



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 Smolynech, 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, 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, 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, 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 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 Stroz [child with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Patrick, Linda Morris, Howard Simpson, Chris, David Hiles, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, 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, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, 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, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, 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, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, Gregory Cervo, Lisa Bruce, Martha Nezolyk, Kathy Cvetkovich, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Phil Bouse, Ralph & Beverly Stoker, Noah Willard, Nikola, Natalie, Nikola, & Nevenka Jovonovich, Julia Collier, Amy Kemerer, Thomas Smith, Tracy Slaughaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Evelyn Burlack, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, and Ian Brick. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.

A humble man lives on earth as in the Kingdom of Heaven, always cheerful, and calm, and pleased with all. *St. Anthony of Optina*

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 29 READER SERVICE DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
9TH SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE FIRST 6 ECUMENICAL COUNCILS; HIEROMARTYR ATHENOGENES-BISHOP OF HERACLEOPOLIS & 10 DISCIPLES; MARTYRS PAUL & SISTERS CHIONIA & ALEVTINA; MARTYR ANTIOCHUS-PHYSICIAN; VIRGIN-MARTYR JULIA

Tone 8

1 Corinthians 3:9-17; Hebrews 13:7-16
Matthew 14:22-34; John 17:1-13

SUNDAY, AUGUST 05 OBEDNITZA UPSTAIRS IN THE CHURCH 10:30 AM
10TH SUNDAY AFTER PENTECOST; "POCHAIV" ICON OF THE THEOTOKOS; HIEROMARTYR APOLLINARIS-BISHOP OF RAVENNA; MARTYR TROPHIMUS, THEOPHILUS, & 13 OTHERS IN LYCIA

Tone 1

1 Corinthians 4:9-16; Philippians 2:5-11
Matthew 17:14-23; Luke 10:38-42, 11:27-28

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

TUESDAY, AUGUST 07 DORMITION OF THE RIGHTEOUS ANNA, MOTHER OF THE MOST HOLY THEOTOKOS

SUNDAY, AUGUST 12 OBEDNITZA UPSTAIRS IN THE CHURCH 10:30 AM
11TH SUNDAY AFTER PENTECOST; APOSTLES SILAS & SILVANUS OF THE 70 & THOSE WITH THEM: CRESCENS, EOPENETUS, & ANDRONICUS; HIEROMARTYR POLYCHRONIUS-BISHOP OF BABYLON & MARTYRS PARMENIUS, HELIMENAS, & CHRYSOTELUS-PRESBYTERS, LUKE & MOCIUS-DEACONS, & ABDON, SENNEN, MAXIMUS, & OLYMPIUS; HIEROMARTYR VALENTINE-BISHOP OF INTERAMNA IN ITALY; MARTYR JOHN THE SOLDIER OF CONSTANTINOPLE

Tone 2

1 Corinthians 9:2-12

Matthew 18: 23-35

BULLETIN INSERT FOR 29 JULY 2018

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9TH SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE FIRST 6 ECUMENICAL COUNCILS; HIEROMARTYR ATHENOGENES-BISHOP OF HERACLEOPOLIS & 10 DISCIPLES; MARTYRS PAUL & SISTERS CHIONIA & ALEVINA; MARTYR ANTIOCHUS-PHYSICIAN; VIRGIN-MARTYR JULIA

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.

Sacramental Baptism is essential for salvation. Small children baptized by the Holy Spirit are not only sanctified and protected but also entirely freed from the tyranny of the devil. Marked by the seal of the life-giving cross, they become sheep of Christ's flock and chosen lambs. However, sacramental baptism is not sufficient to attain the fullness of Christian life. You need purification; a second baptism with the Holy Spirit through repentance. Christ said, "John baptized with water, but you shall be baptized with the Holy Spirit." - *St. Symeon the New Theologian*

Hospice or Hospital?

Since the Church is the hospital for the soul, it is important we take full advantage of all the resources for healing found within the Church. Confession is the all-important beginning for this healing process to begin. The grace imparted during a good confession opens wide the gates of God's grace, and we begin our inner journey towards reconciliation.

Becoming a frequent communicant of the Holy Mysteries of Christ's Body and Blood, imparts to us the grace needed for the healing of the soul, and frees the soul from the bondage that comes from the sin that has weighted us down.

