



Holy Ghost Orthodox Church

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Vechnaya Pam'yat, Metropolitan Constantine! Memory Eternal!

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Bishop Robert, Father Jakiw Norton, Father Dragan Filipović, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Michael Mihalick [MS], Father Joseph Kopchak, Father Cuthbert Jack, Father Elias Warnke, Father Nestor Kowal, Father Paul Bigelow, Father Emilian Balan, Deacon Dennis Lapushanski, Pani-Dobrodijka Sonia Diakiw, Joshua Agosto and his family, Mike Holupka, Eva Malesnick, Stella Peanoske, Joe Nezolyk, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Linda Mechtly, Mary Mochnick, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, Andrea, & Melissa [Betty O'Masta's relatives], Mary Evelyn King, Stella Cherepko, Sam Wadrose, Isabella Olivia Lindgren, 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, Robert Hippert & family, Margaret Vladimir, Luke Emmerling, John Sheliga, George & Mika Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Doris Artman, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, 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, Bob C., Allie— young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—21-year-old with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Woloschak, Michael Pryhodzenko, Sonia Luciw, Nellie Patsko, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John

Kennedy, Lloyd Sheakley, Diane McDaniel, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Tony Butecoff, Carl & Margaret Reed, Theodore Demopoulos, Jillian Bowman, Lydia Wilson, Robert Pointon, Walter Cecelia, John Persico, Jeff Miller, Mary Kernick, Glenn Miller, Jean Marie, Donna & Walter McCrackin, Doug Smith [Millie Kerr's son-in-law], Bonnie & Eugene Blair [Pani Gina's parents], Mel & Charlotte Malik, Paula Pasquinelli, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, June Miller, Corey Guich, Monica Salvatore, Glenda Tickerhoof, Robert Vangrin, Juliana Leis, Susan "Billie" Mason, Pauline Witkowsky, Sera White, LuAnne [Mike Horvath's daughter], and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

Saints Peter and Paul Fast, also known as the Apostles Fast, begins on Monday and lasts until the Feast of Saints Peter and Paul on July 12th. The Church gives us several fasting periods during the year to allow us to grow spiritually—please try to keep this fast as best you can. See Fr. Bob with any questions.

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 10 **Divine Liturgy of Saint John Chrysostom 10:30 AM**
FIRST SUNDAY AFTER PENTECOST—SUNDAY OF ALL SAINTS
SAINT NICETAS-BISHOP OF CHALCEDON; SAINT EUTYCHIUS-BISHOP OF
MELITENE; MARTYR HELICONIS & DAPNI OF THESSALONICA; HIEROMARTYR
HELLADIUS-BISHOP IN THE EAST; SAINT IGNATIUS-BISHOP &
WONDERWORKER OF ROSTOV

Tone 8

Hebrews 11:33-12:2

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

Litany in Blessed Memory of Daniel J. Pysh, Jr.—40 days—Fr. Bob

Monday, June 11 **SAINTS PETER & PAUL FAST—THE APOSTLES' FAST—**
BEGINS

Sunday, June 17 **Divine Liturgy of Saint John Chrysostom 10:30 AM**
SECOND SUNDAY AFTER PENTECOST—SUNDAY OF ALL SAINTS OF NORTH
AMERICA AND UKRAINE; THE VENERABLE AND HOLY FATHERS OF MOUNT
ATHOS; SAINT METROPHANES-FIRST PATRIARCH OF CONSTANTINOPLE;
MARTYRS FRONTASIUS, SEVERINUS, SEVERIAN, & SILANUS OF GAUL; MARTYR
CONCORDIUS OF SPOLETO; HIEROMARTYR ASTIUS-BISHOP OF DYRRACHIUM
IN MACEDONIA; SAINT ZOSIMAS OF CILICIA-BISHOP OF NEW BABYLON

*******FATHERS' DAY*******

Tone 1

Romans 2:10-16; Hebrews 11:33-12:2

Matthew 4:18-23; Matthew 4:25-5:12

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

Sunday, June 24 **Divine Liturgy of Saint John Chrysostom 10:30 AM**
THIRD SUNDAY AFTER PENTECOST—ALL SAINTS OF GALICIA/HALYCH; ALL
SAINTS OF ODESSA; HOLY APOSTLES BARTHOLOMEW AND BARNABAS

Tone 2

Romans 5:1-10

Matthew 6:22-33

BULLETIN INSERT FOR 10 JUNE 2012

SUNDAY OF ALL SAINTS—FIRST SUNDAY AFTER
PENTECOST; SAINT NICETAS-BISHOP OF CHALCEDON;
SAINT EUTYCHIUS-BISHOP OF MELITENE; MARTYR
HELICONIS & DAPNI OF THESSALONICA; HIEROMARTYR
HELLADIUS-BISHOP IN THE EAST; SAINT IGNATIUS-
BISHOP & WONDERWORKER OF ROSTOV

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.

WHY OUR HEALTH CARE COSTS ARE SO HIGH!!!

Kevin had shingles.

Those of us who spend much time in a doctor's office should appreciate this! Doesn't it seem more and more that physicians are running their practices like an assembly line?

Here's what happened to Kevin:

Kevin walked into a doctor's office and the receptionist asked him what he had. Kevin said: 'Shingles.' So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aide came out and asked Kevin what he had... Kevin said, 'Shingles.' So she wrote down his height, weight, a complete medical history and told Kevin to wait in the examining room.

