



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, Father Adam Yonitch, 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, Grace & Owen Ostrasky, 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 Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Bishop Daniel's mother], Charlotte, Andrew Mark Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, Nathan Forbeck, Sarah Doyle, Samuel Peters, Jean Stutchell, Charles & Esther Holupka, Wanda Mefford, 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, Bonnie & Eugene Blair [Pani Gina's parents], Mel & Charlotte Malik, David Hoenshell, Barbara Macino, Shelley Hill, Mikaela Kapeluck, Linda Cawley, Gerald Cogley, Helen Bozo, Corey Guich, Robert Vangrin, 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, Jerry 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, Sabrina, Shirley, Denny Mader, Kareen Milcic, Ella Campbell, Kurt Smith, Tom Hyatt, Joan Szymonifka, and Daria Masur ARNOLD: Stefania Lucci, Steve Sakal, and Homer Paul Kline. We pray that God will grant them all a speedy recovery.

PLEASE REMEMBER IN YOUR PRAYERS: All Christians and the others in the Middle East who are suffering during this time of great tragedy and unrest. May God watch over and keep them safe! Lord have mercy!

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, OCTOBER 27

Divine Liturgy of Saint John Chrysostom

10:30 AM

EIGHTEENTH SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE 7TH ECUMENICAL COUNCIL; MARTYRS NAZARIUS, GERVASE, PROTASE, & CELSUS OF MILAN; HIEROMARTYR SILVANUS OF GAZA; SAINT PARESKEVA (PETKAO OF EPIBATIMA, THRACE; SAINT NIKOLA SVIATOSHA-PRINCE OF CHERNIHIV & WONDERWORKER OF PERCHEVSKY LAVRA

Tone 1

2 Corinthians 9:6-11; Hebrews 13:7-16

Luke 8:5-15; John 17:1-13

SUNDAY, NOVEMBER 03

Divine Liturgy of Saint John Chrysostom

10:30 AM

NINETEENTH SUNDAY AFTER PENTECOST; SAINT HILARION THE GREAT OF PALESTINE; MARTYRS DASIUS, GAIUS, & ZOTICUS AT NICOMEDIA; SAINT HILARION OF PERCHEVSKY LAVRA

Tone 2

2 Corinthians 11:31-12:9

Luke 16:19-31

Litany in Blessed Memory of John Lopushanski, Sam Kerr, Helen Likar, Harry Bunio, Mary Pekich, Constantine Hanczar, Anna Lotinsky, & Julia Golofski—Fr. Bob

SUNDAY, NOVEMBER 10

Divine Liturgy of Saint John Chrysostom

10:30 AM

**TWENTIETH SUNDAY AFTER PENTECOST; GREAT-MARTYR PARASCEVA OF
ICONIUM; MARTYRS TERENCE & NEONILLA & CHILDREN SARBELUS, PHOTUS,
THEODULUS, HIERAX, NITUS, BELE, & EUNICE OF SYRIA; SAINT STEPHEN-
HYMNOGRAPHER-SAINTE SABBAS MONASTERY; MARTYRS AFTICANUS,
TERENCE, MAXIMUS, POMPEIUS, & 36 OTHERS AT CARTHAGE; HEIROMARTYR
CYRICUS-PATRIARCH OF JERUSALEM & MOTHER ANNA; SAINT JOHN THE
CHOZEBITE-BISHOP OF CAESAREA IN PALESTINE; REPOSE OF SAINT JOB OF
POCHAIV; SAINT DEMETRIUS-METROPOLITAN OF ROSTOV**

Tone 3

Galatians 1:11-19; Galatians 5:22-6:2

Luke 8:26-39; Luke 6:17-23

Litany in Blessed Memory of All Deceased Veterans—Fr. Bob

BULLETIN INSERT FOR 27 OCTOBER 2013

**EIGHTEENTH SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE
7TH ECUMENICAL COUNCIL; MARTYRS NAZARIUS, GERVASE,
PROTASE, & CELSUS OF MILAN; HIEROMARTYR SILVANUS OF GAZA;
SAINT PARESKEVA (PETKAO OF EPIBATIMA, THRACE; SAINT
NIKOLA SVIATOSHA-PRINCE OF CHERNIHIV & WONDERWORKER OF
PERCHEVSKY LAVRA**

