



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: 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], Donald Griffey, Martin Kapusta, Deborah Smith, Nancy & Eric Dunik, and Daria Masur. ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

Just as the poor should give thanks to God and return rich love to those who assist them, so all the more should the wealthy give thanks, for through God's providence they are able to perform acts of charity, and so are saved both in this age and in the age to come. For without the poor they cannot save their souls or flee the temptations of wealth. *St. Peter of Damascus*

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!

For this reason the Lord, who knew what He gave her, said, Mary has chosen the good part. But after a time the things which Martha had done so eagerly in the way of service brought her to that gift of grace. She, too, received divine power in her soul. *St. Makarios the Great*

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, July 22 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
SEVENTH SUNDAY AFTER PENTECOST; HIEROMONK PANCRATIUS-BISHOP OF TAORMINA IN SICILY; HIEROMARTYR CYRIL-BISHOP OF GORTYNA IN CRETE; MARTYRS PATERMUTIUS, COPRIUS, & ALEXANDER THE SOLDIER IN EGYPT; SAINT THEODORE-BISHOP OF EDESSA

Tone 6

Romans 15:1-7

Matthew 9:27-35

Litany in Blessed Memory of Helen Pytlak—Mike & Kay Behun
Parastas in Blessed Memory of Emil Joseph Pauncic—Debbie & John Pauncic

SUNDAY, JULY 29 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
EIGHTH SUNDAY AFTER PENTECOST—HOLY FATHERS OF THE FIRST SIX ECUMENICAL COUNCILS; HIEROMARTYR ATHENOGENES-BISHOP OF HERACLEOPOLIS & 10 DISCIPLES; MARTYRS PAUL & SISTERS CHIONIA & ALEVINA AT CAESAREA IN PALESTINE; MARTYR ANTIOCHUS-PHYSICIAN OF SEBASTE; VIRGIN-MARTYR JULIA OF CARTHAGE

Tone 7

I Corinthians 1:10-18; Hebrews 13:7-16

Matthew 14:14-22; John 17:1-13

SUNDAY, AUGUST 5 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
NINTH SUNDAY AFTER PENTECOST; HIEROMARTYR APOLLINARIS-BISHOP OF RAVENNA; MARTYRS TROPHIMUS, THEOPHILUS, & 13 OTHERS IN LYCIA; "POCHAIV" ICON OF THE THEOTOKOS

Tone 8

I Corinthians 3:9-17; Philippians 2:5-11

Matthew 14:22-34; Luke 10:38-42, 11:27-28

Litany in Blessed Memory of Samuel Mrvos, David Yenni, M. Denise Lawrence, Rudy Obradovich, Anna Harte, Agnes Rossi, Mary Milanovich, Millie Kitch, Michael Cherepko, & Father Peter Natishan—Fr. Bob

BULLETIN INSERT FOR 22 JULY 2012
SEVENTH SUNDAY AFTER PENTECOST; HIEROMONK PANCRATIUS-BISHOP OF TAORMINA IN SICILY; HIEROMARTYR CYRIL-BISHOP OF GORTYNA IN CRETE; MARTYRS PATERMUTIUS, COPRIUS, & ALEXANDER THE SOLDIER IN EGYPT; SAINT THEODORE-BISHOP OF EDESSA

TROPARION—TONE 6

The angelic powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord who didst rise from the dead: 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 6

When Christ God, the Giver of Life,
Raised all of the dead from the valleys of misery with His might hand,
He bestowed resurrection on the human race.
He is the Savior of all,
The Resurrection, the Life, and the God of all!

PROKEIMENON—TONE 6

READER: O Lord, save Thy people and bless Thine inheritance.
PEOPLE: O Lord, save Thy people and bless Thine inheritance.
READER: To Thee, O Lord, will I call. O my God, be not silent to me.
PEOPLE: O Lord, save Thy people and bless Thine inheritance.
READER: O Lord, save Thy people.
PEOPLE: And bless Thine inheritance.

ALLELUIA VERSES—TONE 6

He who dwells in the shelter of the Most High will abide in the shadow of
the heavenly God.

He will say to the Lord: My Protector and my Refuge; my God, in whom I
trust.

People are generally called intelligent through a wrong use of this word. The
intelligent are not those who have studied the sayings and writings of the wise men of
old, but those whose soul is intelligent, who can judge what is good and what is evil;
they avoid what is evil and harms the soul and intelligently care for and practice what
is good and profits the world, greatly thanking God. *St. Anthony the Great*

Faithfulness to The Creed

Believers recite The Creed at Holy Baptism for the first time. The
Creed is recited and reaffirmed at each Divine Liturgy. The Creed serves as

the basic summary of Christian beliefs and is a measurement of faith throughout life.

