



## **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, Father John Nakonachny, 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, Gaele 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.

**PRAYER LIST: Please help update our prayer list. If you or someone you know no longer needs to be on the prayer list or if there is someone who needs to be on the list please let Father Bob know. Remember—Prayers are ALWAYS FREE! Thank you!**

The name of Jesus should be repeated over and over in the heart just as flashes of lightning are repeated over and over in the sky before rain. *St. Hesychios the Priest, c. 8th century, On Watchfulness and Holiness, 105*

Please remember Ryan Fuller, 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, 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 &**  
**ALEVTINA 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

***Litany in Blessed Memory of Protodeacon John Youhas—Fr. Bob***  
***Parastas in Blessed Memory of Emil Joseph Pauncic—John and Debbie***  
***Pauncic***

**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***

**SUNDAY, AUGUST 12**                      **Divine Liturgy of Saint John Chrysostom 10:30 AM**  
**TENTH SUNDAY AFTER PENTECOST; APOSTLES SILAS & SILVANUS OF THE 70 &**  
**THOSE WITH THEM: CRESCENE, EOPENETUS, & ANDRONICUS; HIEROMARTYR**  
**POLYCHRONIUS-BISHOP OF BABYLON, MARTYRS PRESBYTERS PARMENIUS,**  
**HELIMENAS, & CHRYSOTELUS, DEACONS LUKE & MOCIUS, AND ABDON,**  
**SENNEN, MAXIMUS, & OLYMPIUS; HIEROMARTYR VALENTINE=BISHOP OF**  
**INTERAMNA IN ITALY; JARTYR JOHN THE SOLDIER AT CONSTANTINOPLE**

*Tone 1*

I Corinthians 4:9-16

Matthew 17:14-23

***Parastas in Blessed Memory of Victor Burlack & Steve Kuzman—Burlack &***  
***Pauncic families***

## BULLETIN INSERT FOR 29 JULY 2012

**EIGHTH SUNDAY AFTER PENTECOST—HOLY FATHERS OF THE FIRST**  
**SIX ECUMENICAL COUNCILS; HIEROMARTYR ATHENOGENES-**  
**BISHOP OF HERACLEOPOLIS & 10 DISCIPLES; MARTYRS PAUL &**  
**SISTERS CHIONIA & ALEVTINA AT CAESAREA IN PALESTINE;**

**MARTYR ANTIOCHUS-PHYSICIAN OF SEBASTE; VIRGIN-MARTYR  
JULIA OF CARTHAGE**

**TROPARION—TONE 7**

By Thy Cross, Thou didst destroy death!  
To the thief, Thou didst open Paradise!  
For the Myrrhbearers, Thou didst change weeping into joy.  
And Thou didst command Thy disciples, O Christ God,  
To proclaim that Thou art 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 7**

The dominion of death can no longer hold men captive,  
For Christ descended, shattering and destroying its powers!  
Hell is bound, while the prophets rejoice and cry:  
The Savior has come to those in faith!  
Enter, you faithful, into the Resurrection!

**PROKEIMENON—TONE 7**

**READER:** The Lord shall give strength to His people! The Lord shall bless  
His people with peace!

**PEOPLE: The Lord shall give strength to His people! The Lord shall  
bless His people with peace!**

**READER:** Offer to the Lord, O you sons of God! Offer young rams to the  
Lord!

**PEOPLE: The Lord shall give strength to His people! The Lord shall  
bless His people with peace!**

**READER:** The Lord shall give strength to His people!

**PEOPLE: The Lord shall bless His people with peace!**

**ALLELUIA VERSES—TONE 7**

It is good to give thanks to the Lord, to sing praises to Thy name, O Most  
High!

To declare Thy mercy in the morning, and Thy truth by night!



Vacation from God?

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Ah, summertime! Each of us looks forward to the time of year where we get a break from our daily work and school routine.

In the United States, we call it vacation. Other countries call it holiday. Irrelevant of the name, it brings images of leisure time, travel, friends, family, and sometimes adventure.

Whether it is a trip to the shore, a cabin in the mountains, a tent in a park, a luxury hotel, or a cruise on the open seas, we all need a break from our normal routine to recharge our personal batteries. As each of us is different, we all have our own idea of what constitutes the best use of our time away from the office or the classroom.

