



## Holy Ghost Orthodox Church

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# DORMITION FAST

**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 Smolynech, Father Bazyl Zawierucha, Father Lawrence & Matushka Sophia Daniels, Father John Harrold [Saint Sylvester], 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], 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 Strozh [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 & Kathy Cvetkovich, Frances Gebet, Sheryl Smith Haraczy, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Bill Baronie, Phil Bouse, and Ian Brick. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.

**If you can help a person - help, if you can not help - pray, if you do not know how to pray - think about a person well! And this will already help, because bright thoughts are also weapons! - St Nicholai Velimirovich**

**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, AUGUST 20 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM  
11<sup>TH</sup> SUNDAY AFTER PENTECOST; AFTERFEAST OF THE TRANSFIGURATION;  
MARTYR DOMETIUS OF PERSIA & 2 DISCIPLES-MARTYRS MARINUS THE  
SOLDIER & ASTERIUS THE SENATOR AT CAESAREA IN PALESTINE; VENERABLE  
HORUS OF THE THEBAID; VIRGIN POTAMIA OF ALEXANDRIA; VENERABLE  
POEMEN THE MUCH-AILING OF PERCHEVSKY LAVRA; VENERABLE PIMEN THE  
FASTER OF PERCHEVSKY LAVRA; VENERABLE MERCURIUS-BISHOP OF  
SMOLENSK**

*Tone 2*

1 Corinthians 9:2-12

Matthew 18:23-35

***Litany in Blessed Memory of Joseph Yarmeak, Sr.—40 days—Fr. Bob***

**SUNDAY, AUGUST 27 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM  
12<sup>TH</sup> SUNDAY AFTER PENTECOST; FOREFEAST OF THE DORMITION; PROPHET  
MICAH; HEIROMARTYR MARCELLUS-BISHOP OF APAMEA; TRANSLATION OF  
THE RELICS OF SAINT THEODOSIUS OF PERCHEVSKY LAVRA**

*Tone 3*

1 Corinthians 15:1-11; Hebrews 13:7-16

Matthew 19:16-26; Luke 6:17-23

**MONDAY, AUGUST 28 DORMITION OF THE MOST HOLY THEOTOKOS AND EVER-  
VIRGIN MARY**

**SUNDAY, SEPTEMBER 03 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM  
13<sup>TH</sup> SUNDAY AFTER PENTECOST; AFTERFEAST OF THE DORMITION; APOSTLE  
THADDEUS OF THE 70; MARTYR BASSA OF EDESSA & HER SONS THEOGONIUS,  
AGAPIUS, & PISTUS; VENERABLE ABRAMIUS-LOVER OF LABOR OF PERCHEVSKY  
LAVRA**

*Tone 4*

1 Corinthians 16:13-24

Matthew 21:33-42

***Litany in Blessed Memory of Josephine Roman, Frank Gazella, Sr., & Suzie  
Pelczar—Fr. Bob***

## **BULLETIN INSERT FOR 20 AUGUST 2017**

**11<sup>TH</sup> SUNDAY AFTER PENTECOST; AFTERFEAST OF THE  
TRANSFIGURATION; MARTYR DOMETIUS OF PERSIA & 2 DISCIPLES-  
MARTYRS MARINUS THE SOLDIER & ASTERIUS THE SENATOR AT  
CAESAREA IN PALESTINE; VENERABLE HORUS OF THE THEBAID;  
VIRGIN POTAMIA OF ALEXANDRIA; VENERABLE POEMEN THE  
MUCH-AILING OF PERCHEVSKY LAVRA; VENERABLE PIMEN THE  
FASTER OF PERCHEVSKY LAVRA; VENERABLE MERCURIUS-BISHOP  
OF SMOLENSK**

### **TROPARION—TONE 2**

When Thou didst descend to death, O Life Immortal,  
Thou didst slay hell with the splendor of Thy Godhead!  
And when from the depths Thou didst raise the dead,  
All the powers of heaven cried out:  
O Giver of Life! Christ our God! 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 2**

Hell became afraid, O Almighty Savior,  
Seeing the miracle of Thy Resurrection from the tomb!  
The dead arose! Creation, with Adam,  
Beheld this and rejoiced with Thee!  
And the world, O my Savior, praises Thee forever!

### **PROKEIMENON—TONE 2**

**READER:** The Lord is my strength and my song. He has become my salvation.

**PEOPLE: The Lord is my strength and my song. He has become my salvation.**

**READER:** The Lord has chastened me sorely, but he has not given me over to death.

**PEOPLE: The Lord is my strength and my song. He has become my salvation.**

**READER:** The Lord is my strength and my song.

**PEOPLE: He has become my salvation.**

### **ALLELUIA VERSES—TONE 2**

The Lord answer you in the day of trouble! The name of the God of Jacob protect you!

Save the king, O Lord, and hear us on the day we call!

