



## **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, 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, 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 Faraly, Betty O'Masta, Julie Eiler, Glenn Miller, Vince Ferro, Michael Pawlyshyn, Dorothy Lednovich, Kristin Batch Vaughn, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Carmen Talmonti, Matthew—20-year-old with cancer, Nicholas Orlando, Mary Ann Kuzniak, Michael Woloschak, Michael

Pryhodzenko, Sonia Luciw, Nellie Patsko, Theresa Ditto, Mary Ann Musial, Mary Pelino, Donna Tickerhoof, David Buchholz, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Jasmine Walker, Julia Duda, Lisa Pandle, Fred DeNorscia, Kris & Julie Hanczar, John Kennedy, Lloyd Sheakley [Pani Gina's uncle], Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly Irma McDivitt, Sandy Gardner, Richard Trinclisti, Robin Young, Mckayla, Rachel, Tony Butecoff, Carl Reed, Georgia & Theodore Demopoulos, Jillian Bowman [10-year old with cancer], Renee' Richards, Lois, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

Abba Poemen said, "Do not give your heart to that which does not satisfy your heart."

Abba Moses asked Abba Silvanus, "Can a man lay a new foundation every day?" The old man said, "If he works hard, he can lay a new foundation at every moment."

**Please remember James John Logue, George Senita, John Kirkowski, Matthew Machak, Michael Repasky, and ALL American service men and women in your prayers. May God watch over them and all American service men 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 Debbie Paouncic's class. THANK YOU ALL FOR YOUR HELP!**

**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 19      Divine Liturgy of Saint John Chrysostom      10:30 AM  
FIRST SUNDAY AFTER PENTECOST—SUNDAY OF ALL SAINTS**

**SAINT BESSARION THE WONDERWORKER OF EGYPT; SAINT HILARION THE NEW-  
ABBOT OF THE DALMATIAN MONASTERY; VIRGIN-MARTYRS ARCHELIAS, THECLA,  
& SUSANNA-BEHEADED AT SALERNO**

*Tone 8*

Hebrews 11:3-12:2

Matthew 10:32-33, 37-38, 19:27-30

*Litany in Blessed Memory of All Deceased Fathers, Grandfathers, etc.—Fr. Bob*

**Monday, June 20            SAINTS PETER AND PAUL FAST BEGINS**

**Sunday, June 26            Divine Liturgy of Saint John Chrysostom            10:30 AM  
SECOND SUNDAY AFTER PENTECOST—ALL VENERABLE AND HOLY FATHERS OF  
MOUNT ATHOS**

**ALL SAINTS OF NORTH AMERICA, ALL SAINTS OF UKRAINE  
MARTYR AQUILINA OF BYBLOS IN LEBANON, SAINT TRIPHYLIUS-BISHOP OF  
LEUCOSIA-NICOSIA IN CYPRUS; MARTYR ANTONINA OF NICAIA; SAINT ANNA & HER  
SON SAINT JOHN OF CONSTANTINOPLE**

*Tone 1*

Romans 2:10-16

Matthew 4:18-23

**Sunday, July 03            Divine Liturgy of Saint John Chrysostom            10:30 AM  
THIRD SUNDAY AFTER PENTECOST—SYNAXIS OF HALYCH & ODESSA SAINTS  
HIEROMARTYR METHODIUS-BISHOP OF PATARA; MARTYRS INNA, PINNA, & RIMMA-  
DISCIPLES OF APOSTLE ANDREW IN SCYTHIA; MARTYRS ARISTOCLEUS-  
PRESBYTER, DEMETRAIN-DEACON, & ATHANASIUS-READER OF CYPRUS; SAINT  
LEUCIUS THE CONFESSOR-BISHOP OF BRINDISI; SAINT MINAS-BISHOP OF POLOTSK**

*Tone 2*

Romans 5:1-10

Matthew 6:22-33

*Litany in Blessed Memory of Olga Stock, Anna Kitch, Sophie Carrera, Susan Justina  
Sredich, Stella E. Cherepko, Joseph Paouncic, Igumen George [Owen], and Claudia  
Horvath—Fr. Bob*

## **BULLETIN INSERT FOR 19 JUNE 2011**

### **SUNDAY OF ALL SAINTS**

#### **FIRST SUNDAY AFTER PENTECOST**

**SAINT BESSARION THE WONDERWORKER OF EGYPT; SAINT  
HILARION THE NEW-ABBOT OF THE DALMATIAN  
MONASTERY; VIRGIN-MARTYRS ARCHELIAS, THECLA, &  
SUSANNA-BEHEADED AT SALERNO**

#### **TROPARION—TONE 4**

As with fine porphyry and royal purple,  
Thy Church has been adorned with Thy Martyrs blood  
Shed throughout the world

She cries to Thee, O Christ God: send down Thy bounties on Thy people, Grant peace to Thy habitation and great mercy to our souls.

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

### **KONTAKION—TONE 8**

The universe offers Thee the God-bearing martyrs  
As the first fruits of creation, O Lord and Creator.  
Through the Theotokos and their prayers establish Thy Church in peace.

