



## Holy Ghost Orthodox Church

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# DORMITION FAST BEGINS

**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 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 Paul Bigelow, 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, 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, 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 [4-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, Matthew—21-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, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Lloyd Sheakley [Pani Gina's uncle], Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly Irma McDivitt, Sandy Gardner, Robin Young, Mckayla, Rachel, Tony Butecoff, Carl Reed, Georgia & Theodore Demopoulos, Jillian Bowman [10-year old with cancer], Renee' Richards, Lois, Lydia Wilson, Robert Pointon, 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!**

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, August 14                      Divine Liturgy of Saint John Chrysostom                      10:30 AM**  
**NINTH SUNDAY AFTER PENTECOST—PROCESSION OF THE MOST HOLY LIFE-GIVING**  
**CROSS; HOLY SEVEN MACCABEES, THEIR MOTHER SOLOMONIA & TEACHER**  
**ELEAZAR; NINE MARTYRS OF PERGE IN PAMPHYLIA**  
**BEGINNING OF THE DORMITION FAST!**

*Tone 8*

I Corinthians 3:9-17 & 1 Corinthians 1:26-29

Matthew 14:22-34 & John 19:6-11, 13-20, 25-28, 30-35

***Parastas in Blessed Memory of Steve Kuzman & Victor Burlack—Debbie & John Paouncic***

Friday, August 19  
CHRIST

TRANSFIGURATION OF OUR LORD, GOD, AND SAVIOR JESUS

Sunday, August 21

Divine Liturgy of Saint John Chrysostom 10:30 AM

TENTH SUNDAY AFTER PENTECOST—AFTERFEAST OF THE TRANSFIGURATION  
SAINT EMILIAN THE CONFESSOR-BISHOP OF CYZICUS; SAINT MYRON-BISHOP OF  
CRETE; MARTYRS ELEUTHERIUS & LEONIDES OF CONSTANTINOPLE & MANY  
INFANTS WITH THEM; SAINT GREGORY –ICONOGRAPHER OF PERCHEVSKY LAVRA;  
SAINT GREGORY OF SINAI  
BLESSING OF FRUIT AFTER LITURGY

*Tone 1*

I Corinthians 4:9-16

Matthew 17:14-23

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

Sunday, August 28

Divine Liturgy of Saint John Chrysostom 10:30 AM

ELEVENTH SUNDAY AFTER PENTECOST—DORMITION OF THE MOST HOLY  
THEOTOKOS

BLESSING OF FLOWERS AFTER LITURGY

*Tone 2*

I Corinthians 9:2-12 & Philippians 2:5-11

Matthew 18:23-35 & Luke 10:38-42, 11:27-28

## **BULLETIN INSERT FOR 14 AUGUST 2011**

**NINTH SUNDAY AFTER PENTECOST—PROCESSION OF THE MOST  
HOLY LIFE-GIVING CROSS; HOLY SEVEN MACCABEES, THEIR  
MOTHER SOLOMONIA & TEACHER ELEAZAR; NINE MARTYRS OF  
PERGE IN PAMPHYLIA**

**BEGINNING OF THE DORMITION FAST!**

### **TROPARION—TONE 8**

Thou didst descent from on high, O Merciful One!

Thou didst accept the three-day burial to free us from our sufferings!

Our Lord, our Life and Resurrection, Glory to Thee

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**

By rising from the tomb,

Thou didst raise the dead and resurrect Adam.

Eve exults in Thy Resurrection,

And the world celebrates Thy Rising from the dead,

O greatly Merciful One!

### **PROKEIMENON—TONE 8**

**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:** Pray and make your vows.

**PEOPLE: Before the Lord our God!**

### **ALLELUIA VERSES—TONE 8**

Come let us rejoice in the Lord! Let us make a joyful noise to God our Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to Him with psalms.

Abba Theodore of Pherme asked Abba Pambo, "Give me a word." With much difficulty he said to him, "Theodore, go and have pity on all, for through pity, one finds freedom of speech (Greek=access) before God."

*This tidbit is from the Sunday Bulletin from the parish of St. Stephen the First Martyr Orthodox Mission, Lima, OH. Enjoy!*

Orthodox" means "right teaching," or, "true worship." Ours is the Church founded by Jesus Christ, which wrote and compiled the Bible. We follow the rich Tradition of the Apostles and the early Church, down through the centuries. There are over 255 million Orthodox Christians worldwide.

Believing Holy Communion to be the most sacred and intimate mystery, only those who affirm all of the following may receive the Holy Eucharist:

- ✠ I believe Jesus Christ is God and I confess Him as my Master.
- ✠ I have been Baptized in the Name of the Father, Son & Holy Spirit, and Chrismated in the Orthodox Church.
- ✠ I profess the Nicene Creed and the entire Orthodox Christian Faith, the Ecumenical Councils and Holy Tradition of the Church.
- ✠ I have soberly confessed my sins and repented of them.
- ✠ I am at peace with all, holding absolutely no grudge or malice toward anyone (Church members, spouse, parents, children, employer, employee, neighbor, priest, friend, enemy, anyone)

*Fr. George L. Livanos, Ekonomos Presbyter  
All Saints Greek Orthodox Church, Canonsburg, PA*

An Athonite elder said, "If you humbly carry the load of your neighbor's fault, you have greater love than someone who carries the heavy bag of his or her companion." *from An Athonite Gerontikon*

### **Spiritual Counsels of the Blessed Elder Paisios of Mt. Athos +1994**

That fulfilling a vow we make to God does NOT replace our need for repentance and confession

"I also see a new craftiness in the devil. He causes people to think that if they make a vow to God and fulfill it, if they go on some pilgrimage, then they are alright spiritually. You see hordes of people going to monasteries and shrines with tall candles and extravagant offerings, ostentatiously making the sign of the cross, even weeping a little, and feeling content. They do not repent, do not confess, do not correct or change their way of life ... and this is quite pleasing to the devil."

