



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 George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Father Steve Repa, 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 Luciow, 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 Strozh [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, Donald Uebing, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

HAPPY BIRTHDAY to our August babies: John Brunermer on the 1st, Janet Brunermer on the 12th, Loretta Sheliga on the 18th, and Nicholas Behun on the 29th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita!

Since the icon talk was so well received, Alex and Pani Gina suggested having Fr. Bob answer questions of interest to our parish family. Alex will be constructing an "Ask Your Priest" box for your questions that will be placed in the parish basement hall. If you have a question, please write it down and place it in the box. Father Bob will try to answer as many questions as he can at Coffee Hour after Liturgy...if he doesn't know the answer, he will research it and have an answer for the next Sunday! We are all learning every day, so we will continue to learn together! God Bless!
Fr. Bob

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, AUGUST 4 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
**SIXTH SUNDAY AFTER PENTECOST; HOLY MYRRH-BEARER & EQUAL-TO-THE-
APOSTLES MARY MAGDALENE; TRANSLATION OF THE RELICS OF HIEROMARTYR
PHOCAS-BISHOP OF SINOPE; SAINT CORNELIUS-MONK OF PEREYASLAVL &
CONFESSOR OF THE OLEXANDRIV CONVENT**

Tone 5

Romans 12:6-14; 1 Corinthians 9:2-12

Matthew 9:1-8; Luke 8:1-3

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

SUNDAY AUGUST 11 **Divine Liturgy of Saint John Chrysostom** **10:30 AM**
**SEVENTH SUNDAY AFTER PENTECOST; MARTYR CALLINICUS OF GANGRA IN
ASIA MINOR; NEW HIEROMARTYRS SERAPHIM & THEOGNOST; MARTYR
THEODOTA & 3 SONS IN BITHYNIA; MARTYR MICHAEL**

Tone 6

Romans 15:1-7

Matthew 9:27-35

Parastas in Blessed Memory of Stephen Kuzman—John & Debbie Paouncic

WEDNESDAY, AUGUST 14 DORMITION FAST BEGINS

SUNDAY, AUGUST 18 **NO SERVICE IN SLICKVILLE!!!**
**EIGHTH SUNDAY AFTER PENTECOST; FOREFEAST OF THE TRANSFIGURATION
OF OUR LORD; MARTYR EUSIGNIUS OF ANTIOCH; HIEROMARTYRS FABIAN &
ANTHERUS-POPES OF ROME; MARTYRS CANTIDIUS, CANTIDIAN, & SIBELIUS
OF EGYPT**

Tone 7
1 Corinthians 1:10-18
Matthew 14:14-22

BULLETIN INSERT FOR 04 AUGUST 2013
SIXTH SUNDAY AFTER PENTECOST; HOLY MYRRH-BEARER
& EQUAL-TO-THE-APOSTLES MARY MAGDALENE;
TRANSLATION OF THE RELICS OF HIEROMARTYR PHOCAS-
BISHOP OF SINOPE; SAINT CORNELIUS-MONK OF
PEREYASLAVL & CONFESSOR OF THE OLEXANDRIV
CONVENT

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, 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 5

READER: Thou, O Lord, shalt protect us and preserve us from this
generation forever.

PEOPLE: **Thou, O Lord, shalt protect us and preserve us from this
generation forever.**

READER: Save me, O Lord, for there is no longer any that is godly.

PEOPLE: **Thou, O Lord, shalt protect us and preserve us from this generation forever.**

READER: Thou, O Lord, shalt protect us and preserve us...

PEOPLE: **From this generation forever.**

ALLELUIA VERSES—TONE 5

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim Thy truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be prepared in the heavens.

Andrei Rublev's Icon of the Holy Trinity.

The Church has many different depictions of the Holy Trinity. But the icon which defines the very essence of Trinity Day is invariably the one which shows the Trinity in the form of three angels. The prototype for this icon was the mysterious appearance of the Holy Trinity in the form of three travelers to Abraham and Sarah under the oak of Mamre. The Church specifically chose this particular icon because it most fully expresses the dogma of the Holy Trinity: the three angels are depicted in equal dignity, symbolizing the *triunity and equality* of all three Persons.



The Trinity. Andrei Rublev (1370-1430). Moscow.

We find the deepest understanding of this dogma in the icon of the Trinity painted by the venerable Andrei Rublev for the Trinity Cathedral of the Trinity-Sergius Lavra. This icon is a masterpiece of ancient Russian

iconography, and it is not surprising that the Church established it as the model for depicting the Trinity.

