



## 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, Gail, Pete Special, Sirena Sharp, Ron Paulovich, Patty Sinicki, Fred DeNorscia, Sandi Anderson, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

The Comforter, the Holy Spirit, Who fills the whole universe, passes through all believing, meek, humble, good and simple human souls, dwelling in them, vivifying and strengthening them. He becomes one spirit with them and everything to them—light, strength, peace, joy, success in their undertakings, especially to a pious life, and everything good. *St. John of Kronstadt*

**There are times when God wants to use you in someone else's life; it may not be pretty or comfortable, but they need to see Jesus!**

**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.

### SCHEDULE OF SERVICES

**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

**SUNDAY, JULY 7**                      **Divine Liturgy of Saint John Chrysostom**    **10:30 AM**  
**SUNDAY OF ALL SAINTS OF UKRAINE; SECOND SUNDAY AFTER PENTECOST;**  
**ALL VENERABLE AND HOLY FATHERS OF THE HOLY MOUNTAIN-ATHOS;**  
**NATIVITY OF SAINT JOHN THE BAPTIST; MARTYRS ORENTIUS, PHARNACIUS,**  
**EROS, FIRMUS, FIRMINUS, CYRIACUS, & LONGINUS IN GEORGIA**

*Tone 1*

Romans 2:10-16; Romans 13:11-14:4

Matthew 4:18-23; Luke 1:5-25, 57-68, 76, 80

***Litany in Blessed Memory of Olga Stock, Anna Kitch, Sophie Carrera, Susan Justina Sredich, Stella E. Cherepko, Joseph Paouncic, Igumen George [Owen], & Claudia Horvath—Fr. Bob***

**SUNDAY, JULY 14**                      **Divine Liturgy of Saint John Chrysostom**    **10:30 AM**  
**SUNDAY OF ALL SAINTS OF GALICIA, HALYCH, & ODESSA; THIRD SUNDAY**  
**AFTER PENTECOST; HOLY AND WONDERWORKING UNMERCENARIES COSMAS &**  
**DAMIAN-MARTYRS AT ROME; MARTYR POTITUS AT NAPLES; PETER THE**  
**PATRICIAN-MONK OF CONSTANTINOPLE; SAINT ANGELINA-DESPOTINA OF**  
**SERBIA**

*Tone 2*

Romans 5:1-10

Matthew 6:22-33

***Litany in Blessed Memory of Helen Pytlak—Bob & Rene Pytlak***

**BULLETIN INSERT FOR 30 JUNE 2013**  
**SUNDAY OF ALL SAINTS**  
**FIRST SUNDAY AFTER PENTECOST**  
**MARTYRS MANUEL, SABEL, & ISMAEL OF PERSIA**

### **TROPARION—TONE 4**

As with fine porphyry and royal purple,  
Thy Church has been adorned with Thy Martyrs blood  
Shed throughout the world  
She cries to Thee, O Christ God: send down Thy bounties on Thy people,  
Grant peace to Thy habitation and great mercy to our souls.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever,  
and unto ages of ages. Amen.

### **KONTAKION—TONE 8**

The universe offers Thee the God-bearing martyrs  
As the first fruits of creation, O Lord and Creator.  
Through the Theotokos and their prayers establish Thy Church in peace.

### **PROKEIMENON—TONE 4**

**READER:** Pray and make your vows before the Lord our God!  
**PEOPLE: Pray and make your vows before the Lord our God!**  
**READER:** In Judah God is known; His name is great in Israel!  
**PEOPLE: Pray and make your vows before the Lord our God!**  
**READER:** God is wonderful in His saints, the God of Israel.  
**PEOPLE: Pray and make your vows before the Lord our God!**  
**READER:** Pray and make your vows...  
**PEOPLE: Before the Lord our God!**

### **ALLELUIA VERSES—TONE 4**

The righteous called, and the Lord heard them.

Many are the afflictions of the righteous; but the Lord delivers them out of them all.

### **COMMUNION HYMNS**

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

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

### **The Feast of Pentecost 2013**

*John 7:37-52, 8:12 In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was*

*not yet given; because that Jesus was not yet glorified.) Many of the people therefore, when they heard this saying, said, Of a truth this is the Prophet.*

*Others said, This is the Christ. But some said, Shall Christ come out of Galilee? Hath not the scripture said, That Christ cometh of the seed of David, and out of the town of Bethlehem, where David was? So there was a division among the people because of him. And some of them would have taken him; but no man laid hands on him. Then came the officers to the chief priests and Pharisees; and they said unto them, Why have ye not brought him? The officers answered, Never man spake like this man. Then answered them the Pharisees, Are ye also deceived? Have any of the rulers or of the Pharisees believed on him? But this people who knoweth not the law are cursed. Nicodemus saith unto them, (he that came to Jesus by night, being one of them,) Doth our law judge any man, before it hear him, and know what he doeth? They answered and said unto him, Art thou also of Galilee? Search, and look: for out of Galilee ariseth no prophet.*

*Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life*

The Feast of Pentecost has arrived. The descent of the Holy Spirit is at the forefront of attention. The Holy Spirit in the lives of believers and in the Church is due careful consideration.

