



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.

HAPPY BIRTHDAY to our August babies: John Brunermer on the 1st, Janet Brunermer on the 12th, Loretta Sheliga on the 18th, and Nicholas Behun on the 29th. May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! God Bless!

We ask for your prayers for Father Bob's mom Stancy who is in the hospital and not doing well. May God watch over her and give her His Grace and Love to deal with her present illnesses.

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!

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 10 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
9TH 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
10TH SUNDAY AFTER PENTECOST; HOLY 7 YOUTHS OF EPHESUS: 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

**SUNDAY, AUGUST 24 DIVINE LITURGY OF SAINT JOHN CHRYSOSTOM 10:30 AM
11TH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE TRANSFIGURATION;
HOLY MARTYR & ARCHDEACON EUPLUS OF CATANIA; MARTYRS BASIL &
THEODORE AND SAINT PRINCE THEODORE OF OSTROG [IN MONASTICISM
THEODOSIUS]**

Tone 2

1 Corinthians 9:2:12

Matthew 18:23-35

Parastas in Blessed Memory of Steve Kuzman—John & Debbie Paouncic

BULLETIN INSERT FOR 10 AUGUST 2014

**9TH 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**

TROPARION—TONE 8

Thou didst descent from on high, O Merciful One!
Thou didst accept the three-day burial to free us from our sufferings!
Our Lord, our Life and Resurrection, 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 8

By rising from the tomb,
Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,
And the world celebrates Thy Rising from the dead,
O greatly Merciful One!

PROKEIMENON—TONE 8

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: Pray and make your vows.

PEOPLE: **Before the Lord our God!**

ALLELUIA VERSES—TONE 8

Come let us rejoice in the Lord! Let us make a joyful noise to God our
Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to
Him with psalms.

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Date: July 29, 2014

**ARCHBISHOP DEMETRIOS CALLS FOR PRAYERS FOR THE
CHRISTIANS IN THE MIDDLE EAST**

They shall hunger no more, neither thirst anymore; the sun shall not strike them, or any scorching heat. For the Lamb in the midst of the throne will be their shepherd, and he will guide them to springs of living water, and God will wipe away every tear from their eyes (Rev. 7: 16-17)

July 29, 2014

To the Reverend Priests and Deacons, the Monks and Nuns, the Presidents and Members of Parish Councils, the Day, Afternoon, and Church Schools, the Members of Philanthropic Organizations, the Youth and Youth Workers, and the entire Orthodox Christian Family in the United States of America.

Beloved Brothers and Sisters in Christ,

For decades, the region considered a cradle of civilization and the birthplace of Christianity has become an arena of violence, resulting in the loss of countless lives. While the source of violence has varied in each instance, what is consistent in every case is that the blood of innocent victims has saturated the Middle East. This is especially true of Christians, who have endured unimaginable suffering because of their faith.

The ongoing conflict in the Holy Land has forced Christian communities to live along the margins of society in the very place of Christ's birth, death and resurrection. The conflict in Syria has led to the destruction of churches, monasteries and orphanages. Christians are kidnapped, ransomed, and killed. Over a year ago, Metropolitan Paul and Archbishop John of Aleppo of the Greek Orthodox and Syriac Orthodox Patriarchates of Antioch were kidnapped and they are still missing. Further east, in the Iraqi city of Mosul, the entire Christian population has been eradicated.

Local Christian communities have consistently responded to this terror with the Gospel's mandate to love one's neighbor unconditionally. Where extremists have embraced genocide, Christians have demanded coexistence and have provided refuge for those suffering persecution. They do so, recalling the words of the Book of Revelation, that through love, *they shall hunger no more, neither thirst anymore; the sun shall not strike them. For the Lamb shall be their shepherd, and he will guide them to springs of living water, and God will wipe away every tear from their eyes* (Rev. 7: 16-17).
Brothers and Sisters in Christ,

As we enter the blessed period of the Dormition of the Most-Holy Mother of God, we must remain steadfast in Christ's promise to care for those persecuted for righteousness' sake. We are confident that our Lord will grant to them the Kingdom of Heaven (Mt. 5:10), however, as members of the one Body of Christ (Rom 12: 4-5), we must not forget our calling to stand in solidarity with our brothers and sisters. Together, we must intensify our prayers, asking for an end to the bloodshed and for the prevalence of God's peace in the tormented lands of the Middle East. As we chant the Paraklesis Services and pray to the Most-Holy Theotokos for God's mercy and peace, may we also heed the calling of the Bible to *open our mouths for the mute and for the rights of all who are destitute. Open our mouths and defend the rights of those in need* (Prov. 31: 8-9).

With Paternal Love in Christ,
†Archbishop Demetrios of America

Phrases to ban from the language

The First Amendment protects your right to say just about anything that comes to mind. If any of these come to mind, exercise your right to remain silent instead. 7/28/2014

"If the truth were self-evident, eloquence would be unnecessary."
- Cicero



From now on, nobody is allowed to say:

"It's really very simple."

