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www.holyghostorthodoxchurch.org Rev. Father Robert Popichak, Pastor 23 Station Street Carnegie, PA 15106-3014 [412] 279-5640 home [412] 956-6626 cell

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, Father Emilian Balan, 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 Luciow, 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.

A SPECIAL THANK-YOU to Harry Batch and all who have assisted him in keeping up the beautiful flowers and plants in the memorial garden on the side and front of the church—God Bless you all!

Abba Hyperechius said, "Let your thoughts be ever in the Kingdom of Heaven and soon you will possess it as a heritage."

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 <u>ALWAYS</u> FREE!

<u>Communion Fasting</u>: 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 <u>CALL FATHER BOB</u> at [412] 279-5640.

SCHEDULE OF SERVICES

Sunday, July 17 Divine Liturgy of Saint John Chrysostom 10:30 AM FIFTH SUNDAY AFTER PENTECOST—SAINT ANDREW-ARCHBISHOP OF CRETE; SAINT MARTHA-MOTHER OF SAINT SYMEON STYLITES THE YOUNGER; MARTYRS THEODOTUS & THEODOTA AT CAESAREA IN CAPPADOCIA; HIEROMARTYR

THEODORE-BISHOP OF CYRENE IN LIBYA & WITH HIM MARTYRS CYPRILLA, AROA, & LUCIA

Tone 4 Romans 10:1-10 Matthew 8:28-9:1

Sunday, July 24 NO SERVICE IN SLICKVILLE! SIXTH SUNDAY AFTER PENTECOST—THE MIRACLE OF GREAT-MARTYR EUPHEMIA THE ALL-PRAISED OF CHALCEDON; HEIROMARTYR CINDEUS OF PAMPHYLIA; BLESSED EQUAL-TO-THE-APOSTLES OLHA-PRINCESS OF KIEV-IN BAPTISM HELEN

> *Tone 5* Romans 12:6-14 Matthew 9:1-8

Sunday, July 31 Divine Liturgy of Saint John Chrysostom 10:30 AM SEVENTH SUNDAY AFTER PENTECOST—HOLY FATHERS OF THE FIRST SIX ECUMENICAL COUNCILS; MARTYR EMELIAN OF SILISTRA IN BULGARIA; MARTYR HYACINTH OF AMASTRIS; SAINT PAMBO THE HERMIT OF EGYPT; SIANT JOHN THE LONG-SUFFERING & SAINT PAMBO THE RECLUSE OF PERCHEVSKY LAVRA

> *Tone 6* Romans 15:1-7 Matthew 9:27-35

BULLETIN INSERT FOR 17 JULY 2011 FIFTH SUNDAY AFTER PENTECOST—SAINT ANDREW-ARCHBISHOP OF CRETE; SAINT MARTHA-MOTHER OF SAINT SYMEON STYLITES THE YOUNGER; MARTYRS THEODOTUS & THEODOTA AT CAESAREA IN CAPPADOCIA; HIEROMARTYR THEODORE-BISHOP OF CYRENE IN LIBYA & WITH HIM MARTYRS CYPRILLA, AROA, & LUCIA

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, 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 4

READER: O Lord, how manifold are thy works! In wisdom hast Thou made them all.

PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.

READER: Bless the Lord, O my soul! O Lord my God, Thou art very great! **PEOPLE: O Lord, how manifold are thy works! In wisdom hast Thou made them all.**

READER: O Lord, how manifold are thy works!

PEOPLE: In wisdom hast Thou made them all.

ALLELUIA VERSES-TONE 4

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

You love righteousness and hate iniquity.

OCMC Missionaries Need Your Prayers and Support

There are currently 23 Orthodox Christians from United States serving, or preparing to serve, as long-term OCMC missionaries in places like Alaska, Albania, Kenya, Japan, and Tanzania. These faithful servants offer a living witness to the Orthodox Faith and the hope, love, and salvation made possible through Christ to people who may have never heard the message of the Gospel. Please pray for our brothers and sisters who have answered the call to give two or more years of their life to the work of making disciples of all nations. Please remember them in your prayers and support their ministry efforts by visiting <u>http://www.ocmc.org/donate</u> and click "Support a Missionary". Thank you in advance for making this vital work of the Church possible.

