



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 John Harvey, 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, Protopresbyter William Diakiw, 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, 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, Esther Holupka, Wanda Mefford, David Vallor, Henry Faraly, Betty O'Masta, Julie Eiler, Vince Ferro, 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, Chris, Pastor Ed Bowen, David Hiles, Karen Johnson, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Susan Bertram, Rita McConnell, Gail, Sirena Sharp, Ron Paulovich, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Kareen Milcic, Ella Campbell, Kurt Smith, Tom Hyatt, , Jeaneen McCartney Thomson, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Barbara McDougall, Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, Susan Lucas, Manny Lopez, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskens, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Judi Danser, Mira Filipovic, Vicki Rathbun, Lynn, Jacqueline, Irma Opacic, Sharon, Zan Cheng, Debby, Jeff Jones, 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!

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 15 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
1ST SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS; SAINT NICEPHORUS
THE CONFESSOR-PATRIARCH OF CONSTANTINOPLE; GREAT-MARTYR JOHN THE
NEW OF SECEAVA AT BILGOROD**

Tone 8

Hebrews 11:33-12:2

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

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

MONDAY, JUNE 16 APOSTLES [SAINTS PETER & PAUL] FAST BEGINS

**SUNDAY, JUNE 22 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
2ND SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS OF NORTH AMERICA
AND UKRAINE; ALL VENERABLE AND HOLY FATHERS OF HOLY MOUNT ATHOS;
SAINT CYRIL-ARCHBISHOP OF ALEXANDRIA; 5 NUNS BEHEADED IN PERSIA:
MARTYRS THECLA, MARIAMNE, MARTHA, MARY, AND ENMATHA**

Tone 1

Romans 2:10-16

Matthew 4:18-23

Parastas in Blessed Memory of Millie Kerr—the Church Ladies

**SUNDAY, JUNE 29 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
3RD SUNDAY AFTER PENTECOST; SYNAXIS OF THE HALYCH SAINTS; SYNAXIS
OF THE ODESSA SAINTS; SAINT TYCHON-BISHOP OF AMATHUS IN CYPRUS;
MARTYRS TIGRIUS & EUTROPIUS OF CONSTANTINOPLE**

Tone 2

Romans 5:1-10

Matthew 6:22-33

BULLETIN INSERT FOR 15 JUNE 2014

**1ST SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS; SAINT
NICEPHORUS THE CONFESSOR-PATRIARCH OF CONSTANTINOPLE;
GREAT-MARTYR JOHN THE NEW OF SECEAVA AT BILGOROD**

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.

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.(KJV)

The Lord Jesus Christ welcomes individuals to draw near and to drink from Him. Individuals have the constant opportunity to drink from Christ for the betterment of the heart, the mind and the soul.

Individuals will never exhaust the nourishment coming from Christ. Individuals will never utilize all the knowledge to be found when turning to Christ. Individuals always benefit from turning to Christ in prayer.

The Holy Spirit receives great attention at this Feast of Pentecost. The Father, the Son and the Holy Spirit deserve constant attention. Believers confess belief in the Holy Trinity at the time of Baptism and at each Divine Liturgy.

Life is enriched and blossoms when individuals live in ways pleasing to God. Even in times of great hardship, living in ways pleasing to God is beneficial. God makes a decided difference in the lives of faithful individuals.

Jesus is the source of light in the dark moments of life. Jesus is the best Guide for individuals seeking to move into unknown experiences of life. Jesus provides direction for all circumstances arising in life.

The Holy Scriptures provide an unequalled written source for learning ways pleasing to God. Prayerfully reading the Holy Scriptures is a way to draw closer to God.

The words of Holy Scripture expand a person's understanding of God and challenge the person to seek to know God better. God is greater than any individual's personal understanding.

God is greater than an individual mind can fully comprehend. Individuals limit themselves in what they choose to learn about God. Individuals limit themselves in ways they seek to learn from God.

God's Holy Church sets forth the Gospel and Epistle at each Divine Liturgy as sources of instruction. The content of the Divine Liturgy enhances the knowledge of attentive believers.

The Feast of Pentecost is a defining feast in the Church. The Resurrection of Christ remains vivid in the minds of serious believers. The Ascension of Christ is strong in the memories of believers.

The Feast of Pentecost focuses the minds of believers on the Holy Trinity. The celebration of the Feast of Pentecost inspires believers to cherish the Holy Spirit in their lives.