TROPARION—TONE 1

When the stone had been sealed by the Jews;
While the soldiers were guarding Thy most pure Body;
Thou didst rise on the third day, O Savior,
Granting life to the world.
The powers of heaven therefore cried to Thee, O Giver of life:
Glory to Thy Resurrection, O Christ!
Glory to Thy Kingdom!
Glory to Thy Dispensation, O Thou who lovest mankind.

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

KONTAKION—TONE 1

As God, Thou didst rise from the tomb in glory, raising the world with
Thyself.
Human nature praises Thee as God, for death has vanished!
Adam exults, O Master!
Eve rejoices, for she is freed from bondage and cries to Thee:
Thou are the Giver of Resurrection to all, O Christ!

PROKEIMENON—TONE 1

READER: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

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

PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.

READER: Let Thy mercy, O Lord, be upon us.

PEOPLE: As we have set our hope on Thee.

ALLELUIA VERSES

God gives vengeance to me, and subdues people under me.

He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!

Ecumenical Patriarch Bartholomew: our beloved brother, Archbishop Jovan is persecuted solely because of his adherence to the canonical Church

In his homily during the Divine Liturgy which he officiated during the celebration of 1700 years of the Edict of Milan, His All-Holiness Ecumenical Patriarch of Constantinople Bartholomew spoke of several burning issues for the One, Holy, Catholic and Apostolic Orthodox Church.

Patriarch Bartholomew also indicated the persecution that is being performed against Archbishop Jovan of Ohrid and the Orthodox Ohrid Archbishopric, the canonical Church in R. Macedonia! In his addressing, he stated:

"... furthermore, in our orthodox ecclesiastical milieu, various schisms, apostasies, and even heresies are appearing; thieves and robbers who do not enter the sheep pen by the gate, but climb in by some other way (John 10, 2-3). Hierarchs are being persecuted, as for example His Beatitude and our beloved brother, Archbishop Jovan of Ohrid; priests, monastics and faithful people are being persecuted because they respect the canonical order, they recognize their spiritual adherence to the canonical Churches and they do not enlist in the anti-canonical – supported by various state factors – seemingly ecclesiastical formations, and thus, as the blessed John

the Chrysostom says, they are being persecuted “only because the bear Christ’s name”.

Every soberly-thinking man will understand that these words are loudly witnessing across the world, that the state apparatus of R. Macedonia is not capable of practicing the Edict of Milan, hence it demonstrates that our homeland is brought back to the times before the Edict and not all citizens are equally allowed to enjoy religious freedoms! Despite all this, may St Constantine the Great be a motivation and an example for every political leader!

It should not be forgotten that the Edict of Milan was signed by two Emperors who at the time of the signing were not Christians, but they knew what was the interest of the state: “may each one have the free opportunity to worship as he pleases; this regulation is made that we may not seem to detract from any dignity of any religion” (from the text of the Edict of Milan)!

No matter how hard they try to mislead and misinform the domestic public by spreading untruths about Archbishop Jovan of Ohrid and the Orthodox Ohrid Archbishopric, the reality is revealing them, hence certain political figures, schismatics and journalists in the Orthodox world are being recognized exactly as those who raise their hands against Christ himself!

Life’s Journey on a Solid Foundation

Ecclesiastes 3:1 To everything there is a season, and a time to every purpose under the heaven...

Believers benefit by living their lives according to the calendar of God’s Holy Church. The Church calendar gives firm root, grounding and direction for believers.

By adhering to the Church calendar believers join with the faithful throughout the world. The calendar has a unifying function in the Church. Adhering to the calendar is a way to move through the Church year with order and purpose.

Each day the Church celebrates certain feasts, honors the Mother of God and commemorates saints and martyrs. The angels of God have a place on the calendar of the Church. The calendar gives focus to each day.