A layman who had a son came to see Abba Sisoes on Abba Anthony's mountain. On the way, it happened that his son died. He was not troubled by this but brought him with confidence to the old man and bowed down with his son, as though making prostration, so that he would be blessed by the old man. Then the father stood up, left the child at the old man's feet and went outside. The old man, thinking that the boy was bowing to him said, "Get up, go outside." For he did not know that he was dead. Immediately the boy stood up and went out. When he saw it, his father was filled with amazement and went back inside. He bowed before the old man and told him the whole story. When he heard it the old man was filled with regret, for he had not intended that to happen. So the disciple asked the father of the child not to speak of it to anyone before the old man's death.

A brother asked Abba Sisoes the Theban, "Give me a word," and he said. What shall I say to you? I read the New Testament, and then I turn to the Old."

Abba Ammoun of Rhaithou asked Abba Sisoes, "When I read the Scriptures, my mind is wholly concentrated on the words so that I may make elaborate comments and so to prepare myself to answer questions on it." The old man said to him, "That is not necessary; it is better to enrich yourself through purity of spirit and to be without anxiety and then to speak simply."

Abba Sisoes said, "Let yourself be despised, cast your own will behind your back, and you will be free from care and at peace."

St. Sisoes the Theban, commemorated 6/19 July

Troparion—Tone 1

Dweller of the desert and angel in the body, you were shown to be a wonder-worker, our God-bearing Father Sisoes.

You received heavenly gifts through fasting, vigil, and prayer:

healing the sick and the souls of those drawn to you by faith.

Glory to Him who gave you strength!

Glory to Him who grant-ed you a crown!

Glory to Him who through you grants healing to all!

HOLY HUMOR

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country.

"Is there anything breakable in here?" asked the postal clerk.

"Only the Ten Commandments." answered the lady.

"Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord."

And there are those who wake up in the morning and say, "Good Lord, it's morning."

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter.

Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses."

When he returned, he found a citation from a police officer along with this note "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."

There is the story of a pastor who got up one Sunday and announced to his congregation: "I have good news and bad news.

The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."

While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign.. "Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust!"

School teacher began her lesson with a question, "Boys and girls, what do we know about God?" A hand shot up in the air. "He is an artist!" said the kindergarten boy.

"Really? How do you know?" the teacher asked.

"You know - Our Father, who does art in Heaven... '

A minister waited in line to have his car filled with gas just before a long holiday weekend.

The attendant worked quickly, but there were many cars ahead of him. Finally, the attendant motioned him toward a vacant pump.

"Reverend," said the young man, "I'm so sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip." The minister chuckled, "I know what you mean. It's the same in my business"

People want the front of the bus, the back of the church, and the centre of attention.

Sunday after church, a Mom asked her very young daughter what the lesson was about.

The daughter answered, "Don't be scared, you'll get your quilt." Needless to say, the Mom was perplexed.

Later in the day, the pastor stopped by for tea and the Mom asked him what that morning's Sunday school lesson was about.

He said "Be not afraid, thy comforter is coming."

The minister was preoccupied with thoughts of how he was going to ask the congregation to come up with more money than they were expecting for repairs to the church building.

Therefore, he was annoyed to find that the regular organist was sick and a substitute had been brought in at the last minute. The substitute wanted to know what to play.

"Here's a copy of the service," he said impatiently. "But, you'll have to think of something to play after I make the announcement about the finances. During the service, the minister paused and said, "Brothers and Sisters, we are in great difficulty; the roof repairs cost twice as much as we expected and we need \$4,000 more. Any of you who can pledge \$100 or more, please stand up"

At that moment, the substitute organist played "The Star Spangled Banner."