Life is to be lived in ways pleasing to God. Life is to be lived in thanksgiving to God and with due glory to God. Selfishness and harmful pride have no place in the lives of believers.

The goodness coming from God deserves constant appreciation and gratefulness. Jesus speaks about being the light of the world. Believers do well when being continuously grateful and conscious of the light of Christ.

The Body and Blood of Christ nourish and transform believers. The Body and Blood of Christ unite believers with Christ. Drinking from Christ is not to be undertaken casually, but with fear, love and reverence.

Christ underwent great sacrifice for each of us. Christ's death on the Cross involved unimaginable pain and an unequalled expression of humility. No personal expressions of thankfulness will equate with Christ's sacrifice for us.

Believers do well to be conscious of the immeasurable love and nourishment of Christ. Believers do well to continuously give thanks. The arrival of the Feast of Pentecost is a perfect reminder of the power and love of God.

Renewal of life emanates from God and does not occur without God. Our personal dependency on God deserves constant remembrance. God's mercy and forgiveness are necessary if our lives are to get better.

The battle against sin is never ending. The mercy and love of God enable believers to experience life abundantly. Jesus Christ said: "I am come that they might have life, and that they might have it more abundantly."(Jn.10:10)

With the arrival of this Feast of Pentecost, let us embrace the prayers to the Holy Spirit. Let us welcome the arrival each day as a gift from God. Let us embrace the goodness from God experienced each day of life.

*St. George Serbian Orthodox Church, Carmichaels, Pennsylvania.
May 26/June 8, 2014. Feast of Pentecost. Father Rodney Torbic*

Mim Bizic—Pittsburgh, PA ·*Some may make you groan, but a few fun puns from my friend, George V.! Puns for Educated Minds*

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
15. The midget fortune-teller who escaped from prison was a small medium at large.
16. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
17. A backward poet writes inverse.
18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
19. When cannibals ate a missionary, they got a taste of religion.
20. If you jumped off the bridge in Paris, you'd be in Seine.
21. A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'
22. Two fish swim into a concrete wall. One turns to the other and says 'Dam!'
23. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
24. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'

25. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcend dental medication.

26. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

AF pilot helps in airline emergency

By Staff Sgt. Jacob Morgan, 21st Space Wing Public Affairs / Published May 30, 2014



Capt. Mark Gongol helped land a commercial 737 Dec. 30, 2013, when the pilot had a medical emergency. Gongol is a B-1B Lancer pilot and the 13th Air Support Operations Squadron assistant director of operations at Fort Carson, Colo. (Courtesy photo)

PETERSON AIR FORCE BASE, Colo. (AFNS)—*(This feature is part of the "[Through Airmen's Eyes](#)" series on AF.mil. These stories focus on a single Airman, highlighting their Air Force story.)*

Most people think that during an emergency they would step up to the plate, act heroically and do what is necessary to save lives. Thinking one might rescue the day is a noble thought, but acting on those thoughts is what sets the nation's heroes above noble thinkers.

"Every pilot thinks 'what would I do if this all goes wrong' on an aircraft they are not controlling," said Capt. Mark Gongol, a B-1B Lancer pilot and the 13th Air Support Operations Squadron assistant director of operations at Fort Carson, Colorado. "As a professional courtesy, we all know the aircrew at civilian airlines are extremely qualified, but as a byproduct of being a pilot, I always have a heightened awareness when flying—however, I never thought I would be in the situation I was in."

After spending the holidays with his family, Gongol, his wife and daughter were on their way from Des Moines International Airport, Iowa, Dec. 30, 2013, with 151 other passengers and six crewmembers. To him and his family, the day was just like any other.

Approximately 30 minutes into the flight, Gongol said he noticed the engines power down to idle. Thoughts immediately started jumping through his head. There were a variety of reasons why the engines would shut down

to idle, none of them categorized as normal. Slowly, the aircraft began to descend and turn right.

"Over the public address system; a flight attendant asked if there was a doctor on board the plane," Gongol said. "A few more calls went out for medical professionals and the flight attendants were all hurrying to first class with their beverage carts and a first-aid kits."

At that moment, Gongol thought it was a medical emergency with a first class passenger, his instincts told him to stay seated and stay out of the way.

A fourth call went out, "are there any non-revenue pilots on board, please ring your call button."

Immediately, Gongol realized the pilot was the patient. He looked to his wife; as she gave him a nod, Gongol pressed his button and headed toward the flight deck.