At Chrismation, believers are sealed with the gift of the Holy Spirit. Prayers are offered to the Holy Spirit with great fervor on the Feast of Pentecost. The Feast of Pentecost is a defining point in the liturgical year and a point of measurement.

Today is a day for great introspection. This is a time to think carefully about the gift of life from God. This is time to think about the body as the temple of the Holy Spirit( I Cor.6:19)

Today is the day to look to the Holy Spirit for cleansing of every impurity and the saving of our souls. We pray today to the Heavenly King, the Comforter and Spirit of Truth with great fervor and clear purpose.

This is a life-changing feast for individuals seeking to have their lives changed by God. When the Holy Spirit descended on the Holy Apostles their lives changed greatly. At Chrismation, believers' lives change. Today lives will change.

Stagnancy is not intended as a feature of the Christian life. Growth in Christ is expected of the Christian. Faithfulness to Christ is expected of the Christian. Deliberate effort and repentance are expected of Christians.

The invitation to be united with Christ occurs at each Divine Liturgy. Individuals prepared to come forth have the opportunity to approach the Holy Chalice and partake of the Precious Body and Blood of Christ.

The Divine Liturgy cannot be served without the work of the Holy Spirit. Believers do not change and do not grow without the work of the Holy Spirit. Believers' lives are completed as divinely intended due to the Holy Spirit.

The Holy Apostle Paul wrote to the Galatians about the fruit of the Spirit as: "Love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."(Gal.5:22-23)

Each Feast of Pentecost is new. Individuals are different with the arrival of the feast each year. The lives of believers change from year to year. The need for the Holy Spirit in the lives of believers remains constant throughout the years.

Life and the Holy Spirit are inseparable. The Holy Spirit is referred to as the Giver of Life. Credit due to the Holy Spirit will never be fully or adequately expressed. The Holy Spirit will never be fully comprehended.

Love and gratitude are due to the Holy Spirit more than believers will be able to express. Individuals benefit by devoting their minds and hearts to the Holy Spirit not only on the feast today but at all times of the year.

God puts forth possibilities in life for individuals. Individuals do well to seriously consider the possibilities. Jesus said: "He that believeth on Me, as the scripture hath said, out of his belly shall flow rivers of living water."(Jn.7:38)

Each day is newly created by God. Every moment of time is newly created by God. Time continues with the grace of God. Believers do well to make the best use of the time for the salvation of the soul and for the glory of God.

Sooner or later the Lord Jesus Christ will return in His glorious Second Coming. When Christ returns, time will not be as it is currently known. Time will end as currently experienced. Final judgment will take place.

Today is time to be abundantly thankful to God for the time of life. Today is time to draw near to God seeking nourishment for the soul. Today is time to experience the joy known in and through the Holy Spirit.

God's love is shown in His creation. God's love is shown in His Son. God's love is shown in the descent of the Holy Spirit.

Today it is wise to recognize the limits of personal knowledge. Today it is wise to look to the wisdom found in and through God. Today is the time to seek to grow in ways intended by God and as defined in Godly teachings.

Hunger for learning is satisfied through the nourishment of the Holy Scriptures. Hunger for learning is satisfied through the reading and listening to the Holy Gospel. Hunger for learning is satisfied through fervent prayer.

Investing the personal time of life in ways pleasing to God is an investment in the Kingdom of God. Praying to the Holy Spirit makes the investment possible.

St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. June 10/23, 2013. The Feast of Pentecost. Very Rev. Father Rodney Torbic.

The power to bear Mysteries, which the humble man has received, which makes him perfect in every virtue without toil, this is the very power which the blessed apostles received in the form of fire. For its sake the Savior, commanded them not to leave Jerusalem until they should receive power from on high, that is to say, the Paraclete, which, being interpreted, is the Spirit of consolation. And this is the Spirit of divine visions. Concerning this it is said in divine Scripture: 'Mysteries are revealed to the humble,' (Ecclesiastics 3:19). The humble are accounted worthy of receiving in themselves this Spirit of revelations Who teaches mysteries. *St. Isaac the Syrian, Ascetical Homilies, Homily 77*

## **The Gift of Pentecost**

by Father Alexis

Each human soul is unique with her own thoughts and desires, hopes and fears, joys and sorrows. Everyone of us needs individualized care especially when we are confused, when we don't know what to believe, and when we feel alone. And the Lord Christ offers us that personal solicitude in the gift of the Holy Spirit. The Eternal Son came into this darkened world that our thoughts might be holy, our desires pure, our hopes golden and our fears as a cloud of smoke dispersed by the wind. And on the fiftieth day after His Resurrection, that wind came through which He provides most graciously the wherewithal for each unique soul to find her special path to Him. He does this by sending down His All-Holy Spirit on the Feast we still call with the original Greek name, Pentecost, the fiftieth day.

