAY AFTER PENTECOST

MARTYRS PROCLUS & HILARY OF ANCYRA; SAINT MICHAEL MONK OF MALEINUS; MARTYR LOLINDUC-IN HOLY BAPTISM MARY-OF PERSIA; MARTYRS THEODORE THE

VARAGIAN & SON JOHN-OF KIEV; VENERABLE JOHN & GABRIEL SVYATOGORSK IN GEORGIA; SAINT VERONICA-THE WOMAN WITH THE ISSUE OF BLOOD WHO WAS HEALED BY THE SAVIOR; BLESSED SERAPION-BISHOP OF VLADIMIR; VENERABLE ARSENIUS OF NOVGOROD-FOOL-FOR-CHRIST; VENERABLE SIMON-ABBOT OF VOLOMSK

Tone 8

I Corinthians 3:9-17

Matthew 14:22-34

*Litany in Blessed Memory of Walter Burlack—Burlack Family
Parastas in Blessed Memory of Helen Pytlak—Julia Russell, Behun & Pytlak Families*

Sunday, August 1

**Divine Liturgy of Saint John Chrysostom 10:30 AM
TENTH SUNDAY AFTER PENTECOST**

COMMEMORATION OF THE HOLY FATHERS OF THE SIX ECUMENICAL COUNCILS; VENERABLE MACRINA-SISTER OF SAINT BASIL THE GREAT; VENERABLE DIUS-ABBOT OF ANTIOCH; BLESSED ROMANUS [OLEHOVYCH]-PRINCE OF RYAZAN; VENERABLE PAISIUS OF PERCHEVSKY LAVRA; BLESSED STEPHEN-KING OF SERBIA AND HIS MOTHER MILITSA; UNCOVERING OF THE RELICS OF SAINT SERAPHIM OF SAROV

Tone 1

I Corinthians 4:9-16

Matthew 17:14-23

Litany in Blessed Memory of Samuel Mrvos, M. Denise Lawrence, Rudy Obradovich, Agnes Rossi, Mary Milanovich, Millie Kitch, Michael Cherepko, & David Yenni—Fr. Bob

Parastas in Blessed Memory of Esther Tylavsky—Nancy & George Shaytar

BULLETIN INSERT FOR 18 JULY 2010

EIGHTH SUNDAY AFTER PENTECOST

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

TROPARION—TONE 7

By Thy Cross, Thou didst destroy death!
To the thief, Thou didst open Paradise!
For the Myrrhbearers, Thou didst change weeping into joy.
And Thou didst command Thy disciples, O Christ God,
To proclaim that Thou art 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 7

The dominion of death can no longer hold men captive,
For Christ descended, shattering and destroying its powers!
Hell is bound, while the prophets rejoice and cry:
The Savior has come to those in faith!
Enter, you faithful, into the Resurrection!

PROKEIMENON—TONE 7

READER: The Lord shall give strength to His people! The Lord shall bless His people with peace!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

READER: Offer to the Lord, O you sons of God! Offer young rams to the Lord!

PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!

READER: The Lord shall give strength to His people!

PEOPLE: The Lord shall bless His people with peace!

ALLELUIA VERSES—TONE 7

It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!

To declare Thy mercy in the morning, and Thy truth by night!

These are actual comments made by 16 Police Officers. The comments were taken off actual police car videos around the country:

1. "You know, stop lights don't come any redder than the one you just went through."
2. "Relax, the handcuffs are tight because they're new. They'll stretch after you wear them a while."
3. "If you take your hands off the car, I'll make your birth certificate a worthless document."
4. "If you run, you'll only go to jail tired."
5. "Can you run faster than 1200 feet per second? Because that's the speed of the bullet that'll be chasing you."
6. "You don't know how fast you were going? I guess that means I can write anything I want to on the ticket, huh?"
7. "Yes, sir, you can talk to the shift supervisor, but I don't think it will help. Oh, did I mention that I'm the shift supervisor?"
8. "Warning! You want a warning? O.K, I'm warning you not to do that again or I'll give you another ticket."

9. "The answer to this last question will determine whether you are drunk or not. Was Mickey Mouse a cat or a dog?"
 10. "Fair? You want me to be fair? Listen, fair is a place where you go to ride on rides, eat cotton candy and corn dogs and step in monkey poop."
 11. "Yeah, we have a quota. Two more tickets and my wife gets a toaster oven."
 12. "In God we trust; all others we run through NCIC."
 13. "Just how big were those 'two beers' you say you had?"
 14. "No sir, we don't have quotas anymore. We used to, but now we're allowed to write as many tickets as we can."
 15. "I'm glad to hear that the Chief (of Police) is a personal friend of yours. So you know someone who can post your bail."
- AND THE WINNER IS....
16. "You didn't think we give pretty women tickets? You're right, we don't...Sign here."