The Creed expresses belief in the Holy Trinity...The Father, the Son and the Holy Spirit. The Creed addresses the Virgin Birth of Christ, Christ's death and Resurrection.

The Creed speaks about Christ's ascension and His return to judge the living and the dead. The Creed identifies the importance of the Holy Prophets and the speaking of the Holy Spirit through the Holy Prophets.

The validity of a single baptism is affirmed. The Creed shapes and influences the life of the believer from the time of Holy Baptism. The Creed intersects the life of the believer during the ensuing days of life.

The serious believer is attentive to the words of The Creed. The serious believer considers the process leading to the formulation of The Creed. Heartfelt thinking went into the crafting of every word of The Creed.

Putting together the words of The Creed involved an unshakeable understanding of God. The Creed would need to withstand the test of time.

With each recitation of The Creed believers have the opportunity to personally reflect on their Holy Baptism and measure their faithfulness to The Creed.

Individuals come to Holy Baptism with the purest of intentions. The Kingdom of God is the intended goal. By faithfulness to the beliefs expressed at Holy Baptism the believer experiences the Kingdom of God.

Believers attending the Divine Liturgy determine how well The Creed has been personally honored. Believers know very well if their lives are true to the Baptismal commitment.

The degree to which The Creed is fundamental to the constitution of the believer is manifested in personal relationships and in the fulfilling of daily responsibilities and duties.

The degree to which the believer's life is inseparable from the content of The Creed is known in the way the believer lives each day. The Lord Jesus Christ said: "You will know them by their fruits."(Mt.7:16)

Serious responsibilities accompany taking on the Christian identity. Holy Baptism defines and shapes the remaining days of a person's life. The Creed provides the most formidable structure to address each day of life.

Living The Creed transforms the believer. The whole person is dedicated to God at Holy Baptism. The whole person is expected to always live unto God.

The joy of Holy Baptism is renewed when daily life is faithful to The Creed.

Prepared for Adult Class. St.George Serbian Orthodox Church, Carmichaels, Pennsylvania. June 20/July 3, 2012. Ven. Nahum of Ochrid. Father Rodney Torbic

'Mosquitoes in the Summer Heat'
-Spiritual Advice from St. Theophan the Recluse



You've got to get out of your head and into your heart. Right now your thoughts are in your head, and God seems to be outside you. Your prayer and all your spiritual exercises also remain exterior.

As long as you are in your head, you will never master your thoughts, which continue to whirl around your head like snow in a winter's storm or like mosquitoes in the summer's heat. If you descend into your heart, you will have no more difficulty.

Your mind will empty out and your thoughts will dissipate. Thoughts are always in your mind chasing one another about, and you will never manage to get them under control.

But if you enter into your heart and can remain there, then every time your thoughts invade, you will only have to descend into your heart and your thoughts will vanish into thin air. This will be your safe haven. Don't be lazy. Descend. You will find life in your heart. There you must live.

Hospital Chart Bloopers

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. Patient has left white blood cells at another hospital.
4. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
5. Patient has chest pain if she lies on her left side for over a year.
6. On the second day the knee was better, and on the third day it disappeared.
7. The patient is tearful and crying constantly. She also appears to be depressed.
8. The patient has been depressed since she began seeing me in 1993.
9. Discharge status: Alive but without permission.
10. Healthy appearing decrepit 69-year old male, mentally alert but forgetful.
11. Patient had waffles for breakfast and anorexia for lunch.
12. She is numb from her toes down.

13. While in ER, she was examined, X-rated and sent home.
14. The skin was moist and dry.
15. Occasional, constant infrequent headaches.
16. Patient was alert and unresponsive.
17. Rectal examination revealed a normal size thyroid.
18. She stated that she had been constipated for most of her life, until she got a divorce.
19. I saw your patient today, who is still under our care for physical therapy.
20. Both breasts are equal and reactive to light and accommodation.
21. Examination of genitalia reveals that he is circus sized.
22. The lab test indicated abnormal liver function.
23. Skin: somewhat pale but present.
24. The pelvic exam will be done later on the floor.
25. Patient has two teenage children, but no other abnormalities.

Bob Graham, Crafton HS '59, Winter Springs, FL

"A Celebration Of Faith And Community"
SING • DANCE • EAT • DRINK • ENJOY • BE HAPPY!

B I G G E S T A N N U A L
UKRAINIAN FESTIVAL
JULY 25 to 28, 2012

Open Daily at 4:00 P.M.

