



Holy Ghost Orthodox Church

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SAINTS PETER AND PAUL FAST—APOSTLES' FAST

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, 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, Gail, Sirena Sharp, Ron Paulovich, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, 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 Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Judi Danser, Mira Filipovic, Lynn, Jacqueline, Irma Opacic, Sharon, Zan Cheng, Debby, Jeff Jones, Kristy, 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 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

SUNDAY, JULY 06 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
4TH SUNDAY AFTER PENTECOST; MARTYR AGRIPPINA OF ROME; MARTYRS
EUSTOCHIUS, GAIUS, PROBUS, LOLLIUS, & URBAN OF ANCYRA

Tone 3

Romans 6:18-23

Matthew 8:5-13

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

Parastas in Blessed Memory of Michael Yarmeak—40 days—Fr. Bob

SATURDAY, JULY 12 FEAST OF SAINTS PETER AND PAUL

SUNDAY, JULY 13 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
5TH SUNDAY AFTER PENTECOST; SYNAXIS OF THE HOLY, GLORIOUS, AND ALL-
PRAISED TWELVE APOSTLES: PETER, ANDREW, JAMES & JOHN THE SONS OF
ZEBEDEE, PHILIP, BARTHOLOMEW, THOMAS, MATTHEW, JAMES THE SON OF
ALPHAEUS, JUDE THE BROTHER OF JAMES; SIMON THE ZEALOT, AND
MATTHIAS; SAINT PETER-PRINCE OF THE TATAR HORDE-WONDERWORKER OF
ROSTOV

Tone 4

Romans 10:1-10; 1 Corinthians 4:9-16

Matthew 8:28-9:1; Mark 3:13-19

Litany in Blessed Memory of Helen Pytlak—Pytlak children

BULLETIN INSERT FOR 29 JUNE 2014

**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**

TROPARION—TONE 2

When Thou didst descend to death, O Life Immortal,
Thou didst slay hell with the splendor of Thy Godhead!
And when from the depths Thou didst raise the dead,
All the powers of heaven cried out:
O Giver of Life! Christ our God! Glory to Thee!

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

KONTAKION—TONE 2

Hell became afraid, O Almighty Savior,
Seeing the miracle of Thy Resurrection from the tomb!
The dead arose! Creation, with Adam,
Beheld this and rejoiced with Thee!
And the world, O my Savior, praises Thee forever!

PROKEIMENON—TONE 2

READER: The Lord is my strength and my song. He has become my salvation.

PEOPLE: **The Lord is my strength and my song. He has become my salvation.**

READER: The Lord has chastened me sorely, but he has not given me over to death.

PEOPLE: **The Lord is my strength and my song. He has become my salvation.**

READER: The Lord is my strength and my song.

PEOPLE: **He has become my salvation.**

ALLELUIA VERSES—TONE 2

The Lord answer you in the day of trouble! The name of the God of Jacob protect you!

Save the king, O Lord, and hear us on the day we call!

Don't Ask Questions—When God sends you help, don't ask questions

She hurried to the pharmacy to get medication, got back to her car and found that she had locked her keys inside. The woman found an old rusty coat hanger left on the ground. She looked at it and said, "I don't know how to use this."

She bowed her head and asked God to send her some HELP. Within minutes a beat-up old motorcycle pulled up, driven by a bearded man who was wearing an old biker skull rag.

He got off of his cycle and asked if he could help. She said, "Yes, my daughter is sick. I have locked my keys in my car. I must get home. Please, can you use this hanger to unlock my car?"

He said, "Sure." He walked over to the car and in less than a minute the car was open.

She hugged the man and through tears said, "Thank You, God, for sending me such a very nice man."

The man heard her little prayer and replied, "Lady, I am NOT a nice man. I just got out of PRISON yesterday; I was in prison for car theft."

The woman hugged the man again sobbing, "Oh, thank you, God! You even sent me a Professional!"

Is GOD Great or what?!!

PERSPECTIVE...via e-mail

At birth we boarded the train and met our parents, and we believed they would always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone. As time goes by, other people will board the train; and they will be significant i.e. our siblings, friends, children, and even the love of your life. Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize that they vacated their seats. This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty we should

leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey on the train of life. Reap success and give lots of love. More importantly, thank God for the journey. Lastly, I thank you for being one of the passengers on my train.

GOD WAS/IS VER-R-Y WISE INDEED !!

