



Holy Ghost Orthodox Church

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CHRIST IS RISEN! INDEED HE IS RISEN!

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Jovan, Bishop Robert, Father Jakiw Norton, Father Dragan Filipović, Father Stevo Rocknage, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Cuthbert Jack, Father Elias Warnke, Father Nestor Kowal, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Deacon Dennis Lapushanski, Protopresbyter Peter Hotrovich, Protodeacon Joseph Hotrovich, 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, Sam Wadrose, Isabella Olivia Lindgren, Ethel Thomas, Donna, Erin, Michael Miller, Dave May, Grace & Owen Ostrasky, Alverta, Patti Sinecki, David Genshi, Sue Segeleon, Mike Gallagher, Michael Miller, Liz Stumpf, Theodore Nixon, Michelle Corba Kapeluck, Linda 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, 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, Theresa Ditto, Mary Ann Musial, Mary Pelino, Yvonne Christy, Myron & Barbara Spak, Pete Niederberger, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Diane McDaniel, Loretta, Nancy, Carol, & Michael

Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, 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, Corey Guich, Robert Vangrin, Juliana Leis, Susan "Billie" Mason, Pauline Witkowsky, Sera White, Donald Griffey, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [child with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Jamie Gardner, Patrick, Linda Morris, Howard Simpson, Ronald Graham [Evelyn's nephew], Chris, Pastor Ed Bowen, David Hiles, Karen Johnson, Jennifer, Ann Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Susan Bertram, Rita McConnell, Millie Kerr, Stancy Popichak [Fr. Bob's mom], Gail, Pete Special, Sirena Sharp, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

REMINDER—NO KNEELING UNTIL PENTECOST!

For virtue is a light and buoyant thing, and all who live in her way "fly like clouds" as Isaiah says, "and as doves with their young ones," but sin is a heavy affairs, as another of the prophets says, "sitting upon a talent of lead." St. Gregory of Nyssa

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!

Please remember 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 ask 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.

SUNDAY, JUNE 9 **Divine Liturgy of Saint John Chrysostom 10:30 AM**
SIXTH SUNDAY OF PASCHA; SUNDAY OF THE MAN BORN BLIND; HIEROMARTYR
THERAPON-BISHOP OF SARDIS; VIRGIN-MARTYR THEODORA & MARTYR
DIDYMUS THE SOLDIER OF ALEXANDRIA

Tone 5

Acts 17:1-15

John 11:47-57

Parastas in Blessed Memory of Patriarch/Metropolitan Mystyslav

THURSDAY, JUNE 13 **ASCENSION OF OUR LORD AND SAVIOR JESUS**
CHRIST

SUNDAY, JUNE 16 **Divine Liturgy of Saint John Chrysostom 10:30 AM**
SEVENTH SUNDAY OF PASCHA; FATHERS OF THE FIRST ECUMENICAL COUNCIL;
MARTYR LUCILLIAN & THOSE WITH HIM AT BYZANTIUM; HIEROMARTYR
LUCIAN THE BISHOP, MAXIANUS THE PRESBYTER, JULIAN HIS DEACON, &
MARTYRS MARCELLINUS & SATURNINUS IN BELGIUM

Tone 6

Acts 20:16-18, 28-36

John 14:27-15:7

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

SUNDAY, JUNE 23 **Divine Liturgy of Saint John Chrysostom 10:30 AM**
PENTECOST—OUR PARISH NAME'S DAY! TRINITY SUNDAY; DESCENT OF THE
HOLY SPIRIT UPON THE APOSTLES; HIEROMARTYR TIMOTHY-BISHOP OF
PRUSA; MARTYR ALEXANDER & VIRGIN-MARTYR ANTONIA AT
CONSTANTINOPLE; SAINT THEOPHANES-MONK OF ANTIOCH & SAINT
PANSEMNE-FORMER HARLOT OF ANTIOCH; SAINT BASSIAN-BISHOP OF LODI
IN LOMBARDY; SAINT SILVANUS OF THE FAR CAVES IN KIEV
*******PAGE 203 IN THE BLACK DIVINE LITURGY BOOKS*******