On that first Pentecost, there was a sound like a rushing wind and tongues like fire, powerful metaphors for the grace of the Holy Spirit that filled the Apostles with a holy peace, a peace in which pure thoughts become clear, in which holy desires are given wings, and in which our greatest hope is already fulfilled: the human soul need never feel alone, for God is not just with us, He is in us, if we but prepare Him room.

Pentecost takes us beyond therapies and human constructions about the relationships between thought and behavior. And Pentecost is certainly not about emotion. Pentecost is about the Uncreated God Who is beyond our every notion, our every feeling, our every sensation, anything we have ever seen and anything we could ever imagine. And Pentecost is about how when His Spirit touches us we are made anew and we come to understand who we are meant to be and where we are meant to be: sons and daughters of light ever in the presence of the Father and of the Son and of the Holy Spirit.

And yet if all of this seems so impossibly far from where we are now, it simply indicates that we are far from where the Apostles were in the upper

room, far in terms of spiritual maturity, far in terms of purification from the passions, far in terms of the illumination of the Holy Spirit. But we shouldn't let this discourage us, since even the Apostles living with Christ daily had a spiritually long path until they reached that upper room. During the period of the Lord Jesus' sojourn on earth, the Apostles experienced the slow and arduous process of purification and illumination. In my earlier book, *In Peace Let Us Pray to the Lord*, I note, "If one desires to be convinced that the Apostles were in fact both prepared and purified by their way of life and belief, one need only observe the veritable transfiguration that gradually took place in the Apostles' very way of understanding the world and those around them, a transformation that can vividly be seen by comparing the behavior of the Apostles when they were following Christ before His Crucifixion (in the process of purification) and their behavior on the very day of Pentecost (in a state of deification). While Christ was still purifying the Sons of thunder, they coveted positions of prominence, but at Pentecost they readily yielded before Peter allowing him to speak publicly and considering it to be the same honor."

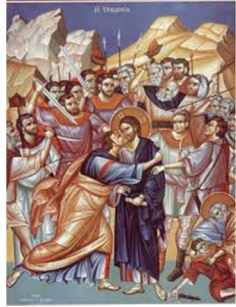
What does this mean for us in our daily lives? If we take the Apostles as our guide we may notice that their focus turned from the acquisition of power, honor, and glory to their humble submission to making Christ's teachings the center of their existence and in so doing entering the fire of repentance that purifies the heart and the light of truth that illumines the soul. They came to know that Christ is everything and that knowledge became a permanent possession of their humble, Christ-loving hearts. The only one of the original Twelve who stubbornly refused to make this transition wasn't present at Pentecost, because he continued to focus on those things that are illusory and fleeting.

The Holy Spirit descended upon the Apostles at Pentecost and appeared as flames of fire. This is a splendid truth of the divine economy. Yet our focus must remain on the fact that at the time of Pentecost the Apostles had entered the Upper Room of their hearts and were prepared through repentance to receive the gift of the Spirit. In my previous book, I write, "This significant process points to a basic law of the spiritual life: in order for the believer to become a vessel of the Holy Spirit, he must first cleanse the vessel of his soul 'from all pollution of the flesh and spirit' (Saint Nikitas Stithatos, "On Spiritual Knowledge") through a life of self-denial. Saint Peter of Damascus expresses this teaching as follows: 'in this life, all things go in pairs: practice and spiritual knowledge, free will and grace, fear and hope, struggle and reward.'"

Pentecost is the great gift to humanity, the gift of God's love directly to each human soul. But to receive it, we must seek to acquire the gift of the Holy Spirit at all times by trying to repent, by getting on our knees, by



calling out to our Sweetest Lord Jesus, and continuing to call on His Name till our last breath. Pentecost teaches us that if we are to experience "the glorious freedom of the children of God" we must follow the path of the Apostles, Martyrs, and all God's Saints, a path which purifies, illumines, and even deifies. This is the good tidings of the Spirit who reigns in the hearts of the friends of God and wills to reign in our hearts as well if we but humbly let Him. This is the most precious of gifts, the pearl of great price, the salvation of our souls.