God was missing for six days. Eventually, Michael, the archangel, found him resting on the seventh day. He inquired, "Where have you been?"

God smiled deeply and proudly pointed downwards through the clouds, "Look, Michael. Look what I've made."

Archangel Michael looked puzzled, and said, "What is it?"

"It's a planet," replied God, "and I've put life on it. I'm going to call it Earth and it's going to be a place to test Balance."

"Balance?" inquired Michael, "I'm still confused."

God explained, pointing to different parts of Earth.

"For example, northern Europe will be a place of great opportunity and wealth, while southern Europe is going to be poor. Over here I've placed a continent of white people, and over there is a continent of black people. Balance in all things."

God continued pointing to different countries. "This one will be extremely hot, while this one will be very cold and covered in ice."

The Archangel, impressed by God's work, then pointed to a land area and said, "What's that one?"

"That's Pennsylvania, the most glorious place on earth. There are beautiful mountains, rivers and streams, lakes, forests, hills, and plains. The people from Pennsylvania are going to be handsome, modest, intelligent, and humorous, and they are going to travel the world. They will be extremely sociable, hardworking, high achieving, carriers of peace, and producers of good things"

Michael gasped in wonder and admiration, but then asked, "But what about balance, God? You said there would be balance."

God smiled, "Close to Pennsylvania is Washington, D.C....Wait till you see the idiots I put there!"

St. Basil the Great and St. John Chrysostom commented on the following saying of our Lord, "As I find you, so will I judge you," (Ezekiel 33:20) saying that forgetting to practice the smallest of the Commandments of our Lord is all that is sufficient to send one to Gehenna and exclude us from the kingdom of heaven.

Think about this for a moment. How many of us are ignoring the reality of our sinfulness? How many blame others for our shortcomings? How much time to spend complaining about what others do? Do we spend the same amount of time thinking about our own actions?

Saint Basil of Poiana Marului says the following, Yes, we sin every day, at times unconsciously or out of forgetfulness, without intending to or involuntarily, or because of weakness we sin every day willingly and unwillingly. Because of our human nature and weakness we sin every day willingly and unwillingly. Is this not what the apostle Paul refers to when he says, "I do what I do not want and what I do not want is what I do" (Romans 7:15)? All of us commit excusable sins without asking to be excused. Or rather, we fall into sins that can be forgiven and yet we feel no contrition and thus become guilty of God's judgment and bring God's wrath upon ourselves. In the words of an ancient saying, "we have made a habit of sitting with her own free will"-- that is, we are consciously aware of committing sins and have developed the habit of sitting with our own free will.

The recognition of the reality of our sinfulness, the fact that we do sin many times each and every day, is the starting point for our salvation. It is important for us to recognize that we must continually ask the Lord for forgiveness as well as those whom we transgress. Saint Basil tells us that "we should ask forgiveness of our fellow man face-to-face and beg forgiveness of God with the intellect and secret."

We all have particular passions that we have grown up with, that have given us great pleasures, that we have continued to nurture and develop habitually. This passion will be different for each individual. For one person it may be an insatiable appetite for food, for another love of money, anger, self-esteem, arrogance or others. All of these increase over time through habit. St. Hesychios reminds us what the great lawgiver Moses teaches when he says, "Pay attention to yourself so that you have no secret thoughts in your heart" (Deuteronomy 15:9). Needless to say, it is

imperative that we learn to closely examine ourselves each and every day. It is a matter of recognizing that we have weaknesses and that we need to pray to God continually with a broken heart and the contrite spirit. We must avoid accusing others but instead forgive others as this is what is pleasing to God. With our forgiveness of others and our recognition of our own weaknesses God will forgive us through his great mercy.

Our challenge in the spiritual life is to live the Commandments that Christ has given to us; all of them all of the time. We need to work at this with the best of our ability, recognizing that we are not fully capable of doing this. Because of this imperfect condition, we need to always be repentant and seeking forgiveness from others and our Lord.

This is an issue of obedience. We must learn to become obedient to God's commandments not to our own self-gratification. Saint Basil points out that in these times there is a widespread practice of being obedient for human reasons. This is where we use our obedience to get a promotion or earn a favor of any kind. This is how we learn to survive in the modern workplace. We become obedient to the organizations rules and norms and learn to do what we are asked for the benefit of those who are paying us. We know about obedience and have the ability for it. Our challenge is to transfer this skill we have learned to use for our own benefit, to follow God's commandments in the same way.