Live Entertainment Every Night!

Lamb Roast • Funnel Cakes

- CHURCH OPEN DAILY FOR YOUR PRAYERS AND MEDITATION
 - UKRAINIAN FOODS AND BAKED GOODS
 - UKRAINIAN COLLECTIBLES - RELIGIOUS ITEMS
 - FUN GAMES FOR ALL AGES
 - CHINESE AUCTION
 - GREAT TIME FOR EVERYONE
 - BRING YOUR FAMILY AND FRIENDS

WEDNESDAY- July 25 - 4:00 P.M. - FOOD SERVICE BEGINS

4:00 PM- 6:45 PM - "SPIKE REAL" THE 'DIGITAL D.J.

6:45 P.M. OPENING CEREMONY

7:00 PM - "PARADE" (From Robb St. to George St) line-up 6:15 P.M.

8:30 PM - A MEMORIAL SERVICE FOR ALL VETERANS, LAW ENFORCEMENT OFFICERS
& FIREFIGHTERS.

8:45 - 9:45 PM- "ALLEGHENY BRASS BAND" WILL PERFORM

THURSDAY- July 26 -4:00PM -FOOD SERVICE BEGINS

4:00 - 7:45 PM "SPIKE REAL" THE 'DIGITAL D.J.

8 PM- 10 PM - "ELMOZ FIRE" WILL PERFORM.

FRIDAY- July 27 - 4:00 PM - FOOD SERVICE BEGINS

4:00 - 7:45 P.M. "SPIKE REAL" THE 'DIGITAL D.J.

8 - 10 P.M. "MARCELS" WILL PERFORM.

SATURDAY - July 28 - 4:00 PM - FOOD SERVICE BEGINS

5:00 - 6:00 PM - "KEYSTONE ADULT TAMBURITZANS".

5:00 - 7:00 PM - "CLUELESS THE CLOWN".

6:00 - 7:30 PM - "THE LYMAN UKRAINIAN DANCE GROUP".

8 PM- 10 PM. - "PURE GOLD" WILL PERFORM.

St. Mary Ukrainian Orthodox Church

116 Ella Street, (Corner of Helen & Ella Streets) McKees Rocks, PA 15136

For more information call 412-331-2362 or email: FrTim1@aol.com

Website – www.ukrainianfestivalmckeesrocks.net

SORRY NO OUTSIDE FOOD OR BEVERAGES ALLOWED.

Icon of the Most Holy Theotokos—"Three Hands"



The original of this icon, now located on Mount Athos at Hilandar Monastery, is from the 8th century and has quite an important and unusual history and significance. During the iconoclast controversy centered in Byzantium in this same century, the venerators of icons were severely persecuted by the icon smashers (iconoclasts) who left the continuous tradition of icon reverence of the Church from the very first days of Christianity, and destroyed or defaced the holy images which they mistakenly called idols. This was at least partly due to the unusual and surprising rise of Islam in the previous two centuries and their military success which greatly affected the entire Middle Eastern area at that time, and threatened to engulf all of the Roman Empire which had converted to Christianity.

St. John Damascene lived at that time in Damascus and fearlessly wrote the definitive defense of the use of icons for veneration for the faithful, and elucidated the difference between worship (which is only

reserved for God Himself) and veneration which extends to that which brings us in remembrance of God. Thus, through St. John's extensive writings, the icons were ably explained to this day. When the Emperor was unable to stop St. John from writing, as he was out of his political reach, he had him indirectly slandered as leaking state secrets, and the Sultan in a rage had St. John's right hand cut off. Not losing faith, St. John held his hand up before this icon of the Virgin, and it was miraculously restored whole, and he continued to write in defense of the icons. In gratitude for the miracle, St. John had a silver replica of his hand made and attached to the metal cover of the icon, which gives it its unusual name "of three hands". Later taken to the Holy Mountain of Athos, this icon still inspires the faithful to turn their hearts to God, and defend the truth of faith from mistaken ideas, even when unpopular.

After raging through almost a century and a quarter, the iconoclast controversy was resolved in favor of the continuance of icon veneration finally in 843, and these wonderful blessings to focus our minds and prayers to God have continued to be an integral and important part of the Church proclaiming Christ's Incarnation in material creation. The particularly lovely features of both Christ and the Virgin of this icon make the intensification of our prayers and the turning of our hearts a natural result of looking deeply at this window into the Heavenly World.