As I write this, my family is preparing to go to a beach on the east coast for several days—our first true long vacation since our sons were born. Planning, sorting, arranging, packing—all of these take time and preparation. Maps are reviewed, online searches are made for attractions and sites of interest, arrangements to stop mail and newspaper delivery are made...all in the name of an orderly change. The destination is finalized, GPS loaded with our destination address, a temporary home is set for our Dachshund, and the car is packed...now what?

We spend a great deal of our lives looking forward to a break from the norm—whether it's the typical long summer vacation from school or the ever-so-short week or two away from our jobs, it seems that planning for that getaway obsesses us for many weeks before the actual event.

Time away...from what? We never seem to give much thought about our spiritual lives when we plan a vacation...it's just a Sunday or two missing church—God will understand! There are 50 other Sundays and other holy days to visit with Him...and of course, since He loves us, we don't have to worry about Him! He'll be right there when we get back...and if we need Him on our trip, He'll be there as well!

Sometimes, we fail to plan for the most important part of our vacations—the spiritual recharge. My most restful, peaceful, relaxing, and recharging vacation was nearly twenty years ago. Pressures from my work were immense—the personalities were grinding my nerves to nothing—all was NOT WELL! I NEEDED a vacation!

For some reason, unknown to me at the time, I decided to visit a friend in Northeastern Pennsylvania—in the Pocono Mountains. Since their family worked as well, I would spend a weekend with them, then do something I had never thought of before—spend a week at a monastery! Arrangements were made and I arrived at the Orthodox Monastery of Saint Tikhon of Zadonsk in South Canaan, Pennsylvania. I was shown to my room, met my mentor for the week, Hieromonk Juvenaly—the monastery librarian, then was given the schedule of services...beginning with compline, vespers, and dinner. Church services were nice—quiet, peaceful, NO PEWS! Dinner was quiet as well...and my night's sleep as restful as I had ever experienced.

At 4 AM, the alarm went off, I got dressed, then up the hill in the dark to the chapel for Matins and Liturgy...which began at 5 AM! I went up the road in the dark—no hint yet of the sunrise. The church was empty except for a monk lighting candles...and the smell! Beeswax candles were burning throughout the church—it truly smelled heavenly. The silence filled everything as I stood in the back, just letting it permeate every cell in my body, until the arrival of other monks and laity. Matins and Liturgy were just a bit more special, the words a little clearer, the hymns a little easier to sing, the prayers ever so much more REAL.

At the end of the Liturgy, when I went forward to kiss the cross and receive the Antidoron, I truly did not want it to end. I had truly been transported away from every care and concern...to be with God for those few hours in His house. Throughout the days, it seemed that there were not enough services, so I spent extra time in the church, just breathing in the scent of the candles, looking at the light on the icons, and thinking about what I was doing there. I even thought about a monastic vocation! Father Juvenaly told me that the life of an Orthodox monk was not for me—I must say I was crushed emotionally...but he said not to worry, God had definite plans for my life!

Now, two decades later, I can honestly say His plans for my life were nothing close to mine. I have loved every moment of my priesthood, but still fondly travel back to my week with God. Just the thought of it makes me smile...to truly vacation with Him, on His terms, in His house! I can take a microvacation just by thinking back to the first morning Liturgy.

As we travel to our family vacation spot, I will still think of that week. Each of us has been given the opportunity to experience God's love and creation every day of our lives. Do not pass up the chance to see Him in everything around you—trees, hills, water, birds, animals, clouds, rain, storms—all are His creation!

On your vacation, take a few minutes to thank Him for everything He has given you—your health, family friends, and all good things come from Him. Visit an Orthodox church where you find yourself—go in and look around, breathe in the smells, experience a slightly different view of the One Holy Catholic and Apostolic Church. Recharge your batteries...and save those memories for when the snow flies!

May God grant you a safe journey, no matter where you roam, a safe return to home and family, and His Love and Protection along the way!

*Fr. Robert Popichak*

### **More On The Creed**

The Church believes sufficiently in the importance of The Nicene-Constantinopolitan Creed that it is recited at Holy Baptism and at each Divine Liturgy throughout the days of a believer's life.

The Creed requires the believer to continuously think about the unity of God the Father, the Lord Jesus Christ and the Holy Spirit. The Creed requires the believer to consider the Divine actions that have occurred and continue to occur.

The Creed is expressed in the Church. The Creed speaks about the Holy, Catholic and Apostolic Church. The profession of beliefs confessed in The Creed unites the person and the beliefs. The person and beliefs are to be inseparable.