A half hour later a nurse came in and asked Kevin what he had. Kevin said, 'Shingles..' So the nurse gave Kevin a blood test, a blood pressure test, an electrocardiogram, and told Kevin to take off all his clothes and wait for the doctor.

An hour later, the doctor came in and found Kevin sitting patiently in the nude and asked Kevin what he had.

Kevin said, 'Shingles.' The doctor asked, 'Where?'

Kevin said, 'Outside on the truck. Where do you want me to unload 'em??'

HOPE THIS MAKES YOU LAUGH OUT LOUD LIKE I DID... THAT'S WHY I HAD TO SEND THIS TO YOU....THESE DAYS WE NEED ALL THE LAUGHS WE CAN GET!

Benefitting from the Structure of the Church The Holy Orthodox Church provides a basic structure for believers to experience God throughout life. The structure nurtures growth and encourages repentance. The structure welcomes sinners returning to the life in Christ. The daily services of the Church offer believers opportunities to worship and experience God throughout the day. The daily services of the Church enable the believer to learn more about God. The daily services feed the soul. The daily services enable interested non-believers to taste of the Church and to draw closer to the life in Christ. The daily services are spiritual means for serious believers to worship and be united with God to a greater extent each day. The service books of the Church set forth the services as approved and to be followed. These books are instructional in content. The service books reflect the theology of the Church and are immeasurable in learning value. The Holy Mysteries of the Church set forth a structure for the life cycle to bring the person to Christ and keep the person united with Christ. The Holy Mysteries provide for the uniting of man and woman in marriage. The Holy Mysteries serve to heal the hurt believer and to restore unity with Christ. The Holy Mysteries are an entrance way to full unity with Christ and extensive commitment to the life in Christ. Service books are instructional for

deacons, priests and bishops in doing the work of the Church. Prayer books serve all the faithful in maintaining unity with God. The structure of the Church is necessarily extensive to meet the far-reaching needs of the faithful and to reach out to those interested in Christ. A single person will never exhaust the learning possible in Christ. Each believer is challenged by the words: "till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fullness of Christ..."(Eph.4:13) Believers have a continuing responsibility to examine themselves and determine the degree to which they are faithful to their baptismal commitment to honor Christ as King and as God. St. Gregory of Nyssa said " If therefore on examining himself a man finds that he still needs to be purified because his conscience is full of vile stains and sores, he cannot insinuate himself into the family of God until he has been purged from all these evil things."

Prepared for Adult Class. St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. May 2/15, 2012. St. Athanasius. Father Rodney Torbic

Brothers, we shall hymn with praise the tongues of the disciples
Because, not with elegant speech,
But in divine power they have revived all men.
Because they took up His Cross as a reed,
So that they might again use words as fishing lines
and fish for the world
Since they had speech as a sharp fishhook,
Since the flesh of the Master of all
Has become for them a bait,
it has not sought to kill
But it attracts to life those
who worship and praise
The All-Holy Spirit.
Saint Romanos the Melodist

You cannot cure the soul of others or 'help people,' without having changed yourself. You cannot put in order the spiritual economy of others, so long as there is chaos in your own soul. You cannot bring peace to others if you do not have it yourself. Often, we help other people, not by a series of conscious acts directed upon their soul, but rather by influencing them through our spiritual gifts, without ourselves seeing or knowing how we do so. Once (St.) Anthony the Great asked a visitor who said nothing at all, 'Why do you not ask me anything?' and the other answered, 'It is

enough for me to look at you, holy father.' +Fr. Alexander Elchaninov, *The Diary of a Russian Priest*

People are capable of a deep understanding of life; they can distinguish with great *finesse* many a trait in the souls of others but, how rarely does a man see himself. Here the keenest sight is dimmed and becomes prejudiced. We are excessively indulgent towards all the evil in ourselves, and immensely exaggerate every glimpse of good. I do not even mean that we should be stricter towards ourselves than toward others (though this is, as a matter of fact, required of us); but if we simply applied to ourselves the measure we use for others--even this would open our eyes in more ways than one. But we completely refuse to do so; we have become incapable of seeing ourselves and live in a state of blind security; yet our spiritual life has not even begun to develop, and cannot develop before we have abandoned this false attitude. +Fr. Alexander Elchaninov, *The Diary of a Russian Priest*

You try to justify yourself, saying that the fault you have committed is small and of no importance. But in the world there is nothing small and of no importance, whether good or bad. The most insignificant action, a word spoken at random, the most fleeting feeling--all these are important and real, just as everything is real in the world. And so everything, however small, must correspond to the chief thing in our life, and nothing must be considered beneath our attention or outside the scope of our responsibility. +Fr. Alexander Elchaninov, *The Diary of a Russian Priest*

Why are childhood impressions so important? Why is it essential to fill a child's mind and soul with light and goodness, starting from the very earliest stages of its life? In childhood we find a natural gift for faith, simplicity, gentleness, a capacity for tenderness, compassion, imagination, an absence of cruelty and hardness. Now this is precisely the kind of soil that yields a harvest thirty-fold, sixty-fold or an hundred-fold. When, later in life, the soul has become hard and dry, a man can be cleansed anew and saved by the continuing presence of his childhood experience. That is why it is so important to keep children close to the Church--it will provide them with nourishment for their entire lifetime. +Fr. Alexander Elchaninov, *The Diary of a Russian Priest*