



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, 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, Elaine Ellenberger, 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—Joe Nezolyk, who had surgery last week, and Jean Stuchell's sister Fran, who fell and broke her left shoulder and elbow. May God grant them both a speedy and complete recovery and return to church! God Bless!

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, JULY 20 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
6TH SUNDAY AFTER PENTECOST; VENERABLE THOMAS OF MOUNT MALEON;
VENERABLE ACACIUS OF SINAI; MARTYRS PEREGRINUS, LUCIAN, POMPEIUS,
HESYCHIUS, PAPPIAS, SATURINUS, & GERMANUS OF DYRRACHIUM IN
MACEDONIA; MARTYRS EPICTETUS-PRESBYTER & ASTION IN SCYTHIA;
MARTYR EVANGELUS-BISHOP OF TOMI/CONSTANTUS IN ROMANIA; MARTYR
CYRIACA/DOMINICA/NEDILJA OF NICOMEDIA**

Tone 5

Romans 12:6-14

Matthew 9:1-8

**SUNDAY, JULY 27 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
7TH SUNDAY AFTER PENTECOST; COMMEMORATION OF THE HOLY FATHERS OF
THE FIRST SIX ECUMENICAL COUNCILS; APOSTLE AQUILA OF THE 70 & SAINT
PRISCILLA; MARTYR JUSTUS AT ROME; VENERABLE ELIUS OF EGYPT;
VENERABLE MONK-MARTYR ONESIMUS OF MAGNESIA**

Tone 6

Romans 15:1-7; Hebrews 13:7-16

Matthew 9:27-35; John 17:1-13

**SUNDAY, AUGUST 03 NO SERVICE IN SLICKVILLE—FR. BOB OUT OF TOWN
8TH SUNDAY AFTER PENTECOST; PROPHET EZEKIEL; SAINT SYMEON OF EMESA-
FOOL-FOR-CHRIST AND HIS FELLOW FASTER SAINT JOHN; SAINT ONUPHRIUS
THE SILENT AND SAINT ONESIMUS THE RECLUSE OF PERCHEVSKY LAVRA**

Tone 7

1 Corinthians 1:10-18

Matthew 14:14-22

BULLETIN INSERT FOR 20 JULY 2014

6TH SUNDAY AFTER PENTECOST; VENERABLE THOMAS OF MOUNT MALEON; VENERABLE ACACIUS OF SINAI; MARTYRS PEREGRINUS, LUCIAN, POMPEIUS, HESYCHIUS, PAPPIAS, SATURINUS, & GERMANUS OF DYRRACHIUM IN MACEDONIA; MARTYRS EPICTETUS-PRESBYTER & ASTION IN SCYTHIA; MARTYR EVANGELUS-BISHOP OF TOMI/CONSTANTUS IN ROMANIA; MARTYR CYRIACA/DOMINICA/NEDILJA OF NICOMEDIA

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.

Today's Word—15 July 2014—Manny Lazarus Lopez

(Proverbs 12:25, Psalm 34:4, Philippians 4:6-7)

"An anxious heart weighs a man down, but a kind word cheers him up." I sought the LORD and He heard me, and delivered me from all my fears." Do not worry about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God will guard your hearts and your minds in Christ Jesus. "Do not worry about tomorrow for tomorrow will care for itself."

Quote for today: "Worry is like a rocking chair—it is always in motion but never gets you anywhere." Joyce Myer.

Have a worry-free day! Lazarus

Forgiveness Requires Courage

by Father Alexis

Anyone who has experienced forgiving another human being recognizes that the act of loosening our grip and extending our hand that has recently been bitten requires courage, courage to act like Christ when our impulses drive us to act like wounded beasts. We know this on an experiential, intuitive level. Psychologists, however, have confirmed that fact in their study of forgiveness.

In his dissertation, John W. Beiter writes, "Thoresen (2001) highlighted that forgiveness was difficult, demanding and requiring courage." Courage can be defined as a willingness and ability to face fear, pain, danger, uncertainty, hardship, death, or public disapproval. Courage is also required in order to let go of anger and the desire for revenge when one has been wronged or offended by another, to leave behind the dog-eat-dog world where we usually live, and to step into the unfamiliar terrain of the Gospel of Christ.

That forgiveness requires courage means that forgiveness is not a moral calculation or a balance on the scales of justice. Courage means we leave

those calculations and balances on the side. Courage is required to forgive our brother without reflecting upon whether he deserves it. Forgiveness is, moreover, a courageous act of love that requires patience. Saint Ephraim the Syrian once said, "The life of the righteous was radiant. How did it become radiant if it wasn't by patience? Love patience, O monk, as the mother of courage." Patience in keeping God's commandments provides the courage to do so in times of trial and temptation.

How is courage linked to forgiveness? In so far that it takes courage to be a Christian, in so far that it takes courage to be a person of faith, in so far that it takes courage to be obedient to the Gospel of Christ in a world that runs on the basis of other laws and criteria, it requires courage to forgive. After all, Saint Paul described the Christian as a courageous warrior of light: "Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; and your feet shod with the preparation of the gospel of peace; above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God" (Ephesians 6:13-17). Is courage useful in forgiveness? In so far as it is linked to doing all to stand, meaning doing all to be bearers of the fruits of the Holy Spirit, "love, joy, peace, longsuffering, kindness, benevolence, faithfulness, gentleness, and self-control" (Galatians 5:23), courage is undoubtedly most useful for those who long to forgive.

Consider for a moment, the absence of courage. In such a condition is forgiveness even possible? Saint Isaac the Syrian writes in Homily 40, "Faintness of heart is a sign of despondency, and negligence is the mother of both. A cowardly man shows that he suffers from two diseases: love of his flesh and lack of faith; for love of one's flesh is a sign of unbelief. But he who despises the love of the flesh proves that he believes in God with his whole heart and awaits the age to come. . . A courageous heart and scorn of perils comes from one of two causes: either from hardness of heart or from great faith in God. Pride accompanies hardness of heart, but humility accompanies faith. A man cannot acquire hope in God unless he first does His will with exactness. For hope in God and manliness of heart are born of

the testimony of the conscience, and by the truthful testimony of the mind we possess confidence towards God.”

Saint Isaac makes the important point that Christian courage is the courage of the humble and soft-hearted, not the courage of the proud and hard-hearted. To have a humble and soft-heart after being wounded requires more courage than the most lion-hearted soldier, a super-human courage that can only be attained and sustained through faith and hope in God. To stop nursing one’s wounds and to start turning to God are acts of courage that are also antecedents to forgiveness, turning to our neighbors and nursing their wounds. The notions of courage, faith, hope, patience and a strengthened heart are expressed most beautifully in psalm 26: “I believe that I shall see the good things of the Lord in the land of the living. Wait on the Lord; be thou manful, and let thy heart be strengthened, and wait on the Lord.”

Since forgiveness is central to the Christian life, courage is an indispensable virtue. It is not possible to live the Christian life without the heroic courage of the righteous. Saint John Chrysostom remarks, “Sin makes man a coward; but a life in the Truth of Christ makes Him bold” (St. John Chrysostom, *On the Statues*, VIII. 2).

The more we forgive, the more courage we gather within our heart which in turn makes it easier to forgive the next time, and the time after that, and seventy-times seven that follow. When we begin living according to a life in Christ, our world changes, we perceive those around us differently. We begin to see them as Christ sees them. Most importantly, we recognize the grace of Christ operative in our lives. We can then echo the words of Saint Paul, “I can do all things through Christ which strengtheneth me” (Phillippians 4:13) and that includes forgiving everyone, even those who have wronged us grievously.

Father Alexis | July 8, 2014 at 10:54 am URL: <http://wp.me/p2vytf-mM>

Please remember in your prayers—Joe Nezolyk, who had surgery last week, and Jean Stuchell’s sister Fran, who fell and broke her left shoulder and elbow. May God grant them both a speedy and complete recovery and return to church! God Bless!