Believers’ lives synchronized with the calendar of the Church experience fullness, enrichment and orderly growth. Christ, the Mother of God, the saints, martyrs and angels are alive in calendar adherents.

Events commemorated on the calendar are contemporary for believers. The commemorations on the calendar have a way of affecting the experiencing of time. Believers attentive to the calendar become different with each new day.

Lives are shaped by honoring the commemorations of each day. The world of believers is enlarged as they learn of holiness in different centuries, in different countries and by individuals with diverse backgrounds.

Feasts of the Lord have barriers transcending dimensions and communicate new meaning with each celebration. Each serious believer is better and different with every new festal occurrence.

Feasts of the Mother of God bring endearment to the hearts of believers. Saints and martyrs are viewed in very personal terms by individuals honoring the daily calendar. Angels and ascetics challenge the minds of faithful believers.

Fast periods are as much a part of the calendar as the daily commemorations and celebrations. The fast periods include the major fasts involving extended periods of time and those particular to individual days.

The Nativity Fast, Great Lent, Holy Week, the Apostles Fast and Dormition Fast are of extended duration. Wednesdays and Fridays during most weeks and certain other days (i.e. Beheading of St. John the Baptist) are singular in duration.

Each day of the week has an ascribed meaning. Meaning is assigned to the times of the day. Daily church services are expected to occur within certain time frames and may reflect corresponding times of the day in content.

Believers following the calendar of the Church adjust their lives to honor the calendar and bring their lives into conformity with the Church each day. Daily effort is necessary to live the life of the Church throughout the year.

Matthew 11:28-29- - Come unto Me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls

Nourishment of the soul is derived from honoring the Church's calendar. Believers' lives are strengthened when the calendar is honored each day. Believers can turn to the calendar in faith each day with confidence and for assurance.

Feasts of the Lord and the Mother of God provide inspiration and meaning for believers. The Nativity of the Mother of God and the Presentation of the Mother of God in the Temple give perspective on the earliest moments of her life.

The Feast of Annunciation, the Nativity of the Lord Jesus Christ and Christ's Presentation provide wealth of content for believers to ponder and contemplate. Christ taking on human flesh, born to a virgin, gives great challenge to the mind.

Christ's Baptism in the Jordan, His Transfiguration and Entry into Jerusalem are prominent in the Calendar of the Church. Pascha is the Feast of Feasts and receives paramount attention after an extensive period of preparation

Christ's Ascension and Pentecost are culminating feasts. The Feast of the Dormition of the Mother of God marks the end of her earthly life. Focused believers continue to learn throughout life from the festal celebrations.

The Christian life presumes activity for the believer throughout life. Prayer entails activity of the mind and the body. Fasting necessitates use of the mind and the body. Good deeds involve acts of the mind and body.

Christ is experienced to the degree the person is open to Christ. Christ is received to the degree the person seeks unity with Christ. Christ is honored to the degree the person is committed to following Christ.

The Church's calendar comes alive when the believer sees Christ at work in the lives of the saints and martyrs. The calendar is alive in the life of the believer fully united with Christ in the celebration of Feasts of Lord and of the Theotokos.

Joy emanates from the daily commemorations when believers keenly feel God's presence. Believers cherish daily nourishment available when God is honored and pursued with fervency.

The saints and martyrs remembered daily on the calendar are storehouses of wisdom and knowledge. They are living inspirations and instructors reaching through the centuries in relevancy for each new day given by God.

The contents of the believers' minds and the desire of their hearts determine the goals of the believers. Seekers of nourishment for the soul treasure the richness found in the daily life of the Church. God is everywhere to behold and worship.

The daily calendar gives believers strength and direction to work through the difficulties of life. Saints and martyrs put enduring Christian virtues and values in perspective. Pain, sacrifice and suffering for Christ take on new meaning.

Proverbs 18:10-The name of the Lord is a strong tower: the righteous runneth into it, and is safe

When a person focuses on the calendar of the Church, the comprehensive educational resource is discovered. The feasts, saints and martyrs become alive. The mind expands and the heart is enriched as the glory of God is revealed.