Acts 2:1-11

John 7:37-52, 8:12

BULLETIN INSERT FOR 09 JUNE 2013
SIXTH SUNDAY OF PASCHA; SUNDAY OF THE MAN
BORN BLIND; HIEROMARTYR THERAPON-BISHOP OF

SARDIS; VIRGIN-MARTYR THEODORA & MARTYR DIDYMUS THE SOLDIER OF ALEXANDRIA

Christ is Risen! Indeed He is Risen!
Христос воскрес! Воистину воскрес!
Χριστός ἀνέστη! Ἀληθῶς ἀνέστη! (Khristós Anésti! Alithós Anésti!)
Hristos a înviat! Adevărat a înviat!
قام حقاً! قام المسيح! (al-Masīḥ qām! Ḥaqqan qām!)
Kristo Amefufukka! Kweli Amefufukka

TROPARION—TONE 5

Let the faithful praise and worship the Word,
Coeternal with the Father and the Spirit;
Born for our salvation from the Virgin;
For He willed to be lifted up on the Cross in the flesh,
To endure death,
And to raise the dead by His glorious Resurrection!

Glory to the Father, and to the Son, and to the Holy Spirit.

KONTAKION—TONE 4

I come to Thee, O Christ,
Blind from birth in my spiritual eyes,
And call to Thee in repentance:
Thou art the most radiant Light of those in darkness!

Now and ever, and unto ages of ages. Amen.

KONTAKION—TONE 5

Thou didst descend into Hell, O my Savior,
Shattering its gates as almighty;
Resurrecting the dead as Creator,
And destroying the sting of death.
Thou hast delivered Adam from the curse,
O Lover of Man,
And we all cry to Thee: O Lord, save us!

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

Look upon me and have mercy on me.

Lead my steps according to Thy word.

THE HYMN TO THE THEOTOKOS (Replaces "It Is Truly Meet")

The angel cried unto Mary, who was full of Grace

Hail, oh pure virgin, oh pure virgin

once again I hail Thee

Thy Son has risen from His three days in the grave,

and He has raised the dead with Him,

Oh rejoice, all ye people.

Oh shine with clear radiance, shine on new Jerusalem

For the glory of the Lord is shining up on you.

Rejoice! Rejoice! now and be joyful--oh Zion, and though

oh pure one and adorable birthgiver of God,

in the rising again of HIM who was born of Thee.

COMMUNION HYMNS

Receive ye the Body of Christ; taste ye the fountain of immortality.

Praise the Lord from the heavens! Praise Him in the highest!

Keeping an Even Keel in the Spiritual Life

by orthodoxtampabay

In Ancient Christian Wisdom I employ many nautical metaphors and apply them to the spiritual life. There are many similarities between a healthy life of the spirit and navigating a body of water. In both the spiritual life and nautical expeditions a course must be charted, adjustments must be made, and the craft must maintain an even keel—a nautical term for keeping a boat upright—so that it does not heel over on this side or that. So too in the spiritual life, the ship of our soul must be kept at an even keel by not allowing our emotions or life circumstances to heel us over to either side. This is why the ancient fathers, the master helmsmen of spiritual navigation, counsel us to avoid relying upon our shifting emotional state to gauge our spiritual progress.

Keeping an even keel is particularly important during the paschal period in which the exuberant experience of Christ's resurrection following the storm of Holy Week lifts our spirits and transports us to a state of joy. This is important, because in that joyful state, which is more exalted than anything we could ever hope to reach on our own, we also become more vulnerable to attacks from the evil one, more taken aback by the unkindness of others, less prepared for our own weaknesses, and perhaps less attentive to our own pride. And so when we slip up or others hurt us, we can find ourselves plunged into despair and hopelessness that seems even darker because of the former brightness, not unlike a bipolar shift from a manic to a depressed state.