The believer's life is to manifest the beliefs expressed in The Creed. A faithful believer's life will mirror the beliefs in The Creed. A faithful believer's life will be inseparable from God's Holy Church.

Believers contemplating The Creed will give great thought to the creation of all things visible and invisible. Believers contemplating The Creed will think carefully about the Holy Prophets through whom the Holy Spirit spoke.

Words of the Holy Prophets carry the force and power of the Holy Spirit. Words of the Holy Prophets take on great and lasting meaning when viewed in the perspective of The Creed. Words of the Holy Prophets have relevancy today.

The Creed serves as a constant reminder of the crucifixion and suffering of the Lord Jesus Christ. The serious believer's life is lived inseparably from the crucifixion, death and resurrection of Christ.

The serious believer's life is lived in constant preparation for Christ's return as expressed definitively in The Creed. The living and the departed

will face the final judgment. No one will escape or be spared the final judgment.

Believers heeding the beliefs expressed in The Creed will strive constantly to bring their lives into conformity with the beliefs. Repentance is the only way conformity is achieved. God's goodness and mercy are necessary.

The Creed makes clear that Christ came for our salvation. At Holy Baptism believers "put on" Christ, become united with Christ. Repeating of The Creed and actively participating in the Divine Liturgy enable the unity to remain strong.

The believer's understanding of The Creed will grow to the degree the believer has interest in Christian growth. The believer's understanding of The Creed will increase to the extent the believer invests in the Christian life.

The Christian identity is formed at Holy Baptism. The Christian identity is capable of Christian growth until the believer's departure from this life. Saints and martyrs show they are faithful to The Creed through the way they live and die.

Hunger for Christ is satisfied as the believer looks to the truths in The Creed.

The believer's life is shaped and nourished as the believer draws from the truths in The Creed.

When The Creed is integral to the depths of the soul of the believer, the recitation of The Creed strengthens the believer. The recitation of The Creed with other believers increases the unity among them.

Recitation of The Creed joins believers of the past and present. Recitation of The Creed shapes the present and future. Commonality of belief and commonality of purpose come together in the recitation of The Creed during the Divine Liturgy.

At Holy Baptism believers set out on the journey to the Kingdom of God. The Creed is a fundamental part of the journey throughout the journey's entirety. Any departure from the beliefs in The Creed will derail the journey.

Faithfulness to the beliefs in The Creed keeps the believer steadfast in the journey to the Kingdom. Embracing the beliefs in The Creed is a completely voluntary decision.

Reaffirming the beliefs in The Creed throughout life is a definitive voluntary act. The mind, the heart and the soul are important in the degree to which The Creed is fully embraced and lived.



The Creed has historical roots traced to the Council of Nicea in 325 A.D. and the Council of Constantinople in 381 A.D.<sup>1</sup> The Creed has withstood the passing of centuries and remains firmly centered in the Church.

Contemporary believers embracing The Creed may find themselves as a minority in today's world. Contemporary believers will find strength in the words of St. John: "He who is in you is greater than he who is in the world."( Jn.4:4)

The Creed is a basis for believers to consider the resurrection of the dead. Believers need to consider how they will fare personally in the final judgment. Memories of departed friends and relatives of believers come to mind.

The Canon of Repentance says regarding the judgment of the living and the dead: "Where shall I find myself? Therefore, I cry: Grant me, O Lord, repentance before the end."<sup>2</sup>

Holy St. Nikolai Velimirovic makes clear the need for repentance. St. Nikolai said: "Ceaseless repentance is necessary for the Christian until his last breath."<sup>3</sup> Repentance requires the sincere and clear choice of the believer.

Believers will meet resistance to repentance. Pride will stand in the way. Enabling relationships supportive of sinfulness will stand in the way. The writing of Holy Apostle Paul gives believers encouragement to repent.

The Holy Apostle Paul writing to the Corinthians said: "Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."(II Cor.7:1)

The Nicene-Constantinopolitan Creed is embraced and recited by Christians sharing the common beliefs expressed in The Creed. The widespread recitation of The Creed has far-reaching impact on many different continents.

Relationships are formed among believers in The Creed. Distance may be created in relationships with others believing differently. Believers need to learn how to temper differences with love without compromising beliefs.

These guiding words for life are found in Proverbs: "The ways of righteous men are acceptable before the Lord, and through them even enemies become friends."(Prov.15:32-SAAS)

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<sup>1</sup> Father John Matusiak. Our Faith. New Life Publications, Wayne, New Jersey, 1986, p.5.