No. It's not. I don't care what the subject is — ethics, the cloud, implementing business strategy, system administration, or Mideast policy. If you think it's simple, it just means you don't know enough about the subject to

understand how complicated it is.

"Do the right thing."

Weren't you listening? Ethics isn't simple. What you think the right thing to do is just might not match what I think the right thing is to do.

Example: You have two employees. One has been the annual winner of the Mother Theresa act-alike contest five years running but codes so slowly the company's business strategy will change twice before her modules pass UAT. The other writes perfect code that makes business users ecstatic as if he was taking dictation, but was runner-up in last year's Worst Person Alive competition, in part because of his personal blog, *Kicking Spaniels When Nobody's Looking*.

You have to downsize by one. Which one goes? You're certain that's the right thing to do? Really?

"Best practice."

If you use this phrase you haven't read the [KJR Manifesto](#). Time you did.

In the meantime, please stop asking me to assess your business processes as compared to best practices.

Look. If there was such a thing as best practice, you could just buy a copy of *Best Possible Process Designs* and tell your process managers to organize work this way.

Take a process. Any process. On paper, sketch out how you'd organize it to maximize throughput. Now, on a different sheet of paper, sketch out how you'd organize it to minimize your capital investment and fixed operating costs.

If they look anything alike, you're either a genius at process design or you know nothing about the nature of optimization.

There are no best practices. Only practices that fit best.

"You know what I think?"

There are only two possible answers to this question, yes and no. If I answer no, you'll tell me, and your opinion will probably start, "It's really very simple."

So my safe answer is yes, which could only be honest if you've already explained your thinking about whatever subject it is. If you have, there are only two possibilities: I remember, or I don't. If I do, you don't have to

explain it again. If I don't, I obviously didn't think it was worth remembering last time.

What makes you think repetition will make me change my mind?

"That's how I was raised."

Oh, so you're blaming your parents? You are, by now, presumably an adult. Take responsibility for your opinions, please. Also your moral code and your choice of religion. If, as an adult, you continue to blindly follow whatever instructions your parents gave you as a child, I doubt you're interesting enough to pay attention to as an adult.

You probably were a boring child too, for that matter. But I don't blame you. That's how you were raised.

"I'm the kind of person who ..."

Stop right there, please, because I'm the kind of person who divides all of humanity into two kinds of people, those who divide the world into two kinds of people and those who don't.

Now ... what category of humanity were you saying you belong to? And please tell me, assuming I care what sort of person you are, why would you think I'd find your assertions about yourself to be credible?

If I want to know what kind of person you are, I'll ask you for references. Or else I'll pay attention to what you actually do.

"Crowd."

As in, the "pro-choice crowd." Or the "gun rights crowd." Or the any-position-someone-wants-to-disparage crowd.

"Crowd" is a handy way to sway an audience to your cause when you have no actual evidence or logic to present, right up there with "some" (*"Some will tell you the earth is round."*) and the ever-popular "them" as ways to dehumanize those who disagree with you.

"There's a reason we have rules."

Yes, there is a reason for every rule we have. And wouldn't it be lovely if everyone who blindly enforces rules kept those reasons in mind instead?

See, rules are blunt instruments. More often than not they fit the circumstances, but there are times they don't. We call those times "exceptions." If you don't believe in exceptions, you're clearly the kind of person who prefers memorization to thinking.

"Fuhgettaboutit."

I actually saw this not long ago, but thankfully its use has declined since the *Sopranos* left the air. Consider it a placeholder for every trendy phrase writers toss into their prose on the theory that borrowed wit is still witty. It isn't.

Some things really are very simple.

If you like this article, why not let a friend enjoy it, too? It's fine with me, and in fact I'd be flattered. All I ask is that you send the whole thing, including this notice. But don't be shy ... if you think they'd like it, don't you think they should see it? But only those people - you wouldn't want me to get a reputation as a spammer, would you? Bob Lewis is a senior management consultant with Dell Services, which takes no position on this commentary—for, against, or more nuanced. Contact him at: rdlewis@issurvivor.com.

Statement of the Order of Saint Andrew the Apostle, Archons of the Ecumenical Patriarchate regarding the Plight of Christians in the Middle East

8/4/2014

The Middle East is where Judaism, Christianity, and Islam first began, and for centuries these three communities have co-existed. In recent times, however, Christians across the Middle East have increasingly become the victims of political conflicts between Israel and the Arab States and horrific persecution by Islamic extremists. As a result, many of the most ancient Christian communities in the world are teetering on the brink of extinction. The ongoing exodus of tens of thousands of Iraqi Christians from Mosul into Kurdistan is the latest example of religious cleansing and genocide. Islamic State insurgents occupying Mosul imposed an ultimatum on Iraqi Christians: convert to Islam, or pay a special religious levy known as "jizya", or face death.

