



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: Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father John Harvey, Father Jakiw Norton, Father Dragan Filipović, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, Father Nestor Kowal, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Father Steve Repa, Protopresbyter William Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smoly nec, Father Bazyl Zawierucha, Joshua Agosto and his family, Eva Malesnick, Stella Peanoske, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Gary & 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, Esther Holupka, David Vallor, Henry Faraly, Betty O'Masta, Julie Eiler, 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, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Loretta, Nancy, Carol, & Michael Sheliga, Gaelle Kelly, Irma McDivitt, Robin Young, Mckayla, Rachel, Carl & Margaret Reed, 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, 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, David Hiles, Karen Johnson, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, 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, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Mira Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Jeff Jones, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Stella Rossi, Howell Swarm, Jane Bielewicz Allred, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Kyranna Cherpas, Pastor Bruce Nordeen, Millie Koss Good, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Mike Mangan, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Michael Pawlyshyn, Sherri Walewski, Marika Zeliszcuk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], Stella McKeag, Margie Sekelsky, Gary Howell, Fran Fulton, Gina Catanese, Bill Vizza, Jamie Swarm, Kevin Allen (from Ancient Faith Radio), Kathy Flaherty, Tori Reade-Henry's niece, Derick-Glen Burlack's neighbor, Michael, Nichole & Christopher, Cheryl Pomeroy, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, Gregory Cervo, Lisa Bruce, Martha Nezolyk, Kathy Cvetkovich, Lou Trombetta, Frances Gebet, Sheryl Smith Haraczy, Judy, Will, Emma, Ginny, Ye-Jin, and Ian Brick. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.

In conjunction with Slickville's Centennial Celebration in August, the Centennial Committee is selling tear-off raffle tickets to help finance the celebration and fireworks. Bill Kuznik is the keeper of the tickets which cost \$2 and are sold every week. Please see Bill if you are interested or have questions. We have had several winners!

HAPPY BIRTHDAY to our June babies: Andrea Weiser on the 2nd, Luke Brunermer on the 13th, and Allison Chicka on the 14th. May God grant them Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! God Bless them all!

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!

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 11 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
1ST SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS; VIRGIN-MARTYR
THEODOSIA OF TYRE; VIRGIN-MARTYR THEODOSIA**

Tone 8

Hebrews 11:33-12:2

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

**MONDAY, JUNE 12 BEGINNING OF THE APOSTLES' FAST
SAINTS PETER & PAUL FAST**

**SUNDAY, JUNE 18 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
2ND SUNDAY AFTER PENTECOST; ALL SAINTS OF UKRAINE; ALL SAINTS OF
HOLY MOUNT ATHOS; HIEROMARTYR DOROTHEOS-BISHOP OF TYRE; MARTYRS
MARCIAN, NICANDER, HYPERECHIUS, APOLLNIUS, LEONIDES, ARIUS,
GORGIAS, SELENIAS, IRENE, & PAMBO; SAINT THEODORE THE
WONDERWORKER; TRANSLATION OF THE RELICS OF THE BLESSED**

**IHOR/GEORGE-GREAT PRINCE OF CHERNIHIV & KIEV; BLESSED
CONSTANTINE-METROPOLITAN OF KIEV**

Tone 1

Romans 2:10-16; Hebrews 11:33-12:2

Matthew 4:18-23; Matthew 4:25-5:12

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

**SUNDAY, JUNE 25 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
3RD SUNDAY AFTER PENTECOST; SYNAXIS OF HALYCH SAINTS; SYNAXIS OF
ODESSA SAINTS; VENERABLE ONUPHRIUS THE GREAT; VENERABLE PETER OF
MOUNT ATHOS; VENERABLES JOHN, ANDREW HERACLEMON, & THEOPHILUS-
HERMITS OF EGYPT**

Tone 2

Romans 5:1-10

Matthew 6:22-33

BULLETIN INSERT FOR 11 JUNE 2017

**1ST SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS; VIRGIN-
MARTYR THEODOSIA OF TYRE; VIRGIN-MARTYR THEODOSIA**

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.

Statement of the Council of Bishops of the UOC of the USA on the Most Recent Terrorist Attacks

Once again our neighborhoods, our country, the entire global community was hit recently with particular savagery and intensity—with extreme violence committed by those who spread terror through evil.