**Susan Schneider** August 9 at 9:57am

Miracle stories from the wonderful help of the Great Martyr and Healer Panteleimon in our days.

"Once I was poisoned by a child" by Tarus Lyuty

When I was a child, a story happened to me. As I remember now: I was sitting on the couch in a room with a high temperature and a pain in my stomach - I was poisoned. I was not helped with pills, and it was very bad. I prayed, read "Our Father" and other prayers, and then I caught sight of the image of St. Panteleimon and his life. Mom recommended reading a prayer to him, which I did. I read it with zeal and heartfelt attention, so I didn't pay attention to what was happening around. The heart of the child is pure, and so I was easily able to fully "plunge" into prayer.

As it usually sounds, but after a prayer, I read with attention and tears (I remember that I even burst into tears), and at ONE MOMENT the pain passed. The fever was gone, and I immediately fell asleep. The next day there was no trace of the disease. This I have never seen anywhere. Now I always pray in sickness to St. Panteleimon and ask him to help my family and friends. I advise you to pray more often to this wonderful saint.

God save you.

"The cheek swelled: somewhere under the tooth pus gathered" by Veronika Schetinina

About 4 years ago the following happened to me. The tooth began to hurt a lot. The dentist said that there is a pin in the tooth, and pus formed under it. The pin was removed, the pus cleared, the doctor put a medicine in the hole and sealed the tooth. It was necessary to come in two or three for. The doctor warned: if it hurts, one must endure: it should be so.

The next day I got fever and started to swell my cheek. The doctor on the phone said that if the cheek swelled, then there was pus somewhere. And that tomorrow you need to come to cut your cheek and release pus. And anesthesia in such cases can not be given: it will be even worse.

My husband and I began reading the Akathist to St. Panteleimon. And ... already on the 3rd or 4th kontakion, I felt the liquid coming out in my mouth, and the tumor diminished slightly. The Lord heard us through the prayers of Saint Panteleimon!

The night passed calmly. The next day my husband and I went to the hospital. The doctor was in shock: pus began to go out himself in the most unexpected place, and she only had to put the drainage. And already in two days all has passed.

Holy Great Martyr Panteleimon, pray to God for us!

"Be calm: Saint Panteleimon will intercede for you before the Lord" Nika T

Day of remembrance of the Great Martyr St. Panteleimon is celebrated, I think, by everyone who knows at least the name of this saint. They note ... who to a lesser degree - maybe just smiling with a warm smile, having heard about today's date, who to a greater extent - having visited the Liturgy and communion. I did not attend the Liturgy that day, but I'll definitely read the akathist to the saint.

I have no direct evidence of healing through the prayers of St. Panteleimon, because at the time when my only son was sick with a terrible illness, I prayed to everyone who could, about whom someone told me ... And then, in year 2002, I was not even baptized. But who should we seek protection from when medicine does not give us a chance to recover? ... So

they ask - who is God, and who are all the "gods" ... So I went everywhere and to everyone, I went to all the temples where the door was opened.

And on August 9 I happened to be in the church of the icon of the Mother of God "Joy of All Who Sorrow" in Bolshaya Ordynka. I realized that the day was not easy - there were a lot of people, and one of the icons had flowers, and everything around was filled with flowers. I bought candles and asked the lady behind the counter, who I can pray for the healing of a person. She realized that I absolutely do not understand religion, and answered: "To God. Well, since you're here in this church, so approach the wonder-working icon of the Virgin. Well, and since you came today go to the icon of St. Panteleimon the Healer, place a candle and from the bottom of your heart ask for healing."

I did so, but not being a Christian at the time, I started with Panteleimon the Healer, and his icon was the closest to the candle box. And when I began to pray, tears streamed. An old woman noticed me, sobbing, removing the wax from candles, and pitied me: "Who is so sick, your child?" I told her about my son. "Well, pray, pray to St Panteleimon, he will not leave on such a day God led you to church." And at that moment a gladiolus flower, which the icon was decorated with, fell directly into my hands, which was directly above the face of the saint! Both the old lady and I were speechless. "But what did I say! - the old lady began to shout, happily crossing herself, - Be quiet now, bear it, pray and wait - Saint Panteleimon will intercede for you before the Lord!»

You can image my feelings - the wings of hope behind your back. As an ignorant person in relation to religion, though I approached the miraculous icon of the "Joy of All Who Sorrow" and the Lord and placed the candle, but from that moment and for a long time the gladiolus flower was a symbol and, as it were, a promise to me that my son will recover. And so it happened. I do not know how or what helped his healing, but, not without the representation of St. Panteleimon, he recovered. Although ... we were not baptized then, despite the fact that I prayed to many saints.

Afterwards, I became a Christian.

