



Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

[724] 468-5581

www.holyghostorthodoxchurch.org

Very Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

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, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Michael Pawlyshyn, Sherri Walewski, Marika Zeliszczuk, 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, Frances Gebet, Sheryl Smith Haraczy, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Bill Baronie, 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!

Metropolitan Anthony (Bloom) of Sourozh was asked, "What shall we do with children in church? They interfere with our prayers." He replied, "When you begin to pray, they will stop bothering you".

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, JULY 16 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
6TH SUNDAY AFTER PENTECOST; MARTYR HYACINTH, MARTYRS DIOMEDES,
EULAMPIUS, ASCIEPIODOTUS, AND GOLINDUC OF CAESAREA IN CAPPADOCIA;
MARTYRS MOCIUS & MARK, VENERABLE ALEXANDER-FOUNDER OF THE
MONASTERY OF THE UNSLEEPING ONES; SAINT ANTATOLIUS-PATRIARCH OF
CONSTANTINOPLE; VENERABLE ANATOLIUS OF THE NEAR CAVES & VENERABLE
ANATOLIUS OF THE FAR CAVES IN PERCHEVSKY LAVRA**

Tone 5

Romans 12:6-14

Matthew 9:1-8

**SUNDAY, JULY 23 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
7TH SUNDAY AFTER PENTECOST; HOLY 45 MARTYRS AT NICOPOLIS IN
ARMENIA-INCLUDING LEONTIUS, MAURICE, DANIEL, ANTHONY, ALEXANDER,
ANICETUS, SISINIUS, MENEUS, & GELERAD; MARTYR APOLLONIUS OF SARDIS;
MARTYRS BIANOR & SILVANUS OF PISIDIA; VENERABLE ANTHONY OF
PERCHEVSKY LAVRA; VENERABLE SILOAN OF THE FAR CAVES IN PERCHEVSKY
LAVRA**

Tone 6

Romans 15:1-7; Galatians 5:22-6:2
Matthew 9:27-35; Matthew 4:25-5:12

SUNDAY, JULY 30 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
8TH SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE FIRST 6 ECUMENICAL
COUNCILS; GREAT-MARTYR MARINA OF ANTIOCH IN PISIDIA

Tone 7

1 Corinthians 1:10-18; Hebrews 13:7-16
Matthew 14:14-22; John 17:1-13

BULLETIN INSERT FOR 16 JULY 2017

**6TH SUNDAY AFTER PENTECOST; MARTYR HYACINTH, MARTYRS DIOMEDES,
EULAMPIUS, ASCIEPIODOTUS, AND GOLINDUC OF CAESAREA IN CAPPADOCIA;
MARTYRS MOCIUS & MARK, VENERABLE ALEXANDER-FOUNDER OF THE
MONASTERY OF THE UNSLEEPING ONES; SAINT ANTATOLIUS-PATRIARCH OF
CONSTANTINOPLE; VENERABLE ANATOLIUS OF THE NEAR CAVES & VENERABLE
ANATOLIUS OF THE FAR CAVES IN PERCHEVSKY LAVRA**

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.



Rublev's Christ - J44

+ + The Calling to Blessedness + +

When we enter the life of the Church, we begin to live a life that is more than we can see or understand at that time, a life which brings us steadily closer to a deepening relationship with God through Christ, and with all of the Heavenly Realms and Beings who live there. We are invited to grow into "the stature of the fullness of Christ." (Eph 4:13) What is it that we can hope for by living a consciously self-restrained and careful Christian life? It is that we become so full of grace living in God's presence, that He renews all of our humanity to become full and blessed unique human beings. We were born, and then baptized to become "partakers of the Divine nature" (2 Peter 1:4) by adoption and our willing cooperation with God. St. Seraphim of Sarov was a wonderful saint that lived in the 18th and 19th century in central Russia. Through Christ he shone with light and

worked many miracles. He said the purpose of our Christian life is to acquire the Holy Spirit. So this is what it means to fully be a Christian. This is possible for everyone who enters a life in the Church and works with Christ to become the full spiritual potential that they were created to be. It is actually in our true real nature to do so, and we can learn how to do this practically day by day.