When we take our eyes off the Lord, resting on our laurels that are in fact His, we become stagnant in our effort to change, to repent, and to fulfill the commandments of Christ, becoming like a ship captain who fails to anticipate stormy seas ahead and instead of taking the necessary precautions, relaxes and falls asleep. And so when the storm comes, the ship of our soul finds itself in danger. All of this is not unrelated to the issue of distractions. In an earlier post on that topic, I noted, "Distressing distraction in prayer, which sometimes develops into extensive conversations with ourselves, means that we are praying with our minds, but not with our hearts. In Ancient Christian Wisdom, I make reference to how we should pray in spite of the distractions and bad thoughts. 'The watchful fathers knew by experience that when the believer's mind is gathered in the heart and repeats the prayer—Lord Jesus Christ, Son of God, have mercy on me—demonic thoughts, fantasies and illusions are exposed as false and thus can be more easily rejected. The correct application of this approach known as monologistic prayer entails cognitively paying attention to the words of prayer and emotionally feeling compunction in the presence of the Lord Jesus. Attentive and compunctious prayer in turn augments the believer's yearning for Christ and watchfulness over the thoughts, thereby bringing him clarity of mind. Although it requires much toil, humility, and even 'assistance from heaven', the holy fathers consider this 'cognitive method' to be as effective in bridling unruly thoughts as the behavioral technique of not voicing one's reaction to an insult is successful at stifling anger. It is worth noting that demonic thoughts, fantasies and illusions can appear even if someone is praying correctly and in a God-pleasing way. The difference lies in the ease and the speed with which distractions are rejected. The mind is always making associations, churning out thoughts, saying, 'Look over here, look over there.' And the mind has an exquisite knowledge of our buttons (which are often our passions) and knows full well which ones to push to get our attention. When we pray in the heart, though, we can tell from afar the

difference between the real gold of Christ and the fool's gold of the devil. And so when praying from the heart, we ignore extraneous thoughts with the blink of an eye, and keep looking to the radiant countenance of our compassionate Lord."

The Lord Christ never promised us constant tranquil seas under a sunny sky in this life of ours as we navigate to the shore of union with Him. He warned us that there would be trials and tribulations, wars and rumors of war, earthquakes, famines, and troubles that refer not only to larger forces in the world, but also to the emotional upheaval that can take place in our very soul. The key to weathering these inevitable storms as we journey across the sea of this life is to focus on Christ again and again. This is clearly the message of the Gospel passage when Peter attempts to walk across the water to the Lord. Peter takes his eyes off the Lord and sinks. Similarly, when we take our eyes off the Lord in prayer and become distracted with the cares of this world, our spiritual ship begins to heel to one side or the other and we are at risk of capsizing. Fortunately, when we again look up to the Lord, He is there as He was for Peter with His outstretched hand. So with eyes focused on Christ, let us even in this paschal period keep our soul properly balanced through repentance and compunction of heart that fill the soul with what the Fathers call a joyful sorrow that will guide us to the unending joy and unspeakable gladness of the other eternal shores of our Risen Lord.

Engineering Marvel

A toothpaste factory had a problem. They sometimes shipped empty boxes without the tube inside. This challenged their perceived quality with the buyers and distributors. Understanding how important the relationship with them was, the CEO of the company assembled his top people. They decided to hire an external engineering company to solve their empty boxes problem. The project followed the usual process: budget and project sponsor allocated, RFP, and third-parties selected. Six months (and \$8 million) later they had a fantastic solution - on time, on budget, and high quality. Everyone in the project was pleased.

They solved the problem by using a high-tech precision scale that would sound a bell and flash lights whenever a toothpaste box weighed less than it should. The line would stop, someone would walk over, remove the defective box, and then press another button to re-start the line. As a result of the new package monitoring process, no empty boxes were being shipped out of the factory.