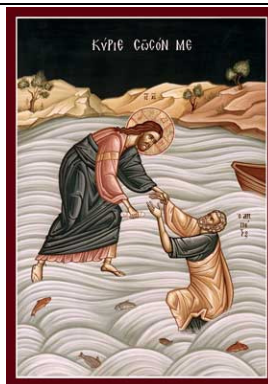
**It is better to be persecuted than to persecute; it is better to be crucified than to crucify; it is better to be insulted than to insult; it is better to be slandered than to slander. *Elder Justin (Pârvu) +June 16, 2013***

Fr. Justin (Pârvu) was born in the village of Poiana Largului on February 10, 1919; he entered the monastery of Durău in 1936, and in 1939 he enrolled in the Theological Seminary in the Cernica Monastery. He served as a chaplain on the Eastern Front during World War II from 1942-1944, but was imprisoned for political and religious reasons between 1948 and 1964. In 1966 Fr. Justin was received into Secu Monastery, and in 1975 he transferred to Bistrita Monastery. In the autumn of 1991, he placed the foundation stone of Petru Vodă Monastery, where he lived and served as abbot, and in 1999 he began the restoration of a convent for nuns in Paltin.

From the end of March 2013, the stomach cancer that he had secretly suffered for several years metastasized, provoking further medical complications that after martyric torments caused Archimandrite Justin's departure to a better world. Fr. Justin is considered the last of the Romanian elders of the period of communist repression to depart this world. May God give rest to his soul!

The dark clouds of trouble gather above me, O Lord, and the grief of torments terrifies me. Although I find myself in a state of suffering, I do not complain against You, O Good One, for You are my support and the unshaken rock upon which I place my hope. You know, O God, the cause of my wretchedness and sorrows, and You continue to look after me. Even in

my suffering I know that You love me, and it is this very knowledge that strengthens me. Thus, hoping in Your very love and goodness, I shall not allow these assaults to overcome me; instead, I will fight with courage, and confident in Your help, I shall be victorious. It is You Who guide the world and the fate of mortals; thus direct the ship of my life which is assailed by the waves of temptation, so that it may reach the calm harbor. Alone, I fight in vain against the tempests of life, for without You I can do nothing. I therefore flee to You, O Good One, and I pray: Come to my aid and save me by Your might, just as You once saved Peter who came to You upon the water. Stretch out Your hand to me as You did to him, O Lord of mercy, and do not delay. Amen. *Orthodox Prayer Book, pp 57-8, New Varatic Publishing, Lake George, Colorado*



There is no need at all to make long discourses; it is enough to stretch out one's hand and say, "Lord, as you will, and as you know, have mercy." And if the conflict grows fiercer, say, "Lord, help!" God knows very well what we need and He shows us His mercy. Abba Macarius

A man who is wrathful with us is a sick man; we must apply a plaster to his heart - love; we must treat him kindly, speak to him gently, lovingly. And if there is not deeply-rooted malice against us within him, but only a temporary fit of anger, you will see how his heart, or his malice, will melt away through your kindness and love - how good will conquer evil. A Christian must always be kind, gracious, and wise in order to conquer evil by good. *St. John of Kronstadt, My Life in Christ*

Through repentance the filth of our foul actions is washed away. After this, we participate in the Holy Spirit, not automatically, but according to the faith, humility and inner disposition of the repentance in which our soul is engaged. For this reason it is good to repent each day as the act of repentance is unending. *St. Symeon the New Theologian, The Philokalia Vol 4; Faber and Faber, pg. 40*

## **Summer is the peak season for lightning-related deaths and injuries, though people are struck by lightning year-round.**

The National Weather Service provides a wide range of [information about lightning](#), including these facts and tips:

### **General Tips**

- No outdoor area is safe when you hear thunder.
- If you hear thunder, find a safe indoor shelter (a substantial building or enclosed, metal-topped vehicle with the windows up).

### **Indoor Safety Tips**

- Stay off corded phones, computers, and other electrical equipment.
- Avoid plumbing, including sinks, baths, and faucets.
- Stay away from porches, windows, and doors.
- Never lie on concrete floors or lean against concrete walls.

### **Outdoor Safety Tips**

No outdoor area is safe during a thunderstorm, but if you're caught outside with no safe shelter options, take these steps to reduce your risk of being struck by lightning:

- Come down from elevated areas.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out and away from ponds, lakes, and other bodies of water.
- Stay away from objects that conduct electricity, such as wire fences.

The acquisition of Christian books is necessary for those who can use them. For the mere sight of these books renders us less inclined to sin and incites us to believe more firmly in righteousness. *Bishop Epiphanius of Cyprus, **The Sayings of the Desert Fathers***, Cistercian Publications, pg. 58