In time of religious peace, we take up our cross and follow Christ by putting our evil passions and desires to death through virtuous living. But when persecutions come, we must despise our own life, give up our soul for the sake of our Faith and therefore take up our cross and follow the Lord, so as to inherit eternal life. 'He that findeth his soul,' says the Scripture, 'shall lose it; and he that loseth his soul for My sake shall find it' (Matt. 10:39).
St. Gregory Palamas

One of my [Presbytera Candace Schef] all-time favorite spiritual books is Wounded by Love, the Life and the Wisdom of Elder Porphyrios. The content of this book, I've found, is a balm for the soul. Most Orthodox Christian bookstores carry it; if you are looking for a copy and cannot find it, write to me and I'll help you source one, if desired. Here is an excerpt, starting on page 116, where you can read further if you have a copy at home:

We shouldn't blackmail God with our prayers. We shouldn't ask God to release us from something, from an illness, for example, or to solve our problems, but we should ask for strength and support from Him to bear

what we have to bear. Just as He knocks discretely at the door of our soul, so we should ask discretely for what we desire and if the Lord does not respond, we should cease to ask. When God does not give us something that we ask for insistently, then He has His reasons. God, too, has His 'secrets.' Since we believe in His good providence, since we believe that He knows everything about our lives and that He always desires what is good, why should we not trust Him? Let us pray naturally and gently, without forcing ourself and without passion. We know that past, present, and future are all known, open and laid bare before God. As St. Paul says, Before him no creature is hidden, but all are open and laid bare to His eyes. We should not insist; such persistence does harm instead of good. We shouldn't continue relentlessly in order to acquire what we want; rather we should leave things to the will of God. Because the more we pursue something, the more it runs away from us. So what is required is patience, faith and composure. And if we forget it, the Lord never forgets; and if it is for our good, He will give us what we require when we require it.

In our prayer we should ask only for the salvation of our soul. Didn't the Lord say, Seek first the Kingdom of God, and all these things will be added to you? Easily, without the slightest difficulty, Christ can give us what we want. And remember the secret. The secret is not to think about asking for the specific thing at all. The secret is to ask for your union with Christ with utter selflessness, without saying, 'give me this,' or 'give me that.' It suffices to say, "Lord Jesus Christ, have mercy on me." God has no need to be informed by us about our various needs. He knows them all incomparably better than we do and He gives us His love. What is important is for us to respond to this love with prayer and with the keeping of His commandments. We should ask for the will of God to be done. That is what is in our best interest and the safest thing for us and for those for whom we pray. Christ will give us everything abundantly. When there is even a trace of egotism, nothing happens.

Fortunate is the man who has come to have God as his helper and to have his hopes in Him alone. Let the devil bear malice towards him, let all men persecute him and plot against him, let all his adversaries fight against him - he never fears anyone, because he has God as his helper. He remains always a victor, always glorified, always happy, always rich, always cheerful and joyful, even if he happens to fall into extreme poverty and into a great many adverse and grievous circumstances of this present life. For inasmuch as he hopes in Almighty God, he does not despair, he is not sorry, is not anxious, but expects help from Above. Fortunate, then, is such a man and worthy to be deemed happy, just as the Prophet-king David

regards such a man as happy, saying: "Blessed is he whose helper is the God of Jacob, whose hope is in the Lord his God." Such were all the Prophets, the Apostles, the Martyrs, the Holy Ascetics and all the Saints from the beginning of time. St. Nikiforos of Xios

Do you believe that the words of your Lord, "take up your cross," refer to you personally? If you believe this, then take it up. The Lord has laid it on your shoulders in this present grievous case. Do not say it is too heavy; God knows better the measure of your strength. To some God sends trials and sorrows, brought about by circumstances and in no way dependent on people, these are more easily borne. To others He sends those caused by people, and they are harder, especially when we have done some good to those people. The last case is the hardest to bear. If God sends you this, know that it is precisely what is most useful to you, and to this realization add the inspiring thought: God sees that you are strong enough to bear it and expects you to actually bear it with a good heart, without complaining. So, do not disappoint God's expectations. *From Unseen Warfare (as edited by St. Nicodemus of the Holy Mountain and St. Theophan the Recluse)*

You undertake different tasks, so you tell me, "in most cases unwillingly and without any eagerness—I have to force myself." But this, after all, is a basic principle in the spiritual life—to set yourself in opposition to what is bad and to force yourself to do what is good. This is the meaning of the Lord's words, The Kingdom of Heaven suffereth violence and the violent take it by force, (Matt 11:12). This is why following the Lord is a yoke. If all were done eagerly, where would be the yoke? Yet, in the end, it so comes about that everything is done easily and willingly. *St. Theophan the Recluse*