



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 Antony, Metropolitan Yuriy, Anastasia [Metropolitan Yuriy's mom], 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 Smolynec, 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 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, 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 Slaugenhaupt, 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.

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 12 DIVINE LITURGY UPSTAIRS IN THE CHURCH 10:30 AM
11TH SUNDAY AFTER PENTECOST; APOSTLES SILAS & SILVANUS OF THE 70 & THOSE WITH THEM: CRESCENS, EPNETUS, & 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

TUESDAY, AUGUST 14

DORMITION FAST BEGINS

SUNDAY, AUGUST 19 OBEDNITZA UPSTAIRS IN THE CHURCH 10:30 AM
12TH SUNDAY AFTER PENTECOST; HOLY TRANSFIGURATION OF OUR LORD, GOD, AND SAVIOR JESUS CHRIST

Tone 3

2 Peter 1:10-19

Matthew 17:1-9

SUNDAY, AUGUST 26 OBEDNITZA UPSTAIRS IN THE CHURCH 10:30 AM
13TH SUNDAY AFTER PENTECOST; LEAVE-TAKING OF THE TRANSFIGURATION;
SAINT MAXIMUS THE CONFESSOR; MARTYRS HIPPOLYTUS, CONCORDIA,
IRENÆUS, & ABUNDIUS OF ROME

Tone 4

1 Corinthians 16:13-24

Matthew 21:33-42

BULLETIN INSERT FOR 12 AUGUST 2018

**11TH SUNDAY AFTER PENTECOST; APOSTLES SILAS & SILVANUS OF THE 70 &
THOSE WITH THEM: CRESCENS, EPEMETUS, & 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**

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!

Fast of the Dormition of the Theotokos Begins August 01/14

For the first fourteen days of August during each year, the Holy Orthodox Christian Church enters into a strict fast period in honor of the Mother of God (Theotokos), the Ever-Virgin Mary. The eminent Orthodox theologian, Father Sergei Bulgakov, wonderfully expresses the great love which the Orthodox Christians have for the Mother of God, for her unique role in the salvation of mankind, when he states: "The warm veneration of the Theotokos is the soul of Orthodox Christian piety." Another great holy Father of the Church Saint John of Damascus, pointed out that when the Blessed Virgin Mary became the Mother of God and gave birth to Christ, the Redeemer of Mankind, she became the Mother of mankind. We call the Ever-Virgin Mary 'Theotokos', from the Greek, which means "the birth-giver or the bearer of God." This is the highest title than can be bestowed upon any member of the human race.

The Mother of God, the Ever-Virgin Mary, was "blessed amongst women" (St. Luke 1:28). She is greeted by the Archangel Gabriel with an exalted salutation because, in her destiny to be the Mother of the Savior, she is the Most Blessed woman of all time. In accord with Saint Luke's picture of her, the Ever-Virgin Mary is praised in Our Orthodox Church as being surrounded with Divine grace and shining with holiness. We, therefore, as Orthodox Christians, consider her to be the Queen of all the Saints and the Angels.

Knowing that she holds such a preeminent place in the Kingdom of Heaven and that she is eternally present at the Throne of God interceding for mankind, we, as devout Orthodox Christians, must pray for her love, guidance, and protection. We must not ever forget to ask for her intercessions in times of distress, illness, and danger, and we must constantly thank her for her compassion and her prayers in our behalf.

To the Theotokos, let us run now most fervently, as sinners and lowly ones, let us fall down in repentance, crying from the depths of our soul: Lady, come and help us, have compassion upon us; Hasten now for we are lost In

the host of our errors; do not turn your servants away, for you alone are a hope to us.

O Theotokos, we shall never be silent. Of your mighty acts, all we the unworthy; had you not stood to intercede for us who would have delivered us, from the numerous perils? Who would have preserved us all Until now with our freedom? O Lady, we shall not depart from you; for you always save your servants, from all tribulation.

[From the Small Paraklesis [Supplication] service to the Most Holy Theotokos]

Every year the Holy Orthodox Christian Church sets aside the first fourteen days of August in honor of the Ever-Virgin Mary. This fast period is climaxed on August 15th, when the Church gathers to celebrate the Great Feast of the Holy Dormition (Koimisis) [Falling-Asleep of the Theotokos]. During this fourteen-day fast period, the Orthodox Church prescribes that the Paraklesis holy Service be held in honor of the All-Holy Mother of God for the first 13 evenings. On the 14th of August Great Vespers is conducted followed by the Epitaphio and hymns (Engomia) of Lamentations. It very much like Holy and Great Friday of Holy Week.