In our own modern times there are still many saints who shone in the world with the light of wisdom and truth, for they had become so close to Christ, that He lived in them, as St. Paul said, "Yet not I, but Christ liveth in me." (Gal 2:20) One of these recent saints was named Elder Porphyrios who lived near Athens, Greece most of his adult life. He too was a great miracle-worker. The greatest miracle that God worked through him was to ignite others' hearts and wills to live an active life of prayer to seek and know Christ. When asked what is needful for a Divine life, he told those near to him a very simple way to do this. He said we just really need two things: humility and love. All Christian ascetic life or self-restraint (in prayer, fasting, and charity) is just to help us be open to receive fully and show God's pure love. We can all seek a lower place, an honest place, a humble place. Anyone can do this, and we can too. We can also seek to learn to love purely, selflessly, and sincerely, first God, and then through Him everyone that we meet and know each day. Let us begin to answer this call from Christ to a life of blessedness today, and go deep inside ourselves in prayer to really know Him, Lord Jesus Christ, have mercy on me, and then bring Him out in love to all we meet!

"O taste and see that the Lord is good; blessed in the man that hopeth in Him." (Psalm 33:8 in the 2nd c. B.C. Septuagint numbering; Psalm 34:8 in the 9th c. A.D. Hebrew Masoretic text numbering)

The Monastics at St. Isaac of Syria Skete
and at the Convent of St. Silouan
and the Faithful at St. Nicholas Church
and the Staff at Orthodox Byzantine Icons
and St. Isaac's Bookstore

The Problem of Procrastination

By Father Alexios on Jul 03, 2017 05:52 pm



In our fast-paced society that prizes productivity and efficiency, procrastination is clearly a problem that can sabotage career and advancement. In a world preoccupied with high stress and low self-esteem, procrastination can be a serious issue contributing to more frequent physical illness as well mood disorders such as anxiety and depression. And even in Christian circles, procrastination can be a spiritual snare, for procrastination in repentance and the keeping of God's commandments can destroy our very souls. Even though failing to follow through and complete an intended task until the last minute can keep us from our goals at every level, leaving us anxious, depressed and even seemingly far from God, we still procrastinate.

Psychologists often view the problem of procrastination as a problem of disconnect between intention and behavior. For instance, in his thesis entitled "Ruminating About Procrastination," Brett W. Guidry notes that procrastination is a "delay of some sort, needless, and counterproductive...The idea of delaying an intended behavior seems to be crucial in defining procrastination. Without this intention-behavior gap, it is difficult to claim that procrastination has occurred." Much like in the Lord's parable about a certain man with two sons, the procrastinator says to himself, "I go, sir: and went not." (Matthew 28-30). In procrastination, the discrepancy between intention and behavior is also experienced as transgression of an inner law that the self has set. Procrastination can be viewed as a personal moral failure often expressed by so-called "should" statements such as, "I should have started this by now" or "I should have already completed this." Such realizations not only can lower self-esteem, but also can lead to anxiety, stress, and ensuing health problems. Guidry goes on to point out that procrastination represents a breakdown in self-regulation or self-discipline, in part due to the fact that procrastinators are also more impulsive by nature with an inability to stick to a given task. Joseph R. Ferrari examined the relationship between impulsivity and procrastination and found that procrastinators "spend less preparation time

on tasks that were likely to succeed and more time on projects likely to fail (Lay, 1990); they also tend to underestimate the time required to complete tasks." Ferrari concludes "frequent procrastination (e.g., indecisiveness and pronounced tendencies to avoid threatening situations) is related to dysfunctional impulsiveness (high speed-high error)...To the extent that these procrastinators possess deficits in cognitive processing abilities, tendencies to speed up and work faster to complete a task by deadline will likely result in poor performance because of the subsequent lack of sufficient time and ability to perform efficiently."

In other words, procrastination, the guilty feelings about failing to do what we intended to do, arise from poor judgment, poor self-control, and a failure to face squarely our own problems. In spiritual terms, we could say there is a lack of discernment, asceticism, and courage. Procrastinators are like the man who failed to sit down and count the cost like the parable of the man in intending to build a tower (Luke 14:28). They resemble Eve who saw the fruit was pleasant to the eyes, took it and ate it (Genesis 3:6). They view their project or problem, much like the fearful disciples afraid to face a storm or even a young girl warming herself by fire (Mark 14:69). In patristic terms, procrastination involves a kind weakness in the three parts of the soul, the reasoning, the desiring, and the aggressive faculties. In particular, there is a lack of planning in the reasoning faculty, shifting fancies in the desiring faculty, and apprehension in the aggressive faculty. Fortunately, the fathers have time-tested methods for dealing with spiritual sickness in each of these areas.

