



## **Holy Ghost Orthodox Church**

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**Rev. Father Robert Popichak, Pastor**

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## **DORMITION 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 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, Archimandrite Lev, Father Taras Naumenko, Father Nestor Kowal, 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, Erin, Jeff Walewski [thyroid cancer], 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, Doris Artman, Maureen Sams, Nancy Barylak, Henry & Shirley Tkacik, Carol Kowalcheck, Martin Golofski, 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, 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, Tom Fuller, Matthew—20-year-old with cancer, Nicholas Orlando, Constantine Hanczar, 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 Brittain 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, August 15**

**Divine Liturgy of Saint John Chrysostom**

**10:30 AM**

**TWELFTH SUNDAY AFTER PENTECOST**

**TRANSLATION OF THE RELICS OF PROTOMARTYR & ARCHDEACON STEPHEN FROM JERUSALEM TO CONSTANTINOPLE; UNCOVERING OF THE RELICS OF THE RIGHTEOUS NICODEMUS, GAMALIEL, & SON ABIBUS; HIEROMARTYR STEPHEN-POPE OF ROME AND COMPANIONS; BLESSED BASIL OF KUBENSK; SAINT FRIARDUS OF VINDUMITTA IN GAUL**

*Tone 3*

I Corinthians 15:1-11

Matthew 19:16-26

***Parastas in Blessed Memory of Rae Ruth Batch—Harry Batch & Family***

**Thursday, August 19    TRANSFIGURATION OF OUR LORD, GOD, AND SAVIOR JESUS  
CHRIST**

**Sunday, August 22                      Divine Liturgy of Saint John Chrysostom                      10:30 AM  
THIRTEENTH SUNDAY AFTER PENTECOST**

**AFTERFEAST OF THE TRANSFIGURATION; APOSTLE MATHIAS; MARTYR ANTHONY  
OF ALEXANDRIA; VENERABLE PSOES OF EGYPT; MARTYRS JULIAN, MARCIAN,  
JOHN, JAMES, ALEXIUS, DEMETRIUS, PHOTIUS, PETER, LEONTIUS, MARY, &  
COMPANIONS OF CONSTANTINOPLE; VENERABLE MACARIUS-ABBOT OF OREDZH  
BLESSING OF GRAPES AND FRUIT AFTER LITURGY**

*Tone 4*

I Corinthians 16:13-24

Matthew 21:33-42

*Parastas in Blessed Memory of Hilda Holupka—Liz Obradovich*

**Saturday, August 28    DORMITION OF THE MOST HOLY THEOTOKOS AND EVER-  
VIRGIN MARY**

**Sunday, August 29                      Divine Liturgy of Saint John Chrysostom                      10:30 AM  
FOURTEENTH SUNDAY AFTER PENTECOST**

**AFTERFEAST OF THE DORMITION; TRANSLATION OF THE IMAGE “NOT MADE BY  
HANDS” FROM EDESSA TO CONSTANTINOPLE; MARTYR DIOMEDES THE PHYSICIAN  
OF TARSUS IN CILICIA; VENERABLE CHERIMON OF EGYPT; 33 MARTYRS OF  
PALESTINE; VENERABLE JOACHIM-MONK OF OSOGOV; VENERABLE GERASIMOS  
THE NEW-ASCETIC OF CEPHALONIA; NEW-MARTYR NICODEMUS OF METEORA;  
NEW-MARTYR STAMATOIS OF THESSALY**

*Tone 5*

II Corinthians 1:21-2:4

Matthew 22:1-14

*Litany in Blessed Memory of Aldo Ardisson & Emil Joseph Pauncic—40 days—Fr.  
Bob*

*Parastas in Blessed Memory of Stella E. Cherepko—40 days—Fr. Bob*

## **BULLETIN INSERT FOR 15 AUGUST 2010**

**TWELFTH SUNDAY AFTER PENTECOST**

**TRANSLATION OF THE RELICS OF PROTOMARTYR &  
ARCHDEACON STEPHEN FROM JERUSALEM TO  
CONSTANTINOPLE; UNCOVERING OF THE RELICS OF THE  
RIGHTEOUS NICODEMUS, GAMALIEL, & SON ABIBUS;  
HIEROMARTYR STEPHEN-POPE OF ROME AND COMPANIONS;  
BLESSED BASIL OF KUBENSK; SAINT FRIARDUS OF  
VINDUMITTA IN GAUL**

### **TROPARION—TONE 3**

Let the Heavens rejoice! Let the earth be glad!  
For the Lord has shown strength with His arm!

He has trampled down death by death!  
He has delivered us from the depths of hell,  
And has granted 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 3**

On this day Thou didst rise from the tomb, O Merciful One!  
Leading us from the gates of death.  
On this day Adam exults as Eve rejoices;  
With the prophets and patriarchs  
They unceasingly praise the divine majesty of Thy power!

### **PROKEIMENON—TONE 3**

**READER:** Sing praises to our God, sing praises! Sing praises to our King, sing praises!

**PEOPLE:** Sing praises to our God, sing praises! Sing praises to our King, sing praises!

**READER:** Clap your hands, all peoples! Shout to God with loud songs of joy!

**PEOPLE:** Sing praises to our God, sing praises! Sing praises to our King, sing praises!

**READER:** Sing praises to our God, sing praises!

**PEOPLE:** Sing praises to our King, sing praises!

### **ALLELUIA VERSES—TONE 3**

In Thee, O Lord, have I hoped; let me never be put to shame!