The Greek word "paraklesis" has two different meanings the first is "consolation", from which the Holy Spirit is called the "Parakletos" or "Paraclete", or "Consoler", the second is "supplication" or "petition". The holy Service of the Paraklesis to the Theotokos consists of supplications to obtain consolation and courage. It should be recited in times of temptation, discouragement, distress, or illness. It is used more particularly during the two weeks before the Koimisis (Repose) or Metastasis (Translation), of the Theotokos, from August 1st to August 14th. The theme of these Paraklesis holy Services centers around the petition. "Most Holy Mother of God, save us."

For those in great sorrow you are joy, and for the oppressed, a protection, and for the hungry, their food, comfort unto those estranged; you are a staff to the blind, visitation of all those sick, and to those held by pain shelter and a comforting, and to the orphaned, an aid; Mother, of Our God in the Highest, You who are the Spotless One, hasten, save your servants from their sin, we ask of you. *[Paraklesis]*

If you have a personal problem or if something is burdening your soul, if you feel spiritually anxious and if you are not at peace with yourself and with those around you, then, you should come to the church during the first fifteen days of August and ask for the intercessions of the Mother of God. Even if you are fortunate enough to be one of those very few who are at peace with themselves and with God, then those blessed ones should come to these holy

services and thank God and His Blessed Mother for the blessings that they have bestowed upon you and your family.

Keeping the fast during this holy season is spiritually most important. Just like Great Lent fasting during the fourteen days of August is strict i.e., no meat or meat-products, no dairy products, no fish (fish is permitted on the Feast of Transfiguration on the 6th), no olive oil, no wine, or any alcoholic drinks... It is not abstaining from certain foods alone but one must abstain from sinful activity, evil thoughts, hateful feelings, unforgiving attitude, and all passions and vices that lead to perdition.

By the practice of fasting Orthodox Christians are reminded in a direct bodily way of the presence of the Lord. Fasting in Orthodoxy is not done out of a spirit of 'atonement' for sins. It is approached as an act of asceticism of love. Asceticism is the ancient word for athletic practice; and the regular practice of fasting in Orthodox parish life becomes a peaceful way of cleansing the mind as well as the body: reminding the flesh that it has to be obedient and in good condition to serve the Lord. The practice of fasting was common in the Church from the earliest times, and was always associated with the preparation for prayer. Before approaching the Holy Eucharistic Mysteries each Orthodox Christian (those who are old enough and strong enough) must abstain from all food and drink. Along with prayer and fasting the Orthodox Christian should participate in the Sacrament of Holy Confession or repentance as often and not once in a lifetime.

Don't let laziness and apathy cause you to miss this great blessing and inspiration that the Church can bestow upon you. Let the peace and holiness that only the Mother of God can give you enter into your life, "Let us lay aside all earthly cares," and let us truly, during these fifteen days, participate in the fasting and prayer life of our Holy Church so that we can "taste and see that the Lord is good," and so that we may fully experience the spiritual blessings that the church offers to us this holy season. "Blessed is he whom He shall find watching." Come and pray to the Theotokos with us and with the Church and by her prayers and intercessions, may our souls be saved.

You are the sweetness of Angels, the gladness of the afflicted ones, a protection of all Christians, O Virgin Mother of our Lord; grant me now help and save me From the eternal torments.

You are a tower adorned with gold, a city surrounded by twelve walls, a shining throne touched by the sun, a royal seat for the King, O unexplainable Wonder, how do you nurse the Master?

Put me not into the hands of any human protection, O our Lady, most Holy, but do now receive the prayers of your suppliant; sorrow has taken me, and I am unable to withstand and bear the demon's darts; shelter I do not

have, nor a place to go, worthless that I am Lady of humanity, the Shelter of the faithful and their hope, do not reject my prayers to you, do the things that profit me.

A protection of Christians unshamable, Intercessor of our Holy Maker, unwavering, reject not the prayerful cries of those who are in sin. Instead, come to us, for you are good; your loving help bring to you: Hasten to intercede and speed now to supplicate, as a protection for all time, Theotokos, for those who honor you [*Small Paraklesis*]

We wish you all to have a blessed and spiritually fruitful Fast

In Christ Service, Fr. George [Livanos]