



Holy Ghost Orthodox Church
714 Westmoreland Avenue
PO Box 3
Slickville, PA 15684-0003

www.holyghostorthodoxchurch.org

Very Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

HOLY & WONDERWORKING UNMERCENARIES COSMAS & DAMIAN

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Daniel, Metropolitan Antony, Metropolitan Yuriy, Anastasia [Metropolitan Yuriy's mom], Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father Jakiw Norton, 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 & Pani Mary Anne 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 Joe Cervo, Father John Harrold [Saint Sylvester], Joshua Agosto and his family, Eva Malesnick, Nick Behun, Grace Holupka, 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 [Archbishop 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—young man with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Pryhodzenko, Sonia Luciow, 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, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [young lady 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, 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, 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, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Marianne Mulroy, Joe Samchuck—vocations, Albert Heckman, Brianna Stumpf, Stanley Porembka, David & Terry Coyne Hartnett, Mike C., Jennifer Scheirer [Nick Behun's daughter], Catherine

Beecham [Father Bob's cousin], and Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer Paul Kline and Walter Sakol. We pray that God will grant them all a speedy recovery.

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me. To him who overcomes I will grant to sit with Me on My throne, as I also overcame and sat down with My Father on His throne. (Rev. 3:20-21)

"...Just look at the murals of our church and you will see: martyrs, confessors, ascetics, fools for Christ, educated people, simple people, rich, poor, bishops, monastics, lay people. This is the Heavenly Church. She is all-embracing, and she is filled up by the earthly, Militant Church! That is the purpose of the Church, to make people holy" Archbishop Andrew (Rymarenko), Sunday of All Saints

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 14

OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL

10:30 AM

**4TH SUNDAY AFTER PENTECOST; HOLY & WONDERWORKING UNMERCENARIES
COSMAS & DAMIAN; MARTYR POTITUS; VENERABLE PETER THE PATRICIAN;
SAINT ANGELINA-DESPOTINA OF SERBIA**

Tone 3

Romans 6:18-23

Matthew 8:5-13

SUNDAY, JULY 21 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

**5TH SUNDAY AFTER PENTECOST; HOLY GREAT-MARTYR PROCOPIUS OF
CAESAREA IN PALESTINE**

Tone 4

Romans 10:1-10

Matthew 8:28-9:1

SUNDAY, JULY 28 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

**6TH SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE FIRST 6 ECUMENICAL
COUNCILS; HOLY EQUAL-TO-THE-APOSTLES GREAT PRINCE VOLODYMYR-
ENLIGHTENER OF KIEV-RUS; MARTYRS CYRICUS & MOTHER JULITTA; MARTYR
ABUDIMUS**

Tone 5

Romans 12:6-14; Galatians 1:11-19; Hebrews 13:7-16

Matthew 9:1-8; John 10:1-9; John 17:1-13

BULLETIN INSERT FOR 14 JULY 2019

**4TH SUNDAY AFTER PENTECOST; HOLY & WONDERWORKING
UNMERCENARIES COSMAS & DAMIAN; MARTYR POTITUS;
VENERABLE PETER THE PATRICIAN; SAINT ANGELINA-DESPOTINA
OF SERBIA**

TROPARION—TONE 3

Let the Heavens rejoice! Let the earth be glad!
For the Lord has shown strength with His arm!
He has trampled down death by death!
He has delivered us from the depths of hell,
And has granted the world great mercy!

Glory to the Father, and to the Son, and to the Holy Spirit, Now and ever,
and unto ages of ages. Amen.

KONTAKION—TONE 3

On this day Thou didst rise from the tomb, O Merciful One!
Leