



## 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, Margaret Thurston [Evelyn's sister], 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, AUGUST 03 NO SERVICE IN SLICKVILLE—FR. BOB OUT OF TOWN  
8<sup>TH</sup> 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

**SUNDAY, AUGUST 10 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM  
9<sup>TH</sup> SUNDAY AFTER PENTECOST; HOLY APOSTLES OF THE 70 AND DEACONS:  
PROCHORUS, NICANOR, TIMON, & PARMENAS; MARTYR JULIAN OF DALMATIA;  
MARTYR EUSTATHIUS THE SOLDIER OF ANCYRA; MARTYR ACACIUS OF  
APAMEA; VENERABLE MOSES THE WONDERWORKER OF PERCHEVSKY LAVRA**

*Tone 8*

1 Corinthians 3:9-17

Matthew 14:22-34

***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  
Parastas in Blessed Memory of Rae Ruth Batch—Harry and daughters***

**WEDNESDAY, AUGUST 13 DORMITION FAST BEGINS**

**SUNDAY, AUGUST 17 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM  
10<sup>TH</sup> SUNDAY AFTER PENTECOST; HOLY 7 YOUTHS OF EPHEBUS: MAXIMILIAN,  
JAMBLICUS, MARTINIAN, JOHN, DIONYSIUS, EXACUSTODIAN, & ANTONIUS;  
MARTYR EUDOCIA OF PERSIA; MARTYR ELUTHERIUS OF CONSTANTINOPLE**

*Tone 1*

1 Corinthians 4:9-16

Matthew 17:14-23

***Parastas in Blessed Memory of Helen & Edward Pytlak—Rena & Bob Pytlak***

**BULLETIN INSERT FOR 03 AUGUST 2014**

**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**

**TROPARION—TONE 7**

By Thy Cross, Thou didst destroy death!  
To the thief, Thou didst open Paradise!  
For the Myrrhbearers, Thou didst change weeping into joy.  
And Thou didst command Thy disciples, O Christ God,  
To proclaim that Thou art risen, granting the world great mercy!

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

**KONTAKION—TONE 7**

The dominion of death can no longer hold men captive,  
For Christ descended, shattering and destroying its powers!  
Hell is bound, while the prophets rejoice and cry:  
The Savior has come to those in faith!  
Enter, you faithful, into the Resurrection!

**PROKEIMENON—TONE 7**

**READER:** The Lord shall give strength to His people! The Lord shall bless  
His people with peace!

**PEOPLE: The Lord shall give strength to His people! The Lord shall  
bless His people with peace!**

**READER:** Offer to the Lord, O you sons of God! Offer young rams to the  
Lord!

**PEOPLE: The Lord shall give strength to His people! The Lord shall  
bless His people with peace!**

**READER:** The Lord shall give strength to His people!

**PEOPLE: The Lord shall bless His people with peace!**

**ALLELUIA VERSES—TONE 7**

It is good to give thanks to the Lord, to sing praises to Thy name, O Most  
High!

To declare Thy mercy in the morning, and Thy truth by night!



Above all things: forget not the poor, but support them to the extent of your means. Give to the orphan, protect the widow, and permit the mighty to destroy no man. Take not the life of the just or the unjust, nor permit him to be killed. Destroy no Christian soul, even though he be guilty of murder. *St. Vladimir, Equal-to-the-Apostles*

Today's Word...(Mark 11:25 Ephesians 4:26 27 Proverbs 24:17 Ephesians 4:32) And when you stand praying, forgive, if you have anything against anyone. That your Father who is in Heaven may forgive your trespasses. Be angry, and not sin, let not the sun go down on your anger. Do not rejoice when your enemies fall, and let not your heart be glad when he stumbles. Be kind to one another, tenderhearted, forgiving one another, even as God for Christ's sake has forgiven you. The Lord tells us that unforgiveness is poison to our souls, Read on: Always see the God in people. No matter what they do or say love them despite themselves. God created them with love and purpose, see that love in them and not their mistakes. We're not forgiven to walk around with unforgiveness in our hearts, we're forgiven so we can forgive. People make mistakes but no one person is a mistake. Let us love like Jesus loved, let our actions bring Glory to His name forever and always. I know this to be true, based on my own personal experiences, unless you can forgive you can Never move on! Try some forgiveness today and see what happens. May you have a fruitful day, be filled with His Holy Spirit. Lazarus :- ) (PS ITS NOT EASY BUT BY THE POWER OF OUR LORD AND SAVOIR IT IS POSSIBLE)

