



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: 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, Ron Paulovich, 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!

Cheerfulness consists in not regarding things as our own, but as entrusted to us by God for the benefit of our fellow-servants. It consists in scattering them abroad generously with joy and magnanimity, not reluctantly or under compulsion. *St. Symeon the New Theologian, The Discourses*, Paulist Press pg. 156

Our life and our death is with our neighbor. If we gain our brother, we have gained God, but if we scandalize our brother, we have sinned against Christ. *St. Anthony the Great, The Sayings of the Desert Fathers*, Cistercian Publications, pg. 3

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 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 1:1-12; Acts 20:16-18, 28-36

Luke 24:36-53; 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

SATURDAY, JUNE 29 **HIERARCHICAL DIVINE LITURGY AT ALL SAINTS CAMP** **9:30 AM**
Metropolitan Antony & Bishop Daniel concelebrating

SUNDAY, JUNE 30 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
SUNDAY OF ALL SAINTS; FIRST SUNDAY AFTER PENTECOST; MARTYRS
MANUEL, SABEL, & ISMAEL OF PERSIA

Tone 8

Hebrews 11:33-12:2

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

BULLETIN INSERT FOR 16 JUNE 2013
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, &
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TROPARION—TONE 8

Most glorious art Thou, O Christ our God!
Thou hast established the Holy Fathers as lights on the earth!
Through them Thou hast guided us to the true faith!
O greatly Compassionate One, glory to Thee!

TROPARION—TONE 4

Thou hast ascended in Glory, O Christ our God,
Granting joy to Thy disciples by the promise of the Holy Spirit.
Through the blessing they were assured that Thou art the Son of God,
The Redeemer of the world

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

KONTAKION—TONE 4

When Thou didst fulfill the dispensation for our sake
And unite earth to heaven:
Thou didst ascend in glory, O Christ our God,
Not being parted from those who love Thee,
But remaining with them and crying:
I am with you and no one will be against you!

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

KONTAKION—TONE 8

The apostles' preaching and the fathers' doctrines
Have established one faith for the Church.
Adorned with the robe of truth, woven from heavenly theology;
Great is the mystery of piety which it defines and glorifies.

PROKIEMENON—TONE 4

Reader: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever.

People: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever.

Reader: For Thou art just in all that Thou hast done for us!

People: Blessed art Thou, O Lord God of our Fathers, and praised and glorified is Thy name forever.

Reader: Blessed art Thou, O Lord God of our Fathers.

People: And praised and glorified is Thy name forever.

ALLELUIA VERSES—TONE 1—PSALM 50

The Lord, the God of gods, speaks and summons the earth from the rising of the sun to its setting.

Gather to me my venerable ones, who made a covenant with me by sacrifice.

HYMN TO THE THEOTOKOS—REPLACES "IT IS TRULY MEET..."

Magnify, O my soul, Christ the Giver of Life, who has ascended from earth to heaven!

We magnify you, the Mother of God, who beyond reason and understanding gave birth in time to the Timeless One!

COMMUNION HYMNS [PSALM 148 AND 32]

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

Rejoice in the Lord, O you righteous! Praise befits the just.

The blessed apostle described even the higher gifts of the Holy Spirit as things that would vanish. He points to love alone as without end.

Prophecies will end, languages cease and knowledge will fail, (I Cor 13:8). As for love, love will never cease.

Actually, all gifts have been given for reasons of temporal use and need and they will surely pass away at the end of the present dispensation. Love, however, will never be cut off. It works in us and for us, and not simply in this life. For when the burden of physical need has been laid aside in the time to come it will endure, more effectively, more excellently, forever unailing, clinging to God with more fire and zeal through all the length of incorruption. *St. John Cassian*

What a grand creature is man; what a wonderful creation of God, created after His own image! If even in a fallen state he is capable of accomplishing the many wonderful works which he has produced, and still produces, as we

constantly see both in history and in the present time, then of what might he not be capable in a state of holiness and perfection! But that which in him is above all deserving of attention, wonder, reverence and the most heartfelt gratitude is that he may be likened to his Creator, God; that he is predestined to immortality, to eternal bliss in God, and with God; that he will someday shine forth like the sun in the kingdom of his heavenly Father.