THE JESUS PRAYER—Ancient Christian Meditation Discovered

A prayer used some 2,000 years ago, still in use by monks and nuns in far away caves and monasteries but mostly unknown to the rest of the world, is the subject of a new documentary feature film and book. It's called *Mysteries of the Jesus Prayer* and focuses on a prayer thought to have first been practiced by the Apostles.

Most of us want peace and happiness in our lives; that's what we live for.

Sometimes it may feel that true peace and spiritual contentment are impossible in this chaotic world of stress, speed, over-stimulation and overstretched finances. At times, the desire to run away to some distant land may be highly tempting.

Most of us cannot just retreat to a cave or monastery where we can be totally contemplative, meditating and praying with God without disruption. We don't have the luxury of leaving it all behind. The answer is to integrate meditation and prayer in all of your daily activities. Like the Apostle Paul suggested, pray constantly. The Jesus Prayer is the perfect meditation. It's like a Christian mantra.

Monks, nuns and spiritual hermits have left their troubles in the "civilized world" behind for centuries, initially escaping to the Egyptian desert. One of the earliest Christian monks was Saint Antony, a man determined to find God in silence and isolation. Born to a wealthy Alexandrian merchant family, one day he passed by a church and heard the minister reciting the words of Jesus, "Go, sell everything you have and give it to the poor, and come and follow me." He took those words to heart and at the age of 34, gave away his entire inheritance and retreated into the

desert. He found an abandoned tomb and lived alone there for many years. In the desert he not only found a way to abandon his material desires, he learned to live with very little water or food, seeking only prayer as sustenance. Saint Antony, considered by some to be the father of all monks, recited the Jesus Prayer over and over, seeking only the mercy of his lord Jesus Christ.

This ancient prayer has been passed down through generations. Initially recited verbally, it was ultimately written in obscure instruction manuals intended only for monks. It was kept in secret, only to be revealed as part of a dedicated life of isolation. Some spiritual counselors advise using it only with the help of a disciplined guide, in the context of a life devoted to monasticism. Others say that anyone can use it.

Still in use some 2,000 years later in monasteries and churches that grew out of the Egyptian desert and spread to Greece, the Mediterranean, Eastern Europe, Slavic lands, and Russia, the Jesus Prayer is now being revealed to those of us in the western world.

There is no longer a need to become a monk or nun to know and use this prayer. It isn't necessary to leave your family, work or home behind and renounce everything. The prayer, Kyrie Eleison in Greek, or the Jesus Prayer, has great power. The documentary feature film and companion book from HarperOne, *Mysteries of the Jesus Prayer*, will introduce this prayer early next year, so that anyone can use it at any time and in any place.

Travelling with camera crews to ancient lands of peace and solitude, for the first time on film hermits, monks and nuns in caves, monasteries and convents share this ancient mystical prayer with the outside world. Based on a book *The Spiritual Meadow*, written in the seventh century, a priest, John Moscos, takes a student, Sophronious, to meet monks seeking spiritual words of wisdom. In the new film and companion book *Mysteries of the Jesus Prayer*, Very Rev. Dr. John McGuckin and I retrace their steps, bringing the wisdom of both ancient saints and living Christian sages and spiritual masters to you.

We travel to the oldest existing monastery on earth, St. Antony's, in Upper Egypt bringing you inside St. Antony's mountaintop cave where he lived for 46 years. You'll meet the staretz, or living spiritual master, Father Lazarus, and hear his explanation of what exactly this simple prayer is, and how to use it. We bring you along on a journey to Mt. Sinai, the place where God spoke to Moses. We introduce you to the wise old men of St. Catherine's monastery, built in the late fifth century. Seeking only a word and a prayer, we take you to Greece and holy Mount Athos, a peninsula of peace profound where only monks live since the 10th century. As Christian nuns and monks fled to eastern provinces since the fall of Constantinople in

1453, we travel their routes to Eastern Europe, to Romania, Ukraine, Old Russ, and Russia.

Mysteries of the Jesus Prayer is almost finished. Look for it around Easter of next year, but in the meantime, please join us on the journey with a few sneak peeks at www.MysteriesoftheJesusPrayer.com

A Prayer for Married Persons:

O merciful God, we beseech Thee always to remind us that the married state is holy, and that we must keep it so. Grant us Thy grace, that we may continue in faithfulness and love. Increase in us the spirit of mutual understanding and trust, that no quarrel or strife may come between us. Grant us Thy blessings, that we may stand before our fellows and in Thy sight as an ideal family. And finally, by Thy mercy, account us worthy of everlasting life, for Thou are our sanctification, and unto Thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit, now and ever, and unto ages of ages. Amen.