### **PROKEIMENON—TONE 4**

**READER:** Pray and make your vows before the Lord our God!  
**PEOPLE: Pray and make your vows before the Lord our God!**  
**READER:** In Judah God is known; His name is great in Israel!  
**PEOPLE: Pray and make your vows before the Lord our God!**  
**READER:** God is wonderful in His saints, the God of Israel.  
**PEOPLE: Pray and make your vows before the Lord our God!**  
**READER:** Pray and make your vows...  
**PEOPLE: Before the Lord our God!**

### **ALLELUIA VERSES—TONE 4**

The righteous called, and the Lord heard them.

Many are the afflictions of the righteous; but the Lord delivers them out of them all.

### **COMMUNION HYMNS**

Praise the Lord from the heavens! Praise Him in the highest!

Rejoice in the Lord, O you righteous! Praise befits the just.

He who receives Communion is made holy and Divinized in soul and body in the same way that water, set over a fire, becomes boiling... Communion works like yeast that has been mixed into dough so that it leavens the whole lump; ...Just as by melting two candles together you get one piece of wax, so, I think, one who receives the Flesh and Blood of Jesus is fused together with Him by this Communion, and the soul finds that he is in Christ and Christ is in him. *St. Cyril of Alexandria, + 444—commemorated 9/22 June—troparion and icon at <http://comeandseeicons.com/c/cap25.htm>*

Abba Isaac came to see Abba Poemen and found him washing his feet. As he enjoyed freedom of speech with him he said, "How is it that others practice austerity and treat their bodies harshly?" Abba Poemen said to him, "We have not been taught to kill our bodies, but to kill our passions."

Via e-mail from Andy Torick:

**WE ARE AWESOME!!! OUR Lives are LIVING PROOF!!!**

To Those of Us Born 1925 - 1970 :

At the end of this email is a quote of the month by Jay Leno. If you don't read anything else, please read what he said. Very well stated, Mr. Leno.

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**TO ALL THE KIDS WHO SURVIVED THE 1930's, '40's, '50's, '60's and '70's!!**

First, we survived being born to mothers who may have smoked and/or drank while they were pregnant.

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

Then, after that trauma, we were put to sleep on our tummies in baby cribs covered with bright colored lead-based paints.

We had no childproof lids on medicine bottles, locks on doors or cabinets, and, when we rode our bikes, we had the baseball caps, not helmets, on our heads.

As infants and children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes.

Riding in the back of a pick- up truck on a warm day was always a special treat.

We drank water from the garden hose and not from a bottle.

We shared one soft drink with four friends, from one bottle, and no one actually died from this.

We ate cupcakes, white bread, real butter, and bacon. We drank Kool-Aid made with real white sugar. And we weren't overweight. WHY?

Because we were always outside playing...that's why!

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. --And, we were OKAY.

We would spend hours building our go-carts out of scraps and then ride them down the hill, only to find out we forgot the brakes. After running into the bushes a few times, we learned to solve the problem.

We did not have Play Stations, Nintendo and X-boxes. There were no video games, no 150 channels on cable, no video movies or DVD's, no

surround-sound or CDs, no cell phones, no personal computers, no Internet and no chat rooms. WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth, and there were no lawsuits from those accidents.

We would get spankings with wooden spoons, switches, ping-pong paddles, or just a bare hand or a "ling knock", and no one would call child services to report abuse.

We ate worms, and mud pies made from dirt, and the worms did not live in us forever.

We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls, and -although we were told it would happen- we did not put out very many eyes.

We rode bikes or walked to a friend's house and knocked on the door or rang the bell, or just walked in and talked to them.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

These generations have produced some of the best risk-takers, problem solvers, and inventors ever.

The past 50 to 85 years have seen an explosion of innovation and new ideas.

We had the freedom, failure, success and responsibility, and we learned how to deal with it all.

**If YOU are one of those born between 1925-1970,  
CONGRATULATIONS!**

You might want to share this with others who have had the luck to grow up as kids before the lawyers and the government regulated so much of our lives for our own good.

While you are at it, forward it to your kids, so they will know how brave and lucky their parents were.

Kind of makes you want to run through the house with scissors, doesn't it?

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The quote of the month by Jay Leno:

"With hurricanes, tornados, fires out of control, mud slides, flooding, severe thunderstorms tearing up the country from one end to another, and with the threat of bird flu and terrorist attacks, are we sure this is a good time to take God out of the Pledge of Allegiance?"

A brother asked an old man, "What shall I do, father, for I am not acting at all like a monk, but I eat, drink, and sleep carelessly, and I have evil thoughts and I am in great trouble, passing from one work to another and from one thought to another?" The old man said, " Sit in your cell and do the little you can untroubled. For I think the little you can do now is of equal value to the great deeds which Abba Antony accomplished on the mountain, and I believe that by remaining sitting in your cell for the name of God, and guarding your conscience, you also will find the place where Abba Antony is." archived at: <http://wordfromthedesert.squarespace.com/>

From the Paradise of the Desert Fathers: "Abba Theodore said 'If you are friendly with someone who happens to fall into the temptation of fornication, offer him your hand, if you can, and deliver him from it. But if he falls into heresy and you cannot persuade him to turn from it, separate yourself quickly from him, in case, if you delay, you too may be dragged down with him into the pit."

From the sayings of Father Matthew the Poor: "Through hallowing the name of God, paying homage to him, thanking and honoring him with pure praise, man is transformed into a spiritual being."

From the sayings of St. Cyprian of Carthage: 'Put Christ first because He puts us first, and let nothing deter us from loving Him.'