Arriving at the flight deck, Gongol said he saw four flight attendants and two passenger nurses assembling a make-shift bed. Medical kits were strewn across the ground and the captain of the aircraft was seated in his chair, eyes dilated, sweaty, clammy and disoriented. Gongol immediately thought the pilot was suffering some serious cardiac trauma.

"After they moved the pilot, I was asked by the first officer, 'are you a pilot,' which was quickly followed with 'what do you fly,'" Gongol said. "I knew she was in a serious situation and that question gave her five seconds to judge if I would be useful. I also had about five seconds to assess her, 'was she panicking, or was she OK to fly the aircraft?' We both finished our silent assessments, she made the right judgment and told me to close the door and have a seat."

From there, Gongol said he was calm and collected, and the first officer decided that he would be most useful to talk on the radios, back her up on the aircraft's checklists and look for anything going wrong.

Having been an aircraft commander, Gongol said he is used to making decisions, but he knew the best way to get the aircraft down safely was to play a support role to the first officer and make things as normal as possible.

"She was calm, but you could tell she was a little stressed -- who wouldn't be," Gongol said. "At the beginning, I interrupted her flow of

operations, but we figured everything out extremely quickly. She was very impressive."

Gongol said there were hundreds of issues the two pilots talked through on the aircraft while descending: cabin pressure, approach, contact with air traffic control, visual cues, and programming of the auto-pilot were just a few. At about 500 feet above ground level, the first officer hand-flew the approach to a normal touchdown.

After landing, the first officer turned to Gongol and asked if he knew where to taxi, she had never been to the Omaha airport before. Taken aback by how cool, calm and collected the first officer had acted without knowing the airport, Gongol remembered landing at the airport before while in pilot training.

"Surprisingly, taxiing was the most stressful part of the day for the first officer," Gongol said. "She had never taxied a 737 before and the (air traffic control) had no idea that the pilot was the reason for the emergency. We had to make a quick decision that her switching to the pilot's seat and taxiing the aircraft without the training was necessary to save the captain's life."

As the air stairs went down and the aircraft was shut down, Gongol and the first officer talked through the decisions they had just made. Gongol assured the first officer that every decision she made would be backed up by him; he would have taken the exact same actions had he been in her place.

Since the emergency the captain of the aircraft is recovering well and contacted Gongol directly to thank him.

"I saw nothing but the finest professionalism under pressure out of the flight attendants, the nurses and the first officer," Gongol said. "Everyone aboard the aircraft remained calm. There is no doubt in my mind this contributed, above all else, to our successful outcome. In my opinion, any military pilot would have done the exact same thing I did."

Personal Questions-The Divine Liturgy

- What personal preparations do we do mentally and physically in preparing for the Divine Liturgy?
- In what condition are our personal relationships when we depart to attend the Divine Liturgy?

- Do we expect to improve our relationship with God and others when attending the Divine Liturgy?
- Is prayer prominent in our minds when we approach the church?
- Do we think about the glory of God as we enter the church?
- Do we have the intent to concentrate during the Divine Liturgy?
- Are peace and joy among the goals we hold coming to the Divine Liturgy?
- Do we expect to be different and better at the end of the Divine Liturgy?
- Do we apply great value to the content of the Epistle and Gospel readings?
- Do we take time to read the Gospel and Epistle before and after church?
- Do we know the saint/ feast for the day we enter the church?
- Do we view the Divine Liturgy as requiring active participation?
- Is life different when we are absent from a Divine Liturgy?
- Do we make every effort to attend the Divine Liturgy each Sunday?
- Do we place great value on attending the Divine Liturgy on major feasts?
- Do we devote full attention to the Divine Liturgy once having entered the church?
- Is the Divine Liturgy the most important part of the week for us?
- Does the Divine Liturgy influence the way we live during the week?
- Do we draw near with great frequency to partake of the Precious Body and Blood of Christ?
- Do we prepare seriously to partake of the Precious Body and Blood of Christ?
- Do we appreciate the consistency with which the Divine Liturgy is served?
- Do we appreciate the opportunity to attend the Divine Liturgy?
- Do we view the Divine Liturgy as time to give thanks to God?
- Is the Divine Liturgy viewed as essential for working out our salvation?
- Do we do what we can personally to aid in the celebration of the Divine Liturgy in our parish church?
- Do we give thanks to God for the Divine Liturgy?

Father Rodney Torbic