The serious believer looks beyond the mere words written on the calendar. Serious believers look in depth to the lives of the saints and martyrs. Serious believers look to the Lord Jesus Christ at work in the lives of saints and martyrs.

Serious believers look to Christ portrayed as taking on human flesh. Serious believers think about the meaning of Christ's baptism in the Jordan. Serious believers think about the meaning of Christ being transfigured on Mt. Tabor.

When the calendar shows it is the Feast of the Annunciation, believers behold Mary being chosen from all women of all centuries to bear the Christ Child.

The days on the calendar committed to St. John the Baptist draw attention to this giant of history. Jesus said: "Among them that are born of women there hath not risen a greater than John the Baptist.(Mt.11:11)

Do events in the present have a connection with a daily commemoration on the Church calendar? Does the birth or repose of a person on a certain day have meaning? Does the day on which an act of aggression occurs have relevance?

The naming of sons and daughters is often connected to the date on which the person is born. Families take patronal saints based upon the date of their Christianization.

The calendar opens paths to great new discoveries. The calendar opens doors to lives devoted to Christ in many obscure places. Study of the lives and feasts on the calendar unveil many miracles heretofore unknown.

Believers individually determine if they are going to be active in seeking the Kingdom of God. Believers personally determine if they are going to repent with regularity to remain on the narrow path leading to life.(Mt.7:13-14)

Decisions made and actions taken by a person reveal the desires of the heart and goals of the believer. Jesus said: "For where your treasure is, there will your heart be also."(Mt.6:21)

The beginning of the new day arrives daily with the celebration of Vespers and is announced for each person to enter and discover. Many people in the world choose to look at each day as it is commemorated in the Church.

Transformation occurs in believers when the arrival of each day is greeted with eyes of faith and interest in learning. The arrival of each day carries with it the promise of God's love and joy.

The carefully crafted words of the Psalmist serve as the fitting thought for beginning each day: "Bless the Lord, O my soul. O Lord my God, thou art very great; thou art clothed with honour and majesty."(Ps.103/104:1)

Psalm 1:1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in His law doth he meditate day and night.

Joy exists throughout the night and day for believers united with Christ. Joy exists in knowing Christ is at work in our lives. Christ is ever-present to hear prayers, to heal afflictions and to light the path to the Kingdom.

The Church's calendar is a proven pathway to the Kingdom of God. The Church's calendar is the guidebook full of testimonies of the goodness, greatness and majesty of God.

The Church's calendar focuses on the lives of real men, women and children having taken Christ seriously in their lives. The daily calendar focuses on Divine occurrences lifting the heart, mind and soul to heights unimaginable.

Believers need not wander aimlessly through life without a compass or means of direction. The daily calendar details proven steps taken by countless followers of God that have withstood the test of time.

In today's world many popular figures are held up as role models. Very few of the people getting the greatest media attention in the world today have the virtues and integrity that will merit them having a place on the Church's calendar.

Believers determine where and when they will look for direction in life. Believers determine if they will follow the tried and tested paths of the Lord. Always take time to consider the words of the Lord spoken centuries ago.

In book of the Holy Prophet Jeremiah these timely words are found: "Thus saith the Lord, 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."(Jer.6:16)

In the Gospel account of Lazarus and the Rich Man, the enduring and illuminating value of the words of Moses and the Holy Prophets were emphasized.

(Lk.16:19-31) The Church calendar provides a foundation of wisdom for building life.

Believers are faced with the daily choice of following the tested paths of the Church or venturing into uncharted waters leading to peril of the soul. The calendar is a bridge over troubled waters leading safely to the Lord God.

The Psalmist wrote centuries ago: "Except the Lord build the house, they labour in vain that build it:"(Ps.126/127:1) Efforts of believers are expected to conform to the ways pleasing to God and in symphony with God.