And the basic method in all cases is prayer. The three-fold ill of procrastination can be healed by actively turning to God on a daily basis, seeking His wisdom, His strength, and His assistance in the tasks of the day. It means asking God's help to strengthen our good intentions, by faith proceeding to implement those intentions, and by calling on His Name disregarding the distractions and temptations that get in our way. We need to heed our Lord's words: "And what I say unto you I say unto all, Watch," watching our plans, our desires, and our courage all in the light of His victory over every foe. If we do this in the spiritual life, we can also learn to do it in other areas. Encouraging watchfulness in his monks, Elder Ephraim would urge, "Compel yourselves; say the Prayer; stop idle talk; close your mouths to criticism; place doors and locks against unnecessary words; time

passes and does not come back; and woe to us if time goes by without spiritual profit." Putting first the kingdom of God and his righteousness, let's first try to be watchful in our spiritual life by turning to God who can then help us overcome this obstacle in all the areas of our life to His glory. Amen.

The post [The Problem of Procrastination](#) appeared first on [Ancient Christian Wisdom](#).

Do you treat God like a cosmic Coke machine?

When we go to Church we should stand with reverence and with fear, for who is invisibly present is Christ our Lord including the holy angels, the Mother of God, the saints, the prophets, and the martyrs. We are truly filled with grace and we sometimes feel as we are in heaven, as remember well the Church on the earth is truly united with the Church in heaven. Stand in prayer but also stand with joy for the abundant blessings upon blessings. Love to go to Church and let the Church live within you on a daily basis.

Peace to your soul! +Archimandrite Nektarios (Serfes) Who loves to pray for you and with you!

Hieromonk Juvenaly Repass

The primacy of the Orthodox Church is held by the patriarch of Constantinople. This follows from the decisions of the ecumenical councils, which recognized and then elevated Constantinople. The process was complete after Rome departed from the unity of the Orthodox Church (prior to that Rome had held the primacy). Since it was the ecumenical councils that gave Constantinople the primacy, only the ecumenical councils could modify that and transfer the primacy to another Orthodox see. In order to enhance the unity, effectiveness, and voice of Orthodox Christianity, the primacy of the Church needs to be enhanced, yet not so as to become like the papacy, for many reasons (one being that the patriarch of Constantinople is not elected by the entire Church). Two things are needed in order to facilitate the enhancement of the primacy: first, the nature, prerogatives, and limitations of the primacy need to be better delineated, and also acknowledged and accepted by the Church at large, including - especially - the other patriarchates. And second, the Church of

Constantinople needs to transcend ethnic and national limitations and be a pan-Orthodox entity that is representative of world Orthodoxy.

Summer Food Safety



When planning a picnic, barbecue, or day at the beach this summer, learn how to keep your food safe.

According to FoodSafety.gov, foodborne illnesses increase during the summer. Stay healthy and safe during warmer months by following these food safety recommendations:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. You can also use frozen food as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- Keep your cooler out of the direct sun by placing it in the shade or shelter. Remember that a full cooler will maintain its cold temperature longer than a partially filled one.
- Avoid opening the cooler repeatedly to keep your food cold longer.

When cooking on the grill:

- Prevent cross-contamination from raw meat or poultry juices by washing counter tops and sinks with hot, soapy water. Wash hands after handling raw meat or poultry or its packaging because anything you touch afterwards could become contaminated.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures.
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve cooked food.

When serving food outdoors:

- Do not sit perishable food out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler.
- After cooking meat and poultry on the grill, keep it hot until served – at 140°F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.

For more information, visit www.foodsafety.gov and learn fire safety for your next barbecue from the [U.S. Fire Administration](http://www.usfa.gov).

[From Susan Schneider--Ask About The Orthodox Faith]

Ancient wedding crowns:

1 - Iron XVII century, 2 - cheap poplar of the XVI century, 3 - carved wood, gilded of XVII century.



BASKET RAFFLE REMINDER! Pani Gina is putting together several baskets to be raffled off at the Slickville Centennial next month. If you are interested in donating some items—or even an entire basket—please touch base with her to be sure we are not duplicating our efforts. With only about a dozen parishioners, we must work together and effectively! Thank you all for your support and cooperation in keeping our parish a shining star in Slickville for over 90 years! God Bless you all!

UPDATE ON SLICKVILLE TICKET WINNERS:

We have had several winners this year—you may be next! Our latest winners are Bob Pytlak and Harry Batch! Congratulations to both of them! 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!