Strictly keeping a Prayer Rule, as directed by our priest or spiritual father, also contributes to the healing process. Reading spiritually uplifting books, as well as the lives of the saints, greatly contributes towards the transformation that can be ours if we take our faith seriously. As well, the fasting rules of the Church are designed to help us become whole, and

further the healing process that began when we first made a commitment to living a life in Christ.

If we fail to follow these time tested spiritual practices that are meant to bring about healing of body and soul, we will not find the healing that is available to us. Instead, we will find ourselves treating the Church as though she were simply a hospice, where we get a quick fix for the pain and sin that keeps us from becoming whole, and find ourselves with short term results that only mask the sin and sickness that rule our lives.

It is up to us to decide if we will allow the Church to be a hospital that brings about the cure, or simply a hospice that masks the pain and sin. The choice is ours, and it is a choice that should not be put off, lest the hour come when we are called to account before the Throne of God, and we stand before Him with an unhealed heart.

<https://blogs.ancientfaith.com/morningoffering/2018/07/hospice-or-hospital/>

Complaining

If we are always complaining about how unfairly we are treated, we will have failed in our imitation of Christ, Who was abused by His enemies unto death. We should strive to reign with Our Lord by loving our enemies and never complain. Christ looked towards His Heavenly Father and when we are tempted to complain we should gaze upon the cross.

Complaining disturbs the heart and distracts us from the Path. Complaining weakens our resolve and interferes with the acquisition of peace and holiness. When we complain we are rejecting the role of suffering as a means towards the union with God. Complaining keeps our heart from soaring to the heavens and experiencing the joy that can be had when we surrender ourselves into the protective arms of Jesus.

<https://blogs.ancientfaith.com/morningoffering/2018/07/complaining-8/>

Love in Christ,
Abbot Tryphon

Do not move away from the Church, because there is nothing stronger than the Church. Your hope is the Church, your salvation is the Church, your refuge is the Church. It is higher than the sky, larger than the earth. It never gets old, but always blooms. - St. John Chrysostom

In order to more conveniently become accustomed to the remembrance of God, for this the fervent Christian has a special means, namely to repeat unceasingly a brief prayer of two or three words. Most often this is: 'Lord, have mercy!' or "Lord Jesus Christ, have mercy on me a sinner.' If you have not yet heard of this, then hear it now, and if you have not done it, then begin to do it from this time. - St. Theophan the Recluse

What is the use of man in all his worldly learning, if he cannot forgive his neighbor with one insulting word or glance? - St Nicholas of Serbia

[On Guardian Angels] We somehow feel that they cover us with the wings of their immaterial glory, only we do not see them. Our good thoughts, inclinations, words, and deeds, all proceed from them.

St. John of Kronstadt My Life in Christ p.171

The call to monasticism is, above all, a vocation for solitude, a love for worship, for prayer. If a person takes monasticism for something else, then he will not stand the burden of loneliness. You can not become a monk just because you did not find a suitable bride. You can not accept monasticism solely because it was blessed by the elder or confessor, without a heartfelt desire for inner prayer life. *Bishop Hilarion (Alfeyev)*

Word For Today...(Matthew 6-14-15)

"For if you forgive other people when they sin against you, your Heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."

Forgiveness is a two way street. You can't expect others to forgive you if you are unwilling to forgive them. You reap what you sow.

You might say No Que I could never forgive so and so, well you better not Sin!

When we are unforgiving, we are burning the very bridge we need to walk across.

We will all need forgiveness at one time or another, we are not perfect! When we hear people say I just can't do it, I can't forgive, we understand that they don't understand what God's word says.

It's Always for our own benefit to forgive and move on. Remember the Words of Our Savior, even unto death He forgave them.

"Father Forgive Them For They Know Not What They Do! We don't have the Power to make life "Fair" but we certainly have the Power to forgive and make life more "Joyful" it's a choice, no-one ever said it would be easy. Remember that Unforgiveness and Unbelief are Brother and Sister, and they both eat away at our souls.

Choose to forgive someone today and be at peace. Remember The Sick And Suffering. Have an uplifting day!

Lazarus [Manny Lopez, Samantha's husband]

To go to church for service, even if you do not take communion, it is necessary on an empty stomach: You assiduously nourish and rest your flesh, and it, insidious, rewards you for that laziness to prayer and to every good deed and coldness to God. - St. John of Kronstadt