For too long, the world's political leaders have remained silent while this intolerable persecution and the problem worsens. If this silence continues, history will no doubt ask why. Some will say that the problems are complex, and beyond the control of outside parties and governments. Others will say that, by the time they had the opportunity to act, the eventual result -- eradication of Christians from the Middle East -- was a fait accompli. These responses are unacceptable and make those giving them complicit in what is fast becoming one of the great tragedies of the modern age.

The simple fact is that, in the modern world, people of different faiths must engage in dialogue aimed at resolving differences and co-existing peacefully. Recent events have demonstrated that this is possible. On May 25-26, 2014, Pope Francis and Ecumenical Patriarch Bartholomew met in Jerusalem to continue

the healing process that resulted from the "Great Schism" of 1054 A.D. when Christianity split into Eastern (i.e., the Eastern Orthodox Church) and Western (i.e., Roman Catholic) Churches and led to violence, including the sacking of Constantinople in 1204 by Catholic forces during the Fourth Crusade. This healing process began when Pope Paul VI and Ecumenical Patriarch Athenagoras met in 1964. If this centuries old division, with its own history of betrayal and violence, can be the subject of productive dialogue, why cannot similar dialogue begin among Jews, Christians and Muslims, and for that matter, between Sunnis and Shiites? The answer to this question no doubt lies in the growth of the extremist view that peaceful co-existence is neither an option, nor is preferable.

So, what then can be done?

The answers to that question are numerous. First, the United States and other governments should make non-humanitarian aid to countries where persecution exists contingent on efforts to strengthen religious freedom and human rights. Where persecution exists, aid should cease. Second, diplomats must be educated on issues of religious freedom and the problems faced by religious minorities throughout the Middle East. This will enable them to act more effectively when problems arise. Third, businesses should be urged to work with governmental and non-governmental organizations to promote religious freedom and make religious freedom part of their business plans. With respect to those countries that are the most egregious violators, businesses should be urged to boycott doing business therein. Finally, public figures, business leaders, and government officials in offending countries should be denied travel visas and perhaps even face economic sanctions -- they must be made to feel the pain that they either cause or are complicit in via inaction. While more must be done to address the roots of sectarian tensions in the Middle East, if these steps are implemented, then the world will have at least acted to make resolution, rather than exploitation, of those tensions a priority. The time for action is now before it is too late. The fact is that the world can no longer remain silent, for it will mean the extinction of the world's oldest Christian communities.

His Eminence, Archbishop Demetrios of America, has issued a Statement calling for prayers for the Christians in the Middle East "who have endured unimaginable suffering because of their faith." He has declared that "as members of the one Body of Christ (Rom 12: 4-5), we must not forget our calling to stand in solidarity with our brothers and sisters." Contact your elected representative and express your concern about the plight of Christians in the Middle East. Do the same with business people with whom you interact. Keep the problem active in your consciousness, because if enough people do this, positive change can and will happen.

The Order of St. Andrew the Apostle is comprised of Archons of the Ecumenical Patriarchate who have been honored for their outstanding service to The Orthodox Church by having a Patriarchal title, or "offikion," bestowed upon them by His All Holiness, Ecumenical Patriarch Bartholomew. Those upon whom this title of the Mother Church has been conferred are known as "Archons of the Great Church of Christ," and the titles are personally conferred by the Exarch of the Ecumenical Patriarchate in America, His Eminence Archbishop Demetrios.

The Order of St. Andrew's fundamental goal and mission is to promote the religious freedom, wellbeing and advancement of the Ecumenical Patriarchate, which is headquartered in Istanbul, Turkey.

Did you know that **45 million Americans do not have health insurance?**
Did you know that **people who are uninsured have a 40% higher risk of dying than those with insurance?**

At FOCUS, we see the faces behind these numbers every day. We meet families who've lost mothers or fathers to chronic conditions that could have been managed if care had been accessible and affordable. We meet people who are working but unable to pay health insurance premiums or the out-of-pocket costs of seeking preventive care.

They are the reason why we recently opened our *FOCUS Pittsburgh Free Health Center*. The center provides free, quality physical and mental health care as well as pharmaceutical and laboratory services to uninsured individuals. Patients are seen by Orthodox physicians and health care providers who volunteer their time. The center specifically targets and serves people who fall through the gaps in today's health care system: those who don't qualify for government assistance and don't have employer-sponsored health insurance.

The FOCUS Pittsburgh Free Health Center is the first, fully-accredited Orthodox health center in the US.

We hope it is the first of many.

Using this model, FOCUS hopes to launch more health centers in areas where Orthodox physicians are available to donate their time and skills to serve the uninsured and working poor. A church hall, Sunday school rooms, an office—any of these can double as a health center in your community on a weekly or monthly basis. Medical malpractice liability protection under the FOCUS model is provided by the federal government and the Federal Tort Claims Act for free to any physician or medical staffer serving at a FOCUS clinic.

If you are interested in learning more, contact us. We would be happy to share what we've learned with you and discuss the possibility of opening a FOCUS health center in your community.

In the meantime, please consider making a donation to support our new health center and those we serve. We thank you.