And that is how the substitute became the regular organist!

A father was approached by his small son who told him proudly, "I know what the Bible means!"

His father smiled and replied, "What do you mean, you 'know' what the Bible means?

The son replied, "I do know!"

"Okay," said his father. "What does the Bible mean?

"That's easy, Daddy..." the young boy replied excitedly,

"It stands for 'Basic Information Before Leaving Earth.'"

Give me a sense of humor, Lord, Give me the grace to see a joke, To get some humor out of life,

And pass it on to other folk

An Athonite elder said: When you express your opinion to others, do it so that they can benefit from it. If you are going to chatter, do it only with God. No person can get tired when talking to Him, for praying is restful. Many times we pray for someone who is ill, and others are praying for him also, and despite this, the person dies, and those who have prayed for him wonder why God did not hear their prayers. They do not realize that God did hear them, but that He knew what would be best. We do not know what would have been the outcome of that person's life had he lived. We should praise God for everything. *from An Athonite Gerontikon* There was a father, who lived before us, called Patermuthius. He was the first of the monks in this place and was also the first to devise the monastic habit. In his former life as a pagan he had been a brigand chief and a tomb robber, and had become notorious for his crimes. But he found the following occasion of salvation. One night he attacked the hermitage of an anchoress, intending to rob it. By some stratagem he contrived to get himself onto the roof. But not finding any means by which to enter the inner chamber, or alternatively, by which to retreat, he remained on the road till morning, deep in thought. He slept briefly, and in a dream saw someone like an emperor who said to him, "Do not keep watch, pondering on tombs and petty crimes. If you wish, instead, to change your way of life to one of virtue, and to enter military service with the angels, you will receive the power to do so from me." He accepted joyfully, and the emperor showed him a regiment of monks and entrusted him with their command.

When he woke up, he saw the anchoress standing near him, "Where are you from, my good man?" she said. "What is your station in life?" He replied that he no longer knew anything, and asked her to direct him to the church.

She did so, and then throwing himself at the feet of the priests, he asked to become a Christian and to be given an opportunity for repentance. The priests, since they recognized him, were amazed, but afterwards they admonished him and taught him to be a murderer no longer. He asked them if he could listen to the Psalms, but when he had heard only the first three verses of the first psalm, he said that for the time being that was enough for him to learn. After staying with them for three days, he went out and at once hurried off into the desert. He lived in the desert for three years, spending his time praying and weeping, and the wild plants were sufficient for his food.

Then he returned to the church and announced that the lesson had been made effective in his life. For the grace, he said, had been given to him by God to recite the Scriptures by heart. And the priests were once again astonished at him for having attained the highest degree of ascesis. They then baptized (lit. illuminated) him, and entreated him to stay with them.

But after spending seven days with them, he departed for the desert again. And what is more, when he had completed seven years in the outer desert, the man was granted a wonderful grace. For every Sunday he found a load of bread beside his head. Then he prayed and ate it and was satisfied until the following Sunday.

Abba Copres speaking in the *Historia Monachorum* 10.3 8 Abba Patermuthius & Abba Copres, commemorated July 9/22 In the material world of things around us, the farmer works the earth. So also in the spiritual world there are two elements to be considered. It is necessary for man to work the earth of his heart by a free deliberation and by hard work. For God looks to man's hard work and toil and labor. But if the heavenly clouds from above do not appear with the showers of grace, the farmer for all his labor avails nothing.

Macarius, Spiritual Homily 26.10

On the primary reason people do not know what to say in Confession Spiritual Counsels of the Blessed Elder Paisios of Mt. Athos +1994 [Part 1 of 3]

"This shows that they are not examining themselves carefully. If we don't examine ourselves carefully, then even the gravest sin will escape our attention. We have to cleanse the eyes of our soul. A blind person cannot see anything. Someone who has one eye, well, he can see; but one who has two good eyes will be able to see better. And if he were to use a telescope and a microscope, he would be able to see far away and up close very clearly."