In Andrei Rublev's icon, the persons of the Holy Trinity are shown in the order in which they are confessed in the Credo. The first angel is the first person of the Trinity - God the Father; the second, middle angel is God the Son; the third angel is God the Holy Spirit. All three angels are blessing the chalice, in which lies a sacrificed calf, prepared for eating. The sacrifice of the calf signifies the Saviour's death on the cross, while its preparation as food symbolizes the sacrament of the Eucharist. All three angels have staffs in their hand as a symbol of their divine power.

The first angel, shown at left, is vested in a blue undergarment which depicts his divine celestial nature, and a light purple outer garment which attests to the unfathomable nature and the royal dignity of this angel. Behind him and above his head towers a house, the abode of Abraham, and a sacrificial altar in front of the house. This image of the abode has a symbolic meaning: the house signifies God's master plan for creation, while the fact that the house towers above the first angel shows him to be the head (or Father) of this creation. The same fatherly authority is seen in his entire appearance. His head is not bowed and he is looking at the other two angels. His whole demeanor - the expression on his face, the placement of his hands, the way he is sitting - all speaks of his fatherly dignity. The other two angels have their heads inclined and eyes turned toward the first angel with great attention, as though conversing with him about the salvation of mankind.

The second angel is placed in the middle of the icon. This placement is determined by the position held by the second Person within the Trinity Itself. Above his head extend the branches of an oak tree. The vestments of the second angel correspond to those in which the Saviour is usually depicted. The undergarment is a dark crimson color which symbolizes the incarnation, while the blue outer robe signifies the divinity and the celestial nature of this angel. The second angel is inclined towards the first angel, as though deep in conversation. The tree behind him serves as a reminder of the tree of life that was standing in Eden, and of the cross.

The angel on the right is the third Person of the Trinity - the Holy Spirit. His light blue undergarment and smoky-green outer garment represent heaven and earth, and signify the life-giving force of the Holy

Spirit, which animates everything that exists. "By the Holy Spirit every soul lives and is elevated in purity" - sings the Church. This elevation in purity is represented in the icon by a mountain above the third angel.

Thus Andrei Rublev's icon, while being an unsurpassed work of iconography, is first and foremost a "theology in color," which instructs us in all that concerns the revelation of the triune God and the three Persons of the Holy Trinity.

From the book "Thoughts on Iconography" by Monk Gregory [Krug].

From **The Ascetic of Love**...Gerontissa Gavrilia

G.G.: When you are unable to do something, practically or personally, for someone you wish to help, you may still send a message to God. You may take that person in mind, place him at the Feet of Christ and pray the Lord to bless him. Then you would have done what you could. This may be practiced gradually. This is what monastics who have completely withdrawn from the world do. They did not withdraw because they did not love people, they went into retreat because they love people very much and wished to do nothing else but pray for them. If the world stands on its feet today, it is because thousands of monastics pray for that. People who don't know say, "What does a monk or a nun do?"



They just pray. So what? Acts! Deeds! That's what we need!" They are not right, though. For there exists no energy greater than that of prayer. Great is the power of prayer, say the Holy Scriptures, and indeed effective. Because prayer is power. It is energy. Doesn't the Gospel tell us, You can make even a mountain move with your prayer? Fr.

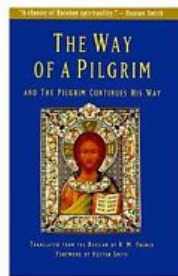
Lazarus* says something very interesting: that the mountain we move with our faith is our own Pride—a big mountain! And we throw it into the sea!

G: Yes, but how can we do this?

G.G.: Only with the grace of God! Pray with all your heart, "Lord, take away my pride," and the next day, He starts!

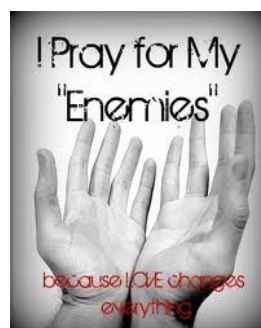
K.: Still, everyday life, work, marriage, children, cares, worries, all these leave you no time for anything else. You want to, but you don't have the time...