With no more customer complaints, the CEO felt the \$8 million was well spent. He then reviewed the line statistics report and discovered the number of empty boxes picked up by the scale in the first week was

consistent with projections, however, the next three weeks were zero! The estimated rate should have been at least a dozen boxes a day. He had the engineers check the equipment, they verified the report as accurate.

Puzzled, the CEO traveled down to the factory, viewed the part of the line where the precision scale was installed, and observed JUST AHEAD of the new \$8 million dollar solution sat a \$20 desk fan blowing the empty boxes off the belt and into a bin. He asked the line supervisor what that was about.

"Oh, that," the supervisor replied. "Bert, the kid from maintenance, put it there because he was tired of walking over every time the bell rang."

The Story of Silver

June 3, 2013, 12:47 pm

from a letter by St. Nikolai Velimirovich, to a man who reached a high position but not happiness

It is as if tears pour out of your letter. You strived to reach a high position. You thought that you would also find happiness. Many others around you did the same. So you had to fight for it, push, and endure anxieties. You figured that happiness, not just happiness, but life itself, would begin with obtaining this position. Until then, you considered yourself unfortunate, almost non-existent. Finally, you attained the desired goal. For a few days you felt like you were born again. Then the disappointment came. Of course, you were as far from happiness as you were before. Except earlier, you believed that happiness did exist—somewhere in the high positions—but now you have lost that faith. You have reached the clouds but not the stars. Now you regret your running after happiness on the wrong path and encouraging others to do the same. So you wish to go back to your former modest position where the burden of responsibility is lesser and the stings of envy weaker. Perhaps you will find this story useful:

The story of silver...

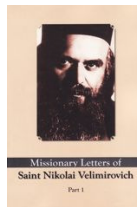


In a big park, a celebration was prepared, but nobody could enter it without tickets. Many wanted to come in, but they could not pay for the tickets. Then, a rich man, wanting to test human weaknesses, threw a handful of gold coins into the crowd of children. They were fake coins, tokens, and among them was only one real silver coin. The children rushed for the coins, fought, argued, until they gathered them all. Nobody bothered

picking up the silver coin because they figured that gold was more valuable than silver. Those who gathered the coins were holding them in their hands and they felt happy for a moment. But soon, something unexpected and miserable for them happened. When they approached the park gates and asked for tickets, it turned out they had fake money, and city guards took them to jail. Only one of them was wise and seeing what was happening to his friends, he threw down the coin he had and went and picked up the silver one. With that coin, he paid for the ticket and went into the park for the party.

The Explanation

The party is the Kingdom of Heaven, or the kingdom of immortal happiness. The coins are fleshly desires and worldly vanities and self-delusions which draw people away from the kingdom of true happiness and into the kingdom of torment and darkness. Pure silver is the inner goodness and the truth of a righteous man. Children who were easily fooled by the glitter of the world are the sinners. The last child who discarded the fake gold and took the real silver is the repentant sinner.



Taken from St. Nikolai (Velimirovich), *Missionary Letters of Saint Nikolai Velimirovich, Part I: Letters 1-100*, ed. Fr. Milorad Loncar, trans. Hierodeacon Seraphim (Baltic), vol. 6, *A Treasury of Serbian Orthodox Spirituality* (Grayslake, Illinois: Joe Buley Memorial Library, New Gracanica Monastery, 2008), pp. 145-7. This excerpt is posted with permission of the editor and the New Gracanica Diocese. *Missionary Letters of Saint Nikolai Velimirovich, Part I* is available for [purchase from the online New Gracanica Bookstore](#). (Please note that the New Gracanica Bookstore is not affiliated with *The Monastic Library* or the Hermitage of the Holy Cross.)