Saint Basil of Poiana Marului

Saint Basil points out, "one who forces himself in obedience for Christ alone and submits themselves to his precepts will find relief from his passions. The one who forces himself for the things of the world hoping to obtain prestige and riches along with physical pleasures is unaware of his burden. This is why the fathers rightly say that there is obedience for God's sake and obedience for the devil's sake.... As for us, let us force ourselves to demonstrate the power of obedience for the sake of God."

He also shows us that the most powerful way to deal with this weakness is the practice of what we know as the Jesus Prayer. He says, if we turn to God saying with our mind, "'Lord Jesus Christ, Son of God, have mercy on me a sinner,' beyond all doubt this will obtain forgiveness of sins for him, and with this prayer also he will fulfill his entire rule, following the example of that widow of the Gospel who used to cry out to the judge day and night claiming her due (Luke 18:1-8).

The Jesus Prayer had its beginnings in the days of the apostles. It has been practiced by the Saints since that time. Many of them have written much about this practice. It is a common practice within the Orthodox Tradition.

The practice of the Jesus prayer does not come without effort. We have to commit ourselves to a daily prayer rule where we repeat this prayer over and over and over each and every day. By doing this, prayer becomes ingrained, etched, programmed in our physical brain, so that when it's needed, it is instantly available to us. Living a life with this prayer at the tip of our tongue is the easiest way to constantly be reconciled to our God.

The first step that we must make is to recognize our nature. We must acknowledge that we are continually, both willfully and unknowably, using our free will to act against the Commandments of our Lord. We also must recognize that our Lord is most merciful and wants to give us help. The only way that we will receive this help is through a life of continual repentance. He has given to us the Jesus Prayer as a powerful way for us to learn to practice obedience to his commands.

Rooneyisms - Too good not to share!!

If you will take the time to read these. I promise you'll come away with an enlightened perspective. The subjects covered affect us all on a daily basis. They're written by Andy Rooney, a man who had the gift of saying so much with so few words. Enjoy....

I've learned.... That the best classroom in the world is at the feet of an elderly person.

I've learned.... That when you're in love, it shows.

I've learned.... That just one person saying to me, 'You've made my day!' makes my day.

I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned.... That being kind is more important than being right.

I've learned.... That you should never say no to a gift from a child.

I've learned.... That I can always pray for someone when I don't have the strength to help him in some other way.

I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned.... That we should be glad God doesn't give us everything we ask for.

I've learned.... That money doesn't buy class.

I've learned.... That it's those small daily happenings that make life so spectacular.

I've learned.... That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned.... That to ignore the facts does not change the facts.

I've learned.... That when you plan to get even with someone, you are only letting that person continue to hurt you.

I've learned.... That love, not time, heals all wounds.

I've learned.... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned.... That everyone you meet deserves to be greeted with a smile..

I've learned.... That no one is perfect until you fall in love with them.

I've learned... That life is tough, but I'm tougher.

I've learned.... That opportunities are never lost; someone will take the ones you miss.

I've learned.... That when you harbor bitterness, happiness will dock elsewhere.

I've learned.... That I wish I could have told my Mom that I love her one more time before she passed away.

I've learned.... That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned..... That a smile is an inexpensive way to improve your looks.

I've learned..... That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

I've learned.... That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned.... That the less time I have to work with, the more things I get done.

Happy is the Christian who studies and follows the teaching of Christ. He is happy in this temporary life and in the life after death. Yes, he will be happy after death, because the soul does not vanish after death, is not perishable like the body, but continues to live, to exist. Through death, it is simply separated from the perishable body. *St. Raphael*

DRIVERS' 10 COMMANDMENTS

The Vatican's office for migrants and itinerants issued these commandments Tuesday [June 19, 2007]:

1. You shall not kill.
2. The road shall be for you a means of communion between people and not of mortal harm.
3. Courtesy, uprightness and prudence will help you deal with unforeseen events.
4. Be charitable and help your neighbor in need, especially victims of accidents.
5. Cars shall not be for you an expression of power and domination, and an occasion of sin.
6. Charitably convince the young and not so young not to drive when they are not in a fitting condition to do so.
7. Support the families of accident victims.
8. Bring guilty motorists and their victims together, at the appropriate time, so that they can undergo the liberating experience of forgiveness.
9. On the road, protect the more vulnerable party.
10. Feel responsible toward others.