St. John of Kronstadt, My Life in Christ, pg. 345

Saint Silouan on Love

The soul cannot know peace unless she prays for her enemies. The soul that has learned of God's grace to pray, feels love and compassion for every created thing, and in particular for mankind, for whom the Lord suffered on the Cross, and His soul was heavy for every one of us.

The Lord taught me to love my enemies. Without the grace of God we cannot love our enemies. Only the Holy Spirit teaches love, and then even devils arouse our pity because they have fallen from good, and lost humility in God.

I beseech you, put this to the test. When a man affronts you or brings dishonor on your head, or takes what is yours, or persecutes the Church, pray to the Lord, saying: "O Lord, we are all Thy creatures. Have pity on Thy servants and turn their hearts to repentance," and you will be aware of grace in your soul. To begin with, constrain your heart to love enemies, and the Lord, seeing your good will, will help you in all things, and experience itself will show you the way. But the man who thinks with malice of his enemies has not God's love within him, and does not know God.

If you will pray for your enemies, peace will come to you; but when you can love your enemies - know that a great measure of the grace of God dwells in you, though I do not say perfect grace as yet, but sufficient for salvation. Whereas if you revile your enemies, it means there is an evil spirit living in you and bringing evil thoughts into your heart, for, in the words of the Lord, out of the heart proceed evil thoughts - or good thoughts.

The good man thinks to himself in this wise: Every one who has strayed from the truth brings destruction on himself and is therefore to be pitied. But of course the man who has not learned the love of the Holy Spirit will not pray for his enemies. The man who has learned love from the Holy Spirit sorrows all his life over those who are not saved, and sheds abundant tears for the people, and the grace of God gives him strength to love his enemies.

Understand me. It is so simple. People who do not know God, or who go against Him, are to be pitied; the heart sorrows for them and the eye weeps. Both paradise and torment are clearly visible to us: We know this

through the Holy Spirit. And did not the Lord Himself say, "The kingdom of God is within you"? Thus eternal life has its beginning here in this life; and it is here that we sow the seeds of eternal torment.

Where there is pride there cannot be grace, and if we lose grace we also lose both love of God and assurance in prayer. The soul is then tormented by evil thoughts and does not understand that she must humble herself and love her enemies, for there is no other way to please God.

What shall I render unto Thee, O Lord, for that Thou hast poured such great mercy on my soul? Grant, I beg Thee, that I may see my iniquities, and ever weep before Thee, for Thou art filled with love for humble souls, and dost give them the grace of the Holy Spirit.

O merciful God, forgive me. Thou seest how my soul is drawn to Thee, her Creator. Thou hast wounded my soul with Thy love, and she thirsts for Thee, and wearies without end, and day and night, insatiable, reaches toward Thee, and has no wish to look upon this world, though I do love it, but above all I love Thee, my Creator, and my soul longs after Thee.

O my Creator, why have I, Thy little creature, grieved Thee so often? Yet Thou hast not remembered my sins.

Glory be to the Lord God that He gave us His Only-begotten Son for the sake of our salvation. Glory be to the Only-begotten Son that He deigned to be born of the Most Holy Virgin, and suffered for our salvation, and gave us His Most Pure Body and Blood to eternal life, and sent His Holy Spirit on the earth.

O Lord, grant me tears to shed for myself, and for the whole universe, that the nations may know Thee and live eternally with Thee, O Lord, vouchsafe us the gift of Thy humble Holy Spirit, that we may apprehend Thy glory.