Be Thou a God of protection for me, a house of refuge, in order to save me!

### **Differences**

A mechanic was removing a cylinder-head from the motor of a Harley motorcycle when he spotted a well-known cardiologist in his shop.

The cardiologist was there waiting for the service manager to come take a look at his bike when the mechanic shouted across the garage "Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised, walked over to where the mechanic was working on the motorcycle. The mechanic straightened up, wiped his hands on a rag and said, "So Doc, look at this engine. I open its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new.

So how come I make \$40,000 a year, a pretty small salary and you get the really big bucks (a million or more) when you and I are doing basically the same work?"

The cardiologist paused, smiled and leaned over, then whispered to the mechanic..."Try doing it with the engine running."

*Dear Brother Clergy,*

*Christ is in our midst!*

*I just sent this out to my spiritual children, and am forwarding it to you for your perusal. When you send out similar things to your spiritual children and/or parishioners, I would be grateful to receive them; so I can gain from you Spirit-filled efforts. Forgive me, if there is anything in this that you find to be offensive or not Orthodox; and please pray for me.*

*In Christ,  
+Fr. Demetrios Carellas*

My very beloved children in Christ Jesus,

May our Most Holy Theotokos embrace the precious soul of each one of you –filling them with healing, courage and the "hope that does not put to shame!"

Counting today (August 2<sup>nd</sup>/15<sup>th</sup>) only 13 days remain in this brief, but intense, fasting period dedicated to the Mother of our Life. I humbly entreat you to try, from the depths of your hearts, to observe this fast. Those of you without physical health problems should have no trouble fasting from meat, dairy products, and Fish (Fish IS permitted on August 6<sup>th</sup>/19<sup>th</sup>). And those of you who must eat certain foods for health reasons should not indulge excessively in those necessary foods.

Whether you can fully observe the food fast or not, I feel that we should all be able to observe the many other forms of fasting available to us. For example, let us set aside all TV, iPods, the "Wii" game thing, iPads, superfluous texting, unnecessary phone conversations, video games, DVDs, cassettes, newspapers, magazines, etc., for the next two weeks. **(Do you see how much time we can waste during a given day?)**. With the time we save, we should *easily* be able to read the Paraklesis to our

Panagia *everyday*; as well as get every aspect of our daily spiritual discipline into an active and consistent state.

Regarding computer use, can we not limit it to necessities—like work, school, and viewing only spiritual things? Surely, those of us with such things as *Face Book & Twitter* can avoid those sites for the next 13 days.

In addition, let us try to attend *every* service that our respective Parishes will offer during this time. Since we are created as living icons of Christ, the greatest desire of our soul is to worship Him!

Finally, let us use this time to ask forgiveness from loved-ones and others for any sins we may have committed against them. And let us beg our Panaghia to help us to be instruments of healing, where there are wounds of divisions that have caused unrest and loss of communication.

O my precious children, permanent residents in my sinful heart, the Theotokos Fast gives to us the golden opportunity to give our wounded and starving souls a wonderful '*spiritual shot in the arm*'! Let us all take full advantage of this great blessing available to us. As always, you know that I am available to you 24/7/365!

With much love, I send you my fatherly embrace; and I thank you for your prayers—without which I could not do the little that I do.

Your +Papa

A Chinese Hymn on the Transfiguration attributed to Ching-ching (Adam), Bishop of Chang'an (Xi'an), capital of T'ang China, c. AD 780, found at Dunhuang, along the Silk Road in western China, on the edge of the Taklamakan Desert

The Ta-ch'in (Syrian) Luminous Religion's  
Eulogy on the Transfiguration of  
the Holy One-equal-to-God's  
Leading People to the Truth

We all adore Thee! O Savior! Thou art the Holy One equal to God!  
Thou art the Merciful Father, the Aloha (God), Himself!

Thy raiment is like the Precious Gem glorified in the Radiance of the Sun  
and the brightness of the Moon!

Thy virtues, lofty and majestic, ever excel those of all the Saints and Sages.

The Glad-tidings of Thine! Oh, Thy Teachings of Wonderful Love!  
These are sounding throughout the world like the Golden Bell!

The gracious influences of the Merciful Laws of Thine!  
These are spread throughout the world, lest all the souls be lost Forever!

Being in the dark, these piteous souls are to be lost, were it not for Thy  
Great Mercy!

For they have already lost their true nature in consequence of all the  
poisonous evils they received.

Thou alone art the Holy One who is equal to God Almighty!

Thou art our King and Redeemer!

Dwelling in the Divine Light of peerless effluence, visible only to the Saints.

Thou reignest over us all from on high!

In the form of the sacred streaks of Light, Thy Mercy shines forth far and  
near, endearing all kinds of iniquities to ashes in order to purge all the evil  
ones from the world!

Thus Thou showest to us clearly and distinctly that Thou art the real  
Protector of Thy people!

And by many excellent methods and ways Thou governest all the nations,  
Keeping Thine own people from going astray!

And thus for them Thou preservest Thy merciful Way of Benevolent life!