G.G.: You don't need time. Because as I have told you, prayer is a state of the soul. As we read in the **Way of a Pilgrim**, when you wash the dishes, keep saying, "Lord, have mercy upon me...Lord, have mercy upon me," Whatever we do in a day, we can do it while keeping in our mind and in our heart the notion of God, a constant awareness of the existence of God, as if listening to a background music...nothing is impossible... (pages 297-98)



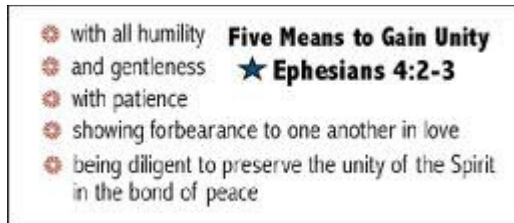
on praying without love:

G.G.: If you don't love, don't dare pray. For your prayer will not reach the ears of the Lord. It is an abomination to God. Somebody comes and tells me, "I cannot stand this person. Of course, I do not wish him any harm, but I pray that God may guide him." And I say, "How dare you?" If I say, "Lord, please guide this person whom I do not love," He will tell me: "Why do you care, since you do not love him? First love him, then come and ask Me to guide him. I will grant it at once. Because He said, "Love your enemies." (pg 299)



*Fr. Lazarus Moore (of blessed memory) was spiritual guide to Gerontissa Gavrilia.

More guidance from Gerontissa Gavrilia, **The Ascetic of Love:**



G.G.: A person who has love, forbearance, obedience and humility, has gained both this world and Paradise. The most difficult thing, however, is to overcome the power of darkness which always tells us that we are right. Do you agree?

E.: Aren't we ever right?

G.G.: Never! The other one is always "right." That is what is so important...

E.: How do you explain that?

G.G.: Do you know why? Because, according to his own Ego, he is right. Therefore, why should I try to convinced him with my own Ego?

E.: That is to say, we submit to the other person's Ego and right.

G.G.: Not in the way you mean it. We do what we consider to be right, without getting into pointless arguments with the other person; without reproval; without losing our peace of mind. That person will continue on his own way and we shall commend him to God's will. He cannot harm us. For we have an Authority above us and the Authority agrees with our own sense of justice. We have our Confessor, our Gerontissa (spiritual mother), our Bishop, the entire Church who are in agreement. Above all, we have the Gospel which tells us, "This is Right, this is the Commandment." So? Now let me tell you something. For all such thoughts, I have a basket, which I call the "basket of vanity." In the way

we throw waste papers away, in the same way I throw these thoughts in this basket and they cease to trouble me. Because man should not be worried by such things. Many a time an atheist will come, someone who is opposed, someone who will start useless discussions with the sole intention of annoying you...Even if this person has saddened or hurt you, **never show it**...Never do that. Otherwise he will have achieved his purpose. Do you see that? The next time he will return with greater resolution. But if again you remain calm, he will think: "No use hitting here; I'll try somewhere else."



Therefore above all, no anger! For the Lord Himself has said, "resist no evil." When we set ourselves against someone, we get involved in a bitter quarrel. If anyone were to witness the scene, after a while would he be able to tell who is right and who is wrong? Certainly not. Because we have both become evil, yielding to the Tempter. This is why I am telling you: when a discussion between two persons leads to controversy, one of the two, if he happens to be a person of God, must keep silent and repeat within himself that prayer, "Lord Jesus Christ, have mercy upon us," Then in two minutes everything stops... (pp 309-10)

From **The Ascetic of Love**, pp 179-80

Gerontissa Gavrilia on causing change in others:

It is a great fallacy to believe that by trying you can change a person. This never happens. It can be done through the example of your own life. It can never, or very seldom, be achieved through effort, talk, contradiction and the like.

The change will occur when the time of God comes. If you change your own self and become a living example to the person you wish to change, if you become his ideal and are seen to be happy, then it will happen. To pray for somebody is quite right---but we must not try to change him. This is only in the Hand of God.



God has a plan for everyone's life. For all human beings. We are free, but what we don't know is that He knows what we shall do. For He knows all. God knows every single step of our life, to the last moment. We do not. And dear M., if we tried more to unite our self with God, then we wouldn't need to do anything. Because we would automatically become an example to those we wished to see walking His way.

It is natural, though, for you, so young and with all this love God has put into your heart, to fail to understand, at least in the beginning, to feel disappointed and to say, *What a situation! All this effort and no results yet?* But did it ever cross your mind that God says the same thing about us? *I pardoned so many times, I showed forbearance so many times...And still...*



The next step should be prayer. Just as the beginning was prayer. Without judging the other person. Once after I had understood that prayer is everything, I saw two very angry boys fighting in the street. I refrained from intervening, as I would have done in days past. Instead, I put at once into practice what I believed in. I turned aside and said, *Lord, put Thy peace between these two.* By the time I turned to look at them again, they were laughing and playing. That was an answer from God. Know that, dear M. Our peace and serenity, our own way of living, indicate how much we believe. That is why a person may teach us the best lesson, but if we see that he is troubled, restless and faltering, we cannot have faith in what he tells us. If therefore, we wish to help our fellow men, the purpose of our life should be to get as close as we possibly can to the Example—the Lord.