You should continually and unceasingly call to mind all the blessings which God in His love has bestowed on you in the past, and still bestows for the salvation of your soul. You must not let forgetfulness of evil or laziness make you grow unmindful of these many and great blessings, and so pass the rest of your life uselessly and ungratefully. For this kind of continual recollection, pricking the heart like a spur, moves it constantly to confession and humility, to thanksgiving with a contrite soul, and to all forms of sincere effort, repaying God through its virtue and holiness. In this way the heart meditates constantly and conscientiously on the words from the Psalms: 'What shall I give to the Lord in return for all His benefits towards me?' (Psalm 116:12)." From *St. Mark the Ascetic*, **The Philokalia** Vol. 1, Faber and Faber pg. 148

The man who chooses to consider God an avenger, presuming that in this manner he bears witness to His justice, accuses Him of being bereft of goodness. Far be it, that vengeance could ever be found in that Fountain of love and Ocean brimming with goodness! The aim of His design is the correction of men; and if it were not that, we should be stripped of the honor of our free will, perhaps He would not even heal us by reproof. *Saint Isaac of Syria*

The best medicine for our every trial or tribulation is the greater trial of our fellow human beings, particularly when we compare it with our own trial and distinguish the great difference and the great love that God shows us in allowing only a minor trial for us. Then we will thank God; we will feel the other's greater pain and we will pray from the heart for God to help them. *Elder Paisios of Mt. Athos, Spiritual Counsels, Volume 4 "Family Life*

Do not call God just, for His justice is not manifest in the things concerning you. And if David calls Him just and upright, His Son revealed to us that He is good and kind. 'He is good,' He says, 'to the evil and to the impious.' How can you call God just when you come across the Scriptural passage on the wage given to the workers?...How can a man call God just when he comes across the passage on the prodigal son who wasted his wealth with riotous living, how for the compunction alone which he showed, the father ran and fell upon his neck and gave him authority over all his wealth? Where, then, is God's justice, for while we are sinners Christ died for us! *St. Isaac of Syria*

Let everyone pay attention to the reading (cf I Tim 4:13)! The words of the saints are words of God and not of men. Let him put them in his heart and keep them securely, since God's words are words of life and he who has them within himself and keeps them has eternal life. Were you often guests at a sumptuous banquet I doubt that any one of you would be so indifferent that he would fall asleep and only take from it for his own need, and not be anxious before departing to take with him something for the morrow that he would eagerly share with some of his friends or even with the poor. But here the words of life are offered to you, which make those who feed on them immortal! Tell me, is it right for anyone to be inattentive or to fall asleep and snore as if he were a living corpse? How great the loss! How great the insensitivity and sluggishness! **St. Symeon the New Theologian The Discourses; Paulist Press pg. 171**

Meditations of St. Tikhon of Voronezh and Zadonsk

We see the water of a river flowing uninterruptedly and passing away, and all that floats on its surface, rubbish or beams of trees, all pass by. Christian! So does our life...I was an infant, and that time has gone. I was an adolescent, and that, too, has passed. I was a young man, and that, too, is far behind me. The strong and mature man that I was is no more. My hair turns white, I succumb to age, but that, too, passes; I approach the end and will go the way of all flesh. I was born in order to die. I die that I may live. Remember me, O Lord, in Thy Kingdom!



Saint. Tikhon of Voronezh & Zadonsk

My poor soul! Sigh, pray and strive to take upon you the blessed yoke of Christ, and you will live on earth in a heavenly manner. Lord, grant that I may carry the light and goodly yoke, and I shall be always at rest, peaceful, glad and joyous; and I shall taste on earth of crumbs which fall from the celestial feast, like a dog that feeds upon the crumbs which fall from the master's table.

O Lord and Master! O God of heaven and earth! Show Thy favor and open to me the door of repentance, I pray Thee with mine afflicted soul.

Regard me according to Thy great mercy; incline Thine ear to my prayer and forgive me, who am guilty of falling into many sins; forgive me all of the wretched things I have done, for I have been conquered by my own evil will.

I seek peace and do not find it, for my conscience is stained; there is no tranquility in me due to the multitude of my iniquities.

Hearken O Lord, to a heart which cries out to Thee with affliction. Attend not to my deeds, but to the affliction of my soul, and hasten to heal me who am cruelly wounded. Grant that I may soon come to my senses according to the grace of Thy love for mankind.

Take from me the burden of my sins and grant me not that which my deeds merit, that I may not perish in the end, and that I may not be altogether deprived of thought and concern for my restoration.

I fall down before Thy compassion; have mercy on me who am cast into the dust by the judgment of my deeds.