Teacher Position Openings

Three Hierarchs Eastern Orthodox School currently has openings for the 2013-2014 school year. We are looking for individuals, who are PA certified in Early Childhood or Elementary Education. Please send resume and a statement about why you want to work in an Orthodox Christian setting, to Dr. Christal Chaney at 1819 Ellsworth Avenue, Heidelberg, PA 15106.

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Dear Father,

Please include this in your weekly/monthly bulletins from now until the end of August 2013. Thank you very much.

In Christ,

Christal Chaney, Ph.D

Some thoughts on the Samaritan woman

The current Gospel verifies the Lord Jesus Christ as the Source of nourishment. He provides the nourishment leading to eternal life. The Lord Jesus Christ is sufficient for each individual. Christ's nourishment is inexhaustible.

Every person in need can turn to Christ and drink from Him. Every person can turn to Christ and learn from Him. Every person can find in Christ the authentic satisfaction for the soul.

The remaining time of personal life is well invested in learning from Christ and being nourished in Christ. Christ transforms individuals turning to Him in faith. Christ makes individuals whole and well. Christ forgives sins.

The present Gospel comes during the period of Mid-Pentecost when Pascha is still fresh in the minds of believers. Ascension and Pentecost are approaching and are on the minds of believers. This time is fully laden with divine presence.

Christ and believers are to remain inseparable. Drinking from Christ enables that which is from Christ to become a part of the believer. Drinking from Christ strengthens believers. Wisdom, knowledge and nourishment come from Christ.

The time of life is precious and originates with God. The time of life deserves the greatest of care. God deserves the greatest appreciation for granting personal life to each individual.

Lives used wisely reflect unity with Christ. Lives centered in Christ deter the presence of evil and sin. Lives centered in Christ shine forth Christ. The Lord said: "Ye shall know them by their fruits."(Mt.7:16)

Serious believers are amazed by the inexhaustible resources of the Lord. Serious believers are awe struck by the immeasurableness of the Lord Jesus Christ.

The joy of the Lord Jesus Christ is worth unending contemplation. Prayer is the avenue to travel towards the Lord. Prayer is the vehicle for unity with the Lord.

Prayer enables unity with the Lord.

The Lord Jesus Christ makes clear the value of turning to Him for nourishment in the present Gospel. Everlasting life awaits believers turning to Christ and remaining faithful to Christ.

Believers do well to immerse their lives in the Holy Gospel and drink from the nourishment of Christ. Believers do well to draw forth to the Holy Chalice and partake of the Precious Body and Blood of Christ.

Nourishment from Christ is available for the soul now and always while life remains. Now is the time to turn to Christ and to drink from Him. Now is the time to care for and nourish the soul.

Many different temptations and possible directions appear before believers during the days of life. Wise believers take great care to remain faithful to Christ. Avoiding erroneous paths leads to the salvation of the souls

The Lord gave these wise words: "Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls."(Jeremiah 6:16)

*St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. May 20/June 2, 2013.
The Sunday of the Samaritan Woman. Holy Martyr Thaleleus. Ven. Stephen of Pipheri.
Very Rev. Father Rodney Torbic*

Remember that the Lord is in every Christian. When your neighbor comes to you, always have great respect for him, because the Lord is in him, and often expresses His will through him. It is God which worketh in you both to will and to do of His good pleasure, Phil 2:13. Therefore, do not grudge anything to your brother, but do unto him as unto the Lord; especially as you do not know in whom the Lord will come and visit you; be impartial to all, be kind to all, sincere and hospitable. Remember that sometimes God speaks even through unbelievers, or disposes their hearts towards us, as it happened in Egypt when the Lord gave Joseph favor in the sight of the keeper of the prison (Gen 39:21). *St. John of Kronstadt*

REMINDERS: NO KNEELING until the Kneeling Prayers of Pentecost Sunday. Instead of "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service *until Ascension Thursday*, we sing "Christ is Risen!" Also, we do not say the prayer to the Holy Spirit "O Heavenly King" until Pentecost Sunday.