<sup>2</sup> The Unabbreviated Horologion or Book of the Hours. Holy Trinity Monastery, Jordnaville, New York, 1992, p.344.

<sup>3</sup> St.Nikolai Velimirovic. The Prologue of Ohrid. Vol.One. Translated by Fr.T.Timothy Tepsic. Western Diocese of the Serbian Orthodox, Church, Alhambra, California, 2002, p. 656.

The recitation of The Creed influences the shape of society at large. Believers in The Creed carry these beliefs into their daily life. Home life, community life and the workplace are affected by these beliefs.

Individuals holding beliefs different from Christians embracing The Creed will develop relationships that take into account the differences. History shows that sometimes the differences can lead to violence.

The resoluteness of believers through the centuries holding fast to The Creed deserves continuing recognition and appreciation. The Creed has to do with the person's relationship with God.

Credible amounts of faithful believers through the centuries have held firm to The Creed. The Creed comes to present day believers having influenced countless lives through the centuries.

The Creed is a sign of hope for non-Christians in each generation seeking authentic nourishment of the soul. The Creed attracts individuals seeking the deepest meaning for their lives.

Every person with a functioning mind has a world-view. The Creed is the world-view of Christians. Parents baptizing their children influence the lives of the children due to embracement of The Creed.

Hunger for the Lord draws a person to The Creed and keeps a person a firm believer in The Creed. The soul needs nourishment every day. The believer must act each day to seek food to nourish the soul.

Reciting The Creed with clarity of mind and purpose is an investment in the Kingdom of God. Reciting The Creed is a dedication of time of life and gifts of God. Reciting The Creed fills the air in a healthy way for God.

The Creed has a place in the heart and mind of each believer. The believer does well to ponder The Creed with great regularity. The Christian life is not an easy life. The Creed steers the believer through difficulties in life.

Father Rodney Torbic

Who is it that so wisely, delicately and beautifully arranges and transforms the ugly, the sightless, formless substance of the earth into flowers? Who give them their wonderful forms? Creator, grant that we may salute in the flowers Thy wisdom, Thy goodness, Thine omnipotence. *St. John of Kronstadt*

O holy Guardian Angel and mighty helper, who was given to me the day of my baptism, to you this present day I give my soul, heart and my mind; present them to my Savior, Jesus Christ, that all may be for His glory. Strengthen my faith. I ask for your powerful intercession. O my strong Guide, O my Guardian, do not abandon me today. Direct my steps along

the path pleasing to the Lord.. Let me not be tempted to take the easy path that will lead me to sin, but help me to journey only on the narrow one that will take me someday to my Savior. Direct my will to follow your will. I know that that I have often offended you by laziness and bad habits. You are without stain in your glory, and I have often driven you away by my sins. I pray and ask you, most holy Guardian, be merciful to me, your sinful and unworthy servant. Be my defender, and aid me against my enemies. O my Guardian, direct my will to follow God's will and let it be prompted by blessed desires. Be a strong guide in all my works; be a safeguard in my whole life. Knowing that you are with me brings me great comfort. And finally, in the hour of my death, be my protection.

Regarding the manner in which the Holy Spirit descended upon the disciples, Saint Symeon the New Theologian makes a remark that is most helpful for properly understanding this event. He says that this mode of acting of the Holy Spirit - by means of a loud noise as of a rushing mighty wind, and with tongues of fire - was something unique. The Holy Spirit, he observes, comes very calmly, in the form of spiritual light, and evokes joy. The passage in which he touches upon this point is this: The power of the Holy Spirit, which is bestowed upon him who loves God and keeps His commandments, does not appear visibly in the form of fire, nor does it come with a loud sound like a violent wind - for this happened only in the time of the Apostles for the sake of the unbelievers. Instead, it is seen spiritually in the form of spiritual light, and comes with all calm and joy.  
*Guide to Byzantine Iconography, Vol. 1, by Constantine Cavarnos*

We must live on the earth like a wheel that is rolling – only one part touches the earth, while the rest is always moving upwards. -*St. Ambrose of Optina +1891*

Do not search about for the words to show people you love them. Instead, ask God to show them your love without your having to talk about it. Otherwise you will never have time enough both for loving gestures and for compunction. *St. John Climacus, The Ladder of Divine Ascent, 6*