O Master, summon me, a captive who is held and bound by his deeds as with chains, for Thou alone knowest how to free those who are bound and how to heal the invisible sores that are known only to Thee Who knowest all mysteries.

Show Thy favor and stretch out Thine hand to me. Draw me out of the mire of mine iniquities, O Thou who dost not rejoice at the destruction of man, and Who dost not turn Thy face from those who cry to Thee with tears.

Hearken, O Lord, unto the voice of Thy servant, who cries to Thee; show Thy face to me, for I am beclouded; enlighten me with the coming of Thy Holy Spirit.

Grant me, O Lord, diligence, for I have become defiled, and turn my labor into joy.

Tear up my sackclothes and gird me with gladness; may the door of Thy kingdom open to me that, having entered therein, I may glorify Thine all-holy name of Father, Son and Holy Spirit.

From A SPIRITUAL PSALTER or Reflections on God, (excerpted by Bishop Theophan the Recluse from the works of our Holy Father Ephraim the Syrian) published by St. John of Kronstadt Press, pg. 40

People who trust solely in the apparent righteousness of the outward way of their life are like the foolish virgins (cf. Mt. 25:1-12), who did indeed preserve their outward virginity, yet in spite of this were not admitted to the marriage-feast; they also had some oil in their vessels, that is, they possessed some virtues and external achievements and some gifts of grace, so that their lamps remained alight for a certain time. But because of negligence, ignorance and laziness they were not provident, and did not pay careful attention to the hidden swarm of passions energized within them by the evil spirits. *St. Mark the Ascetic The Philokalia* Vol. 1; Faber and Faber pg. 150

We all receive God's blessings equally. But some of us, receiving God's fire, that is, His word, become soft like beeswax, while the others like clay become hard as stone. And if we do not want Him, He does not force any of us, but like the sun, He sends His rays and illuminates the whole world, and he who wants to see Him, sees Him, whereas the one who does not want to see Him, is not forced by Him. And no one is responsible for this privation of light except the one who does not want to have it.

God created the sun and the eye. Man is free to receive the sun's light or not. The same is true here. God sends the light of knowledge like rays to all, but He also gave us faith like an eye. The one who wants to receive

knowledge through faith, keeps it by his works, and so God gives him more willingness, knowledge and power. *Saint Peter the Damascene*

Since the Word of God through His descent to us has brought the kingdom of heaven close to us, let us not distance ourselves from it by leading an unrepentant life. Let us rather flee the wretchedness of those who sit 'in darkness and the shadow of death' (Isa. 9:2). Let us acquire the fruits of repentance: a humble disposition, compunction and spiritual grief, a gentle and merciful heart that loves righteousness and pursues purity, peaceful, peace-making, patient in toil, glad to endure persecution, loss, outrage, slander and suffering for the sake of truth and righteousness. For the kingdom of heaven or, rather, the King of heaven - ineffable in His generosity - is within us (cf. Luke 17:21); and to Him we should cleave through acts of repentance and patient endurance, loving as much as we can Him Who so dearly has loved us. *St. Gregory Palamas*

Belief in God—from Mim Bizic

So many people try to snuff out any mention of religion. Fr. Rodney Torbic reminded me of this: "St. Bishop Nikolai wrote in The Prologue on the far reaching effects of prayer traveling unseen at speeds and distances beyond calculation. There also is a sermon St. Nikolai did about a conversation with one of his Nazi captors in Dachau. Bishop Nikolai said he (the bishop) didn't believe in God. The captor seemed very pleased to hear that.

The saint then said: "When I was a boy I believed, but now I do not believe any more because I KNOW there is a God. My belief has become my knowledge through experience. Now I know there is a God."

The sermon is in the 1976 Serbian Orthodox Church calendar. The saint also spoke in the same sermon about the how unbelievable Nikola Tesla's thoughts were when Tesla described what would later become the radio.

REMINDERS: NO KNEELING until the Kneeling Prayers of Pentecost Sunday. We can now sing "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service. However, we do not say the prayer to the Holy Spirit "O Heavenly King" until Pentecost Sunday.