**[The Flexibility of Righteousness](#)**--by **[Father Alexis](#)**

*For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.*

One of the first lessons we are taught as children is that some things are right and other things are wrong. There are rules to follow at home. There are rules to learn in school. There are rules for the games we play. There are rules for just about everything. And if we obey the rules, we can become good little boys and girls. We can do well in school. We can win the game. And so we all learn to be very good at the rules. That's why we rehearse the rules in our minds, write them down in our hearts, and follow them in our day-to-day lives. Isn't that what being a good person is all about?

Not according to our Savior. Yes, [we are to keep the commandments of God and let them illumine us](#) as we saw last week. Nevertheless, simply writing down the rules (being a scribe) or acting according to them (being a Pharisee) is not enough. The goodness of heaven requires something more than the rules of earth. Like the sky above, the righteousness of God has an expansiveness that opens its arms even to the unwelcome and a freedom that allows even the wingless to soar.

According to Saint Cyril of Alexandria in his commentary on Saint John, the rules prepare us for a new way of being in Christ, but if we get stuck in the rules we remain as children playing in the shadows. This is especially true concerning the rules about love. In the law, there are beautiful and holy commandments about this the highest of virtues. In particular, Deuteronomy 6:5 declares, "And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might," while Leviticus 19:18 states in the context of grudges, "thou shalt love thy neighbour as thyself." And yet the righteousness of Christ requires something more that He Himself reveals when He taught His disciples, "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another" (John 13:34).

What is new about Christ's love? Its inclusivity, its magnanimity, and its flexibility that defies all rules, even the most holy ones, knows no boundaries, even those set in stone, and values each soul, even the greatest outcast, more than the entire world. Some psychologists define psychological flexibility as "contacting the present moment as a conscious human being, fully and without defense, as it is and not as what it says it is, and persisting or changing in behavior in the service of chosen values" (Hayes, Pistorello, & Levin, 2012). Doesn't such flexibility characterize the

way Christ encountered those in the Gospel, being fully present to the soul before Him and giving Himself fully to that soul, not being constrained by what that soul might have done, not being restricted by what others may think, not being limited by the rules of time and place?

The rules say the leper is untouchable, yet Christ touches him (Mark 1:41). The rules say, "the Jews have no dealings with the Samaritans" (John 4:9), but the Savior gives a sinful Samaritan woman the living water of the Holy Spirit. The rules say the "the adulteress shall be put to death" (Leviticus 20:10) yet the only Friend of the human soul responds, "He that is without sin among you, let him first cast a stone at her" (John 8:7). What were the values that guided such freedom and flexibility? The will of the Father and the salvation of the world. Through them, He walked where rules would not permit, He opened doors that rules had tightly closed, and He transformed lives that the rules had relegated to stagnation and death. This is the kind of flexible single-mindedness (to join two words that are usually held apart) that should characterize Christian righteousness, the righteousness of the kingdom of heaven.

Flexible single-mindedness is what the Blessed Augustine was referring to when he said, "Once and for all, a brief precept is given to you: Love, and do what you wish: if you hold your peace, out of love hold your peace; if you cry out, out of love cry out; if you correct, out of love correct; if you spare, out of love spare. Let the inner root be love, for from this root nothing else can shoot forth except for that which is good" (On the First Epistle of John 7,8 PL 35.2033). This is the righteousness that knows how to bend down, that knows how to reach out, and that knows how to look up. It can't be learned by repeating the rules, but only by learning to see beneath the surface, by learning to listen to the voice of the one who is speaking, and by learning to love even when that which is loveable can scarce be found. Through the grace of God Who is everywhere present and the love of Christ that fills all things, may we all dare to flexible enough to make such righteousness our own.

*Reference: Hayes, Pistorello, & Levin (2012). Acceptance and Commitment Therapy as a Unified Model of Behavior Change. The Counseling Psychologist 40 (7), 976-1002.*