Adherents to the Church calendar find God and rejoice in God. Following the calendar in daily life has relevancy in the seeking of daily bread cited in the Lord's Prayer. Bread for the soul is needed as is bread for the body

God takes care of believers seeking daily nourishment. The calendar is a reservoir of abundant nourishment for the hungry soul.

Romans 8:38-39-For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

The daily calendar specifies content in Divine services that is apportioned throughout the day and night. The daily calendar provides for extensive use of the Holy Scriptures throughout the day and the year.

Throughout most of the year daily Epistle and Gospel readings are included. The reading of the Psalms occurs throughout each day. During Great Lent much attention is given to daily readings of the Old Testament.

During Holy Week, the full reading of the Gospels of Matthew, Mark, Luke and John is called for. On the eves of feasts, Old Testament readings commonly occur during the Vesper service.

Believers taking time to delve into the calendar of the Church quickly learn the journey is treasure-laden. Individuals are limited in learning only by the investment made. Limits are self-imposed by each person.

Hunger of the soul needs addressed regularly. Choices made by individuals determine if the hunger is satisfied authentically in the Church. Dissatisfaction occurs when believers look to false gods and to paths outside the Church.

The Lord said: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."(Mt.7:7-8)

The world can seem unsettled at times. The waves of life can become threatening. Believers need a good solid anchor in times of rough waters. The Lord Jesus Christ is the Supreme Anchor.

The Church's daily calendar is a way to remain anchored in Christ and to seek to grow in Christ in an orderly and consistent way. The lives of the saints and martyrs are revealed in full detail when the daily calendar is used extensively.

The calendar provides structure and order. The Lord Jesus Christ has the power to bring stillness to the troubled waters of life. The Gospel of St. Mark describes in detail the way Jesus brought calmness to the stormy sea.(Mk.4:37-41)

The Gospel of St. Mark includes the question raised about Jesus after He brought stillness to the stormy sea. Those observing Jesus said: "What manner of man is this, that even the wind and the sea obey him?"(Mk.4:41)

The Jesus bringing stillness to the stormy waters is the same Jesus who was born to Mary. He was baptized in the Jordan and transfigured on Mt. Tabor. He was crucified, died and rose. He will return to judge the living and departed.

The Lord Jesus Christ is described in the Epistle to the Hebrews:
"Jesus Christ the same yesterday, and today, and forever."(Heb.13:8)

Prepared for Adult Class. St.George Serbian Orthodox Church, Carmichaels,
Pennsylvania. October 3/16, 2013. St.Dionysius the Areopagite, Hieromartyr.
Father Rodney Torbic

If we take St Paul literally, then we are not allowed to cling to our anger for even a day (cf. Eph 4.26). I would like to make a comment, however, that many people are so embittered and furious when they are in a state of anger, that they not only cling to their anger for a day, but drag it on for weeks. I am at a loss for words to explain those who do not even vent their anger in speech but erect a barrier of sullen silence around them and distill the bitter poison of their hearts until it finally destroys them. They could not have understood how important it is to avoid anger, not merely externally, but even in our thoughts, because it darkens our intellect with bitterness and cuts it off from the radiance of spiritual understanding and discernment by depriving it of the indwelling of the Holy Spirit. *St. John Cassian*

Unless humility and love, simplicity and goodness regulate our prayer, this prayer--or, rather, this pretense of prayer--cannot profit us at all. And this applies not only to prayer, but to every labor and hardship undertaken for the sake of virtue, whether this be virginity, fasting, vigil, psalmody, service or any other work. If we do not see in ourselves the fruits of love, peace,

joy, simplicity, humility, gentleness, guilelessness, faith, forbearance and kindness, then we endure our hardship to no purpose. *St. Makarios*

Don't be sad, for we will all depart from here. We are passing travelers. We came here to show our works and to leave. *Elder George of Drama*

Our Dear Liz would love to hear from her friends as she recovers: she is in Room 402, Greensburg Care Center, 119 Industrial Park Road, Greensburg, PA, 15601-6690, and her cell phone is 724-244-0191. Please keep her in your prayers!