One of the high government officials bore a grudge against another. Great John (the Almsgiver, patriarch of Alexandria, 610-619), heard of this and admonished him several times, but could not persuade him to be reconciled with his enemy. One day therefore the saint sent and had him fetched on the pretext of some public business, and as soon as he had come the patriarch held a service in his oratory, no one else being present save his syncellus.

After the patriarch had said the prayer of consecration and had pronounced the opening words of the Lord's Prayer, the three of them began to repeat the Prayer. When they got to the sentence, "Forgive us our trespasses as we forgive those who trespass against us" the patriarch made a sign to the syncellus to stop, and he himself stopped too, and the magistrate commenced saying all by himself, "Forgive us as we forgive." At once the saint turned towards him and said in a gentle voice, "Consider in what an awful moment you are saying to God, 'As I forgive, do Thou forgive me!'" Immediately, as though tormented by fire, the magistrate fell on his face at the saint's feet crying, "Whatever you command, my lord, your servant will do." And from that time he was reconciled to his enemy in all sincerity. *Leontius, Life of John the Almsgiver, 39*

A prayer of St. Silouan the Athonite:

O holy Virgin Mary, tell us, thy children, of thy love on earth for thy Son and God.

Tell us how thy spirit rejoiced in God thy Savior, Tell us of how thou didst look upon His fair countenance, and reflect that this was He Whom all the heavenly hosts wait upon in awe and love.

Tell us what thy soul felt when thou didst bear the wondrous Babe in thine arms.

Tell us of how thou didst rear Him, how, sick at heart, thou and Joseph sought Him three long days in Jerusalem.

Tell us of thine agony when the Lord was delivered up to be crucified, and lay dying on the Cross.

Tell us what joy was thine over the Resurrection.

Tell us how thy soul languished after the Lord's Ascension.

We long to know of thy life on earth with the Lord but thou wast not minded to commit all these things to writing, and didst veil thy secret heart in silence.

### **Spiritual Counsels of the Blessed Elder Paisios of Mt. Athos +1994**

*IF YOU ALREADY HAVE A SPIRITUAL FATHER, SKIP THE INFORMATION BELOW, AND PROCEED TO TONIGHT'S TEACHING*

Several of you have requested what one can do to find a spiritual father. The main thing is to pray fervently to our Lord to lead you to the person He has chosen to be your guide to His Kingdom. Included with tonight's teaching is a prayer by St. Symeon the New Theologian. I suggest that you offer his Spirit-filled words a few times each day; and the Theotokos Fast, which begins on Monday, also provides one with additional tools in finding a soul physician.

"O Lord, Who desirest not the death of the sinner but that he should turn and live, Thou Who didst come down to earth in order to restore life to those lying dead through sin and in order to make them worthy of seeing Thee—the true Light—as far as it is possible to man, send me a man who knows Thee; so that—in serving him and subjecting myself to him, as to Thee, and in doing Thy will in his—I may please Thee—the only true God. And so that even I, a sinner, may be worthy of Thy Kingdom. Amen."

That finding a Spiritual Father is of paramount importance

"The most necessary thing today is for people to find a Spiritual Father, to confess, trust him and follow his advice. If people have a spiritual guide and establish a rule of prayer and study, if they go to Church on a regular basis and receive Holy Communion, then they have nothing to fear in this life."

That seeking the guidance of a Spiritual Father opens one's heart to God's grace, to humility, and to clarity "No matter how spiritual a person is, and how well he may take care of his personal affairs on his own, he still won't be entirely at peace with that; because God wants man to be helped

by another person—to be corrected by another person. The Good God works things out in this manner so a person may become humble."

This year our parish is holding its annual Ukrainian Food & Fun Festival August 24-27, 2011. As you all know, August 24th is the 20th Anniversary of a free and independent Ukraine and the 105th anniversary of the founding of St. Mary our Festival will be honoring these milestones. If you could please place the information about our festival in your parish bulletins on August 7, 14 and 21 I would greatly appreciate it. I hope to see you and yours at the festival.

Fr. Timothy Tomson, Pastor  
St. Mary Ukrainian Orthodox Church  
116 Ella Street  
McKees Rocks, PA 15136

**SPECIAL NOTICE: TODAY'S COFFEE HOUR WILL BE HELD AT EVELYN BURLACK'S NEW KITCHEN COMPLEX! See Evelyn for more details and please carpool to avoid traffic congestion!**