"The Holy Great Martyr Panteleimon healer! For the sake of Christ, heal the servant of God <name> from all diseases, as you healed the boy from the snake bite. Amen!" Source: pravoslavie.ru

One pious man tried to fulfill the law of hospitality and always let the travelers into the house. One day an elderly wanderer of respectable kind knocked at him and asked to rest. The host showed hospitality, put food on the table and invited the guest to refresh himself. He gladly sat down at the table and immediately began to eat. The pious master asked him why he did not thank God before eating. The guest replied that he had never done

this, and now he does not intend to. The pious master became angry and drove the wanderer away.

The same evening, when the pious master stood up for prayer, God asked him why he drove away the weary and hungry guest. "I could not bear his ingratitude to You, Lord!"

Then God said to him: "I endure this man for 60 years, and you could not tolerate him and one evening!"

## **A Letter From the Permanent Conference of Ukrainian Orthodox Bishops Beyond the Borders of Ukraine on the Occasion of the 26th Anniversary of Ukraine's Independence**

*Beloved brethren in the Lord!*

Today, all the bells in the sacred temples of our ancestral homeland Ukraine ring, proclaiming the joyous news that Ukraine celebrates the 26th anniversary of her independence.

We thank our Lord God from the bottom of our hearts for this wonderful gift – an independent and sovereign state. It is truly a gift for all of us – both those who live in Ukraine and those whose destiny it is to live far beyond the borders of their beloved homeland.

The first article of Ukrainian Constitution states that "*Ukraine is a sovereign and independent, democratic, social and legal state...*" Let us take care that it remains that way! In the fifth article of the Constitution we read that "*Ukraine is a republic, inherently sovereign and only source of authority in Ukraine is the people*".

When we pray today in the Tropar: "*Lord, save Your people...*" we mean "*Lord, save our Ukrainian people...*". We continue to pray: "*and bless Your inheritance...*". Today we see before us our present and our future - our Ukrainian children and youth. You, dear Ukrainian youth, are our present and our future. Educate yourselves and you will succeed! You, young adults – Ukrainian professionals – are our inheritance! Acquire all the knowledge you can in order to aid Ukraine. Join the ranks of those who stand for Ukraine! Your country needs you in governmental leadership, in private institutions and organizations. Work for the good of Ukraine!

Further we pray: "*...grant victory to our God-loving (Ukrainian) people over their enemies...*". When we open the book of our ancient and modern history, we find many victorious examples in the process of nation building: Kyiv Rus' the Principdom of Halyczyna and Volhyn, the Kozak state, the



creation of the Central Council (Rada) in 1917 and its significant, everlasting Declarations – in particular the Fourth, which proclaimed the independence of Ukraine in 1918, the proclamation of Ukrainian statehood in L'viv on 30 June 1941 and the final Declaration of Independence 26 years ago – on 24 August 1991. In these days of present trials and invasion we offer sincere prayers for the men and women of Ukrainian armed forces that day and night protect the peace and bright future of their homeland.

In the process of a continued state formation and European integration, many fervent prayers to God are essential. We pray that He will grant us victory over failure, temptation, sorrow and affliction. Ukraine has suffered much defeat faced many sorrows and much tragedy. Does she need further such disappointment and hardship?

The prayer continues: *"And by Your Cross preserve Your community"*. Our independence became reality through the Lord's Cross, by His will. Ukraine has endured many misfortunes, much suffering and outright theft of her resources. Now, through our Lord's Cross there is resurrection and relative peace. We see new temples, churches and chapels being erected for the glory of God in the Holy Trinity, the Mother of God and all the Saints. They are beautiful, but a spiritual rebirth of the people is now an absolute necessity! Let us commit ourselves to that renewal as we celebrate this day!

On this occasion of national joy we pray fervently that our people live in unity, truth and justice. The spark of truth has fallen upon Ukraine – her glory and the glory of her martyrs has been returned to her. In unity lies the strength of a nation. Let us all work towards progress in our glorious ancestral homeland Ukraine, seeking spiritual, moral, social, economic and political reform. Let us remember that our strength and hope for such an effort is in God.

We remember and honor our departed and holy heroes – all those who through the ages have sacrificed their lives for statehood and the independence of Ukraine and her Holy Church. They deserve our sincere prayers and honor. May their memory be eternal!