Once, some monks asked Abba Paisius of Nitria which virtue is the highest of all, and he replied, "Those which are done in secret, and about which no one knows."



May 21, 2011



HT: Mystagogy

According to a poll done by <u>Kana Research</u> published in the *Sunday Vema*, essential Orthodox teachings like the resurrection of Christ are being abandoned.

When asked "Do you believe in the resurrection of the dead?" there appears to be a drop of 10 points since the 2008 poll. 51.3% stated 'yes' and 'probably yes' then, while 41.8% answered to the same thing this year, with 26.5% indicating "yes and 15.3% "probably yes". Contrast this with

48.1% who said 'no' and 'probably not', while 10.1% replied "do not know" or "no answer".

A similar trend is seen to the question "Do you think that in recent year Greeks believe in the divine?", where only 28.8% said "the same as before" and 18.9% "more" and 46.1% "less".

Regarding Easter, people were asked to complete the sentence "For you personally, Easter is ..." 36% said "a period of religious devotion" and 11.1% "a chance to go to church". In contrast, 42.5% said "a chance to return to their manners and customs" and 39.9% said "a chance for vacation and relaxation", while 15.1% said "a chance to be with my relatives" and 11.9% said "a chance to visit my place of origin".

In the same vein the answers to the question "On the evening of the Resurrection do you follow the entire Divine Liturgy, starting from the very beginning and leaving after the 'Christ is Risen', or simply prefer to go to hear the 'Christ is Risen'?" 48.4% said "Just go to hear the 'Christ is Risen', "28.8% said "I go from the beginning of the Divine Liturgy and then I leave after the 'Christ is Risen', "and 8.5% said "I do not go to church". Only 13.6% said they stay for the entire Divine Liturgy.

Regarding whether or not they believe in God, 56.3% said "Yes" and 20% said "Probably yes". However, 13% said "No" and 7.7% said "Probably no". 3.1% said "I don't know" or gave "No answer".

When asked about their knowledge of the Holy Week religious texts, 9.1% said "a lot", 36.6% said "fair amount", 37.9% said "a little", and 16.2% said "none".

And to the question "What emotions were generated within you during Holy Week?", 43.9% said "humble devotion", 25.1% said "reverence", 18.4% said "tranquility", 14.8% said "love", 12.9% said "peace", 10.5% said "joy", and 11.1% said "philanthropic feelings".

An (Athonite) elder said: Once I was on a bus. What a situation! Somebody asked the driver to lower the radio. "We have a priest among us," he said, for they had noticed me. The driver put the sound higher. I was saying the Jesus Prayer. The person who had spoken wanted to help me, but I said, "It doesn't bother me," for I was thinking: if, God forbid, there were an accident and they brought all the people out of the bus—one having a broken leg, another an injured head, another crying, and perhaps even a little child hurt—how could I endure such a sight? "Thanks be to God," I said to myself, "Everyone here is well and they can even sing!" Thus the noise became the foundation tone for my prayer. They behaved the way they wanted, and I did just fine. There is no other way but to face all situations with a positive attitude, and to try to put yourself in the other person's place. Instead so often we try to have our own way, and the world becomes a madhouse.

When a person puts himself in another's place, things fall into order. Take for example an old woman and her daughter-in-law. The younger woman should try to put herself in the elderly one's place and say to herself, "How would I want to be treated? When I am an old, drooling woman would I want my grandchildren making fun of me? And my daughter-in-law snapping at me? Would I like that? So how should I behave toward my mother-in-law?" *from An Athonite Gerontikon*

SPECIAL THANKS to Harry Batch and his band of helpers for planting, weeding, and generally keeping our Memorial Garden looking so nice—and supplying the Tetrapod with so many flowers...May God reward you a Thousand Fold for making His Church so beautiful—inside and out!