After the attacks of last a few weeks and days ago in Manchester and Kabul, after the attack in London last night and many others in these past months, including in Egypt and other countries, our country knows anew the pain of grief and must face the barbarism spread by fanatical groups.

This morning, as we celebrate the Life-Giving feast of Pentecost we pray, and invite all Christians of good will to pray, for those who were killed yesterday and for their families, for the injured and their loved ones and for those who are hard at work assisting them, for the police forces who face formidable challenges, and for our leaders and countries around the globe threatened by terrorist activity, so that together we will remain in unity and peace of heart.

Each life lost was a precious gift from God that has been torn from all those whom it touched. Faced with the violence of men, may we receive the

grace of a firm heart, without hatred. Each life senselessly extinguished was a unique gift from God who filled family, friends, and loved ones with joy. Those precious gifts have been tragically stolen from all who are now in mourning and bearing immense burdens of sorrow and pain.

We ask the clergy and people of our Holy Ukrainian Orthodox Church of the USA to pray in a special way for all those killed, injured, suffering, and mourning as a result of these acts of evil. As we celebrate the descent of the Holy Spirit, let us remember that God is the source of love and life and ask Him to bring peace to our troubled world.

+Antony, Metropolitan

+Daniel, Archbishop

The Distractions of Social Media and Procrastination

By Father Alexios on Jun 03, 2017 01:39 pm

It would be nigh impossible to discuss the topic of procrastination without delving deeply into the phenomenon of distraction. It is the fuel and energy that provides procrastination with such a powerful force in contemporary culture. Just as it would be difficult to examine procrastination in the absence of a discussion on distraction, it would be nearly impossible to look at distraction today without analyzing the effects of the technological revolution.

While advances in technology have provided many benefits especially in the areas of the health sciences, it can have deleterious consequences in our personal and communal lives. The advent of video games, online gaming, social media, texting, and their ilk have had profound effects on how we relate— and in some cases how we fail to relate— to each other and the world around us. These advances in the technology of entertainment have provided new avenues of distraction and thus procrastination. And although distraction is as old as the many desires that clamor for human attention, the particular forms, which distraction now take, were not known to previous generations.

In Ceri M. Sim's paper on self-regulation coaching she notes, "It is no wonder that academic activities lose out over more alluring and readily available pursuits such as online gaming, social networking, and mobile phone text messaging that can bring immediate satisfaction all day long (Hedin, 2012). One research study found that student Facebook users were more prone to distraction and claimed that it prevented them from getting on with their work (Kirschner & Karpinski, 2010)."

Social media venues such as Facebook, Twitter, Pinterest, to name a few, exploit the real human need to communicate, connect, and commune with others and offer an addictive substitute that can have a pernicious influence on the user, even beyond the enticement of another distraction. They are all designed so that the user seeks more “likes” and comments from friends and associates. These media become an alternative universe that can provide instant gratification and affirmation of one’s opinions and lifestyles. There is also an inherently narcissistic quality present in these distractive media where individual spend countless hours checking their Facebook timelines for updates, taking selfies and posting them to Facebook, Twitter and other media. And although these social media may be used as a drug to change mood and lessen anxiety, they in fact often only heighten feelings of anxiety and stress as one views everyday tasks and responsibilities as burdensome and onerous.

In other words, these virtual distractions lead one into a semi-fantasy world of self-aggrandizement, pseudo-connections, and ultimately isolation leading to the neglect of real relationships with our neighbor and even with our God. In this context, tasks of being a Christian, a student, a worker, a husband, a wife, a father, or a mother, are neglected and considered secondary.

In his doctoral dissertation entitled, “Interventions for Procrastination,” Paul Himmelberg writes, “It is interesting and revealing that the term ‘ought’ has crept into this discussion. ‘Ought’ of course implies an element of obligation as well as a sense of impending judgment. If the task is not done there will be unpleasant consequences. Note that in this framework the task easily becomes a burden seemingly imposed from the outside. It loses its value as a worthwhile pursuit and becomes an albatross, a weight around one’s neck. Hence another facet of procrastination is a sense of being burdened, of having unwanted tasks.”

Everyday tasks and responsibilities themselves come to be viewed as a distraction rather than goals to be accomplished and duties to be performed. This “alternate universe” impacts all aspects of individual life. How often I’ve witnessed face-to-face conversations interrupted by the buzzing of a cell phone. Even during church services, many priests have had to remind the faithful to shut off their cell phone during the divine services.

In an earlier post, I wrote about distraction in the context of prayer, “Distressing distraction in prayer, which sometimes develops into extensive conversations with ourselves, means that we are praying with our minds, but not with our hearts.” Such an observation may be extrapolated to all of our daily activities in which we are prone to distraction and procrastination. An underlying problem with the online distractions I mention in this post is that they entertain and engage the mind, especially fantasy, and not the heart. Dr. Himmelberg

makes an insightful point concerning tasks and their loss of value. Value is a matter of the heart and not the mind. This is precisely where traditional Christianity can offer a way out. When we read the Gospel for the purpose of fulfilling the commandments of Christ, love for neighbor, in real human connections and relationships with fallen people who don't always give us a "like," our hearts are opened and become receptive to the grace of God. Such hearts can then turn to God and avoid distractions, because such believers (and doers) realize that the "pearl of great price" is within their grasp. With a real connection, a real relationship, a real communion, virtual substitutes lose their attractiveness.

The neptic fathers understood so well the difference between the distractions of the mind and the ultimate longing of their heart. They struggled to keep their minds within their hearts, which meant avoiding, ignoring, and even fighting against distractions. Obviously, these holy fathers did not struggle with the technological distractions we have available to us today. However, they had their own distractions which could tug on their heart in a similarly powerful way. By forcing themselves to concentrate on the words of the Jesus Prayer while fulfilling their prayer rule or accomplishing their daily, mundane tasks they were engaging the heart properly and shying away from any procrastination to seek first the Kingdom of God.

Of course, this takes spiritual discipline and cooperation with the grace of God. However, we have to be willing to do our part lest these distractions and our procrastination lead to the tragic consequences of job loss, divorce, alienation from children, and self-isolation in this life, and even more tragic consequences in the age to come. The first good step is to recognize that these distractions are preventing us from accomplishing real life goals, engaging in genuine human relationships, and most tragic of all, communing with God Himself. Once the problem is recognized, we can then with the grace and mercy of God, do something about it.

The post The Distractions of Social Media and Procrastination appeared first on Ancient Christian Wisdom.

A blessed feast of Pentecost to you!

We celebrate the feast of Pentecost and the coming of the Spirit, the appointed day of the promise, the fulfillment of hope.

How majestic and great is the mystery! Therefore we cry aloud to Thee: "Glory to Thee, O Lord and Creator of all!"

Sow, sow everywhere, even on rock. You never know, it might come up." -
Fr. Sophrony of Essex

PENTECOST-SUNDAY

From Coffee with Sister Vassa, (Sunday, June 4)

"When the day of Pentecost had come, they were all together in one place. And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And there appeared to them tongues as of fire, distributed and resting on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance..." (Acts 2: 1-4)

There is much to be said, and internalized, and lived, on the basis of this great event in our common history, celebrated today, of the Descent of the Holy Spirit on the Apostles, and through them on all of us. But I would just like to comment on the "sound" (ἤχος) in which He chose to descend, "like the rush of a mighty wind." – Wind, of all things! For most of us who are not meteorologists, wind is unpredictable and unfathomable. We "do not know whence it comes or whither it goes," as our Lord says to Nicodemus about the way(s) of the Holy Spirit (Jn 3: 8).

However, the Holy Spirit is unlike other unpredictable and unfathomable aspects of our lives, which cause us anxiety and insecurity. I mean, like the ambivalences of a shaky relationship, an insecure job-position, or financial situation, as these might tend to drive me crazy, when I have no clear "answer" or solution to them. But the unpredictability and unfathomability (if that's a word) of the Holy Spirit is not like that. He, as "The Good One," and "Treasury of Blessings/Good Things," is full of good surprises, whenever I open up to Him. He also carries me through the above-mentioned ambivalences, to which I have no clear answer today, in His stabilizing, unchanging, and comforting grace.

So let me re-connect with Him today, in heartfelt prayer, that I may have peace, in Him, even when I don't have all the answers. As Bob Dylan reminds me, "The answer, my friend, is blowing in the wind. The answer is blowing in the wind."

From Coffee with Sister Vassa (Monday, June 5)

"Create in me a clean heart, O God, and renew a right spirit (πνεῦμα εὐθές) within me." (Ps 50/51: 10)

The "right" spirit is the Spirit of God, the Holy Spirit. He carries me in the "right" direction, like the wind carries a weak little bird in its flight, because God ("G" "O" "D"), as I heard somebody say, is all about "Good Orderly Direction."

Conversely, the “not right” kind of spirits, when I choose to befriend them, carry me all over the place, so I aimlessly “miss the mark,” that is, where I am supposed to be going, according to my God-given purpose or vocation. This state of affairs is both disorienting and lonely, leaving me flapping my wings against all sorts of hostile winds, on my own.

Today let me recognize, once again, God’s “right” Spirit, Who is always ready to carry me, when I let myself be carried and open up to Him. “Come and abide in us,” O Lord, and save us from all the hostile winds, O Good One.

The Feast of Pentecost John 7:37-52, 8:12

Jesus invites believers to draw near to Him and drink. Jesus is the source of nourishment for daily life. Jesus is where to find eternal life. At each moment of time individuals draw near to Christ or move away.

Every moment has great importance. A person does not know the last moment of time for earthly life. No person knows when Christ will return to judge the living and the dead.

Every moment is a time of readiness for the end of earthly life. Every moment is an opportunity for seeking the Kingdom of God and His righteousness.

Jesus offers wisdom and nourishment at every moment of life.

Christians are expected to actively draw near to Christ. Even stationary prayer requires conscious action of the mind and control of the body. Serious Christian minds are united with the daily focus of the Church.

The serious Christian and God’s Holy Church are inseparable. The Holy Spirit is active in each Christian life. The serious Christian mind is attentive to the Holy Spirit.

The Feast of Pentecost inspires and motivates believers to devote greater thought to the Holy Spirit. The Christian mind must be exerted for increasing joy in the Holy Spirit.

Christian growth is intended and expected. Christ makes Himself available to each person in prayer. Christ is available in the Holy Mysteries and Divine services of the Church.

God’s grace and kindness are necessary for individuals to have the effort to draw near. Each person in his or her sinfulness separates the self from God. God’s willingness to forgive and accept the repentant is beyond measure.

At Baptism each person is fully dedicated to Christ. At Chrismation the newly baptized is sealed with the gift of the Holy Spirit. The person's identity changes .

Baptism and Chrismation change a person's identity forever. Responsibility comes with Baptism and Chrismation. Christians are expected to honor Christ throughout the remaining time of life.

Each person is to work out the way to honor Christ. God's Holy Church provides the ideal environment for growing in Christ and honoring Christ. Pentecost brings to mind the formation of God's Holy Church.

The consistent presence of the Church through the centuries from the time of the Holy Apostles to the present merits continued faithfulness. God is consistently faithful.

Christians learn in the Church the ways to be faithful to God. Every moment affords the opportunity for faithfulness to God. The contents of the heart and mind determine the degree of faithfulness to God in each life.

Individuals adopt and commit to conscious goals. Jesus said to seek first the Kingdom of God and His righteousness.(Mt.6:33) Putting the Kingdom of God and His righteousness first requires daily discipline.

When Jesus ascended to heaven He did not abandon His followers. He said He would send the Comforter(Jn.16:7) Now is the time in life to think deeply and carefully about Christ.

Now is the time in life to think about the Holy Trinity. We exist only because of God. We experience life as intended and fully when God is the center of life.

God's Church is where to grow in sustaining knowledge. God's Church is where to be nourished. God's Church is where joy is best experienced. The Church's feasts afford soul-changing joy.

Experience the joy of Pentecost. Experience the joy of the descent of the Holy Spirit. Be grateful to God for goodness, mercy and lasting love. Be grateful to God for never abandoning sinners and for offering new beginnings in Christ.

St. George Serbian Orthodox Church, Carmichaels, Pennsylvania. May 22/June 4, 2017. Pentecost. Father Rodney Torbic

UPDATE ON SLICKVILLE TICKET WINNERS:

We have had several winners this year—you may be next!

Check your tickets and contact Bill Kuznik if you have a winning ticket!

Remember, the tickets are the main way to finance the fireworks display for the Slickville Centennial Celebration next August. Any left-over money will be divided among the three churches and the volunteer fire department!

More details on the Centennial will be forthcoming—please check the Centennial website for more information: <http://slickville100.com>

Slickville Centennial hats and clothing are now available—see Bill for order forms for hats, t-shirts, polo shirts, and sweatshirts!!! Show your Slickville pride to everyone!