We conclude with the prayer of Metropolitan Ilarion of Kyiv for the people of Rus'-Ukraine:

*"Extend Your grace to Your people! Cast aside foreign invasions, strengthen peace; pacify our neighbors; satisfy hunger; make our rulers fearsome to our neighbors; make our leaders wise; settle the towns and cities; build up Your*

*Church; preserve what belongs to You. Save men, women and children as well as those who are in slavery and captivity, those who travel by land and sea, those who hunger and thirst. Be merciful to all, console all, bring joy to all and bestow upon them spiritual and material gifts. Through the intercessions of Your Ever-Blessed Mother, the Holy Heavenly Powers, Your Predecessor John the Baptist, the Apostles, the Prophets, the Venerable Martyrs and Saints, have mercy on us and bless us, o Lord!"*

*O, Great and Only God, save our Ukraine! Amen!*

+ YURIJ, Metropolitan

of the Ukrainian Orthodox Church of Canada

+ ANTONY, Metropolitan

of the Ukrainian Orthodox Church of the USA &  
Metropolitan of the Ukrainian Orthodox Church in the Diaspora

+ JEREMIAH, Archbishop

of the Ukrainian Orthodox Diocese of Brazil and South America

+ DANIEL, Archbishop

of the Ukrainian Orthodox Church of the USA

+ ILARION, Bishop

of the Ukrainian Orthodox Church of Canada

+ ANDRIY, Bishop

of the Ukrainian Orthodox Church of Canada

### **From the sayings of Pope Shenouda:**

"Whether you love God or not, He loves you. I am astounded at this God of ours who loves even those who do not love Him. 'I love you when you are far, when you are rebelling and when you are obedient, I love you when you are in a distant land and when you are in My house. I love you when you are in the midst of the swine, and I love you when you are in the banquet of the fatted calf'. God loves, because love is His nature; He is love"

Metropolitan Savas: a few words from St Dorotheos of Gaza, spiritual son of Sts Barsanuphios and John, whose feastday was today. This famous passage is from one of the discourses he delivered to his own monastic community sometime in the middle of the sixth century.

Imagine that the world is a circle, that God is the center, and that the radii are the different ways human beings live. When those who wish to come closer to God walk towards the center of the circle, they come closer

to one another at the same time as to God. The closer they come to God, the closer they come to one another. And the closer they come to one another, the closer they come to God.

**BEING SAVED—From Coffee with Sister Vassa—(Monday, August 14)**

*"For the word of the cross is foolishness to those who are perishing (τοῖς ἀπολλυμένοις), but to us who are being saved (τοῖς σωζομένοις) it is the power of God. For it is written, 'I will destroy the wisdom of the wise, and the cleverness of the clever I will thwart.' Where is the wise man? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world?" (1 Cor 1: 18-20)*

Today, those of us on the Older Calendar begin the Dormition Fast, while those of us on the "New" Calendar complete it and begin to celebrate the great feast of the Mother of God's Dormition. Regardless of where we find ourselves within the awkward reality of different church-calendars, St. Paul refers to all of "us" as those who are "being saved," as distinct from those who "are perishing." In other words, we are all works-in-progress, wilfully undergoing the healing-process called "salvation" on the powerful, light-giving, cross-carrying journey. It's a choice we make daily, this path, travelled also by "the power and wisdom of God," our Lord Jesus Christ. This morning let me choose, once again, to embrace "the power and wisdom of God," rather than the merely-human "wisdom of the wise" or voices in my own head. Let me walk through my responsibilities, in God's light and lightness, rather than avoid them, or be overwhelmed by them in self-reliance or self-centered fear. "Take my yoke upon you and learn from me," Christ says to me today, "for I am meek and humble in heart, and you will find rest for your souls. For my yoke is good, and my burden is light." (Mt 11: 29-30)

When I just became a priest, an old woman came and said: "Father, here I am engaged in Jesus' prayer for fourteen years, I repeat all the time, but I never felt that God exists; What should I do?" - Well, I said - Turn to someone who can pray! "She says, you know, I asked all the scientists, but they tell me that you have just been ordained, maybe you do not know anything, but you'll tell from your heart ..." I thought: a reasonable old woman with some sense! - and I say: You know, I'll tell you from the heart

then: when should God insert a word, if you keep talking all the time?  
"What should I do?" - I said - Here's what to do. Come to your room, close the door, put the armchair more comfortable: that's it. So that the light falls well, so that the lamp can be seen with the icon, sit down and fifteen minutes of knitting in front of the Face of God, only do not think anything pious and do not pray ... - The old lady says: It's evil to do so! - I answered: Try, if you ask me, who does not know ... "She left. After some time she came back again, she says: "You know what, it really comes out!" I ask: "And what comes out?" - She said: "That's what happened. I shut myself in; There was a ray of light in the room, I lighted the lamp, set the chair so that the entire room could be seen, took knitting, sat down and breathed, looked - and for a long time I had not noticed that my room was warm and cozy. The lamp was burning; At first, all sorts of unrest occurred, thoughts ran through my mind; Then I began to knit, my thoughts began to subside. Suddenly, I heard a soft clink of my knitting needles. From this clatter, I suddenly noticed how quiet it was around me, and then I felt that this silence was not at all because there was no noise, but that it was somehow - as she said - thick; It's not a void, but something. I continued to knit, and suddenly it became clear to me that at the very core of this silence, there was someone: God..." *Metropolitan Anthony of Sourozh*