



Holy Ghost Orthodox Church

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CHRIST IS RISEN! INDEED HE IS RISEN!

*******No Kneeling until Pentecost!*******

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Constantine, Bishop Robert, Bishop Daniel, Father Gerald Olszewski, Father Jakiw Norton, Father Dragan Filipović, 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, Archimandrite Lev, Father Nestor Kowal, Father Gabriel Rochell, Father Bill & Pani-Matka Sonia Diakiw, Pani-Matka Linda Oryhon, Father Paul Bigelow, Protodeacon Mykola Dilendorf, Evelyn Burlack, Joshua Agosto and his family, Harley Katarina Rahuba, Mike Holupka, Eva Malesnick, 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, Isabella Olivia Lindgren—a 4-year-old with a brain tumor, Ethel Thomas, Donna, Erin, Jeff Walewski [thyroid cancer], Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Michael Horvath, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Michael Miller, Liz Stumpf, Theodore Nixon, 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, Nancy Barylak, Henry & Shirley Tkacik, Martin Golofski, Anthony Yerace, Khrystyna Chorniy, Anthony Cormier [3-year-old with cancer], Nathan Forbeck, Sarah Doyle, Samuel Peters, Jean Stutchell, Charles & Esther Holupka, Wanda Mefford, Lynn (Bush) Gill, David Vallor, Henry

Acts 11:19-26, 29-30

John 4:5-42

Sunday, May 29

Divine Liturgy of Saint John Chrysostom

10:30 AM

SIXTH SUNDAY OF PASCHA—SUNDAY OF THE BLIND MAN

**SAINT THEODORE THE SANCTIFIED-DISCIPLE OF SAINT PACHOMIUS THE GREAT;
SAINT ALEXANDER-ARCHBISHOP OF JERUSALEM; MARTYRS VITUS, MODESTUS, &
CRESCENTIA AT LUCANIA; BLESSED CHILD MUSA OF ROME; MONK-MARTYRS OF
THE COMMUNITY OF SAINT SAVA THE SANCTIFIED; SAINT GEORGE-BISHOP OF
METYLENE**

Tone 5

Acts 16:16-34

John 9:1-38

Litany in Blessed Memory of All Deceased Veterans—Fr. Bob

Thursday, June 2

ASCENSION OF OUR LORD

Sunday, June 5

Divine Liturgy of Saint John Chrysostom

10:30 AM

**SEVENTH SUNDAY OF PASCHA—FATHERS OF THE FIRST ECUMENICAL COUNCIL
SAINT MICHAEL THE CONFESSOR-BISHOP OF SYNNADA; MARTYR MICHAEL “THE
BLACK ROBED” OF SAINT SABBAS MONASTERY; VIRGIN EUPHROSYNE-PRINCESS
OF POLOTSK**

Tone 6

Acts 20:16-18, 28-36

John 17:1-13

*Litany in Blessed Memory of Ann Roman, Mary Maoli, Joe Karas, Walter Burlack,
Dianne Waryanka, Anthony Notaro, & Esther Tylavsky—Fr. Bob*

BULLETIN INSERT FOR 22 MAY 2011

SUNDAY OF THE SAMARITAN WOMAN

FIFTH SUNDAY AFTER PASCHA

**PROPHET ISAIAH; MARTYR CHRISTOPHER OF LYCIA &
WITH HIM MARTYRS CALLINICA & AQUILINA;
TRANSLATION OF THE RELICS OF SAINT NICHOLAS THE
WONDERWORKER FROM MYRA TO BARI**

Christ is Risen! Indeed He is Risen!

Христос воскрес! Воистину воскрес!

Χριστός ἀνέστη! Ἀληθῶς ἀνέστη! (Khristós Anésti! Alithós Anésti!)

Hristos a înviat! Adevărat a înviat!

!قام المسیح! قام حقا (al-Masīḥ qām! Ḥaqqan qām!)

Kristo Amefufukka! Kweli Amefufukka

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.

KONTAKION—TONE 8

The Samaritan Woman came to the well in faith;
She saw Thee, the Water of Wisdom, and drank abundantly!
She inherited the Kingdom on high, and is ever glorified.

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 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

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

You love righteousness and hate iniquity.

THE HYMN TO THE THEOTOKOS (Replaces "It Is Truly Meet")

The angel cried unto Mary, who was full of Grace

**Hail, oh pure virgin, oh pure virgin
once again I hail Thee
Thy Son has risen from His three days in the grave,
and He has raised the dead with Him,
Oh rejoice, all ye people.**

**Oh shine with clear radiance, shine on new Jerusalem
For the glory of the Lord is shining up on you.
Rejoice! Rejoice! now and be joyful--oh Zion, and though
oh pure one and adorable birthgiver of God,
in the rising again of HIM who was born of Thee.**

COMMUNION HYMNS

**Receive ye the Body of Christ; taste ye the fountain of immortality.
Praise the Lord from the heavens! Praise Him in the highest!**

"Why do they put rubber tires with inner tubes on cars? So that they give in, collapsing a little with every little stone or pothole in the road, and in this way they pass obstacles. If the wheels were firm and unyielding, the car wouldn't be able to move forward. It would fall apart after a short distance because of the vibration from the small inconsistencies of terrain. The same thing happens with yielding to others in the family. In this way many problems are surpassed and continuous spiritual progress is assured."

Elder Epiphanius of Athens, +1989

The fathers used to tell how Abba Serapion (the Sindonite) sold himself to some Greek actors in one of the towns for twenty coins. He wrapped up the coins and kept them on himself. He stayed with the actors who had bought him for a long time, until he had made them Christians, and then withdrew from the theater, taking nothing but bread and water. Nor did his mouth ever cease from discussing the Scriptures.

After some time the actor was seized with compassion, then the actress, then their whole family. It was said that for as long as they did not recognize him, he would even wash the feet of both of them. In any case, both were baptized and gave up performing on the stage. They led a holy and pious life, and they had the highest respect for him and told him, "Come, brother, let us set you free, since you freed us from our shameful slavery." He said to them, "Since God worked grace in your souls and saved you, I may tell you the secrets of my business. I had compassion on your souls. I am a free man, and an Egyptian ascetic, and I sold myself for your sakes so that you might be saved. Now since God brought this about and your souls have been saved through my debasement, take your money so

that I may go and help others." They entreated him and gave their assurance that "we will have you as our own father and master only stay with us!" Still they could not persuade him. Then they told him, "Give the money to the poor, for it is our first pledge of salvation. But at least visit us once a year."

He (later) went on to Lacedaemonia (Sparta) and heard about one of the first men of the city who together with his whole family was Manichaeian, but righteous in everything else. He sold himself to this man as in the earlier case, and within two years he had turned the man and his wife away from heresy to the Church. Then they no longer regarded him as a servant, but as a relative, a brother, or a father, and they gave glory to God.

Palladius, Lausiaca History, 37.2 4, 8

Abba Serapion the Sindonite, commemorated 14/27 May

Some thoughts from Father Juvenaly [Repass]:

One of my favorite quotes from the saints of our Church is (if I remember correctly) from the Ladder of Divine Ascent. It says, "Expecting to find humility in a heretic, is like expecting snow to burst into flame." It's very, very true. I think it does not speak of those heretics who are genuinely seeking truth, but of those who are confirmed in their erroneous belief and are not seeking the truth. I am not citing it in order to judge, criticize, or condemn, but to highlight a spiritual truth about the relationship between humility and theological truth.

Humility is not listed among the fruit of the Spirit (Gal 5:22-23) but much is said about it in the Ladder and in the Philokalia. Several things about it are said in the New Testament:

(a) Jesus highly values it, saying "whoever exalts himself [lifts himself up] will be humbled [brought low], and he who humbles himself will be exalted";

(b) humility is the opposite of pride, which was the beginning of all evil - for it was what caused the devil to fall from heaven. when he sought to exalt himself (a perfect example of what Christ said, just quoted);

(c) the content of humility includes self-denial and choosing the will of God over one's own will - for Christ said, "If anyone desires to come after Me, let him deny himself ... and follow Me. ..."

(d) Jesus Christ followed the most excellent way of humility when he washed the feet of the disciples, and when he accepted the Cross, rejecting his own will and obeying the Father's will - perfectly expressed in his prayer, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."

(e) St. Paul refers to Christ's humility, saying "He humbled Himself and became obedient to the point of death, even the death of the cross." This humility of Christ - of God - is awesome when one considers that being God himself, he accepted to be crucified.

(f) As St. John of the Ladder notes in the step on humility, this virtue is divine and resists definition.

(g) God is the best teacher of humility, but even God cannot humble someone who refuses to be humbled. For Christ's words quoted above in (c) - "let him deny himself" - can also be translated "he must deny himself." God can arrange things to help the process, but a person must humble himself.

REMINDERS: NO KNEELING until the Kneeling Prayers of Pentecost Sunday. Instead of "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service *until Ascension Thursday*, we sing "Christ is Risen!" Also, we do not say the prayer to the Holy Spirit "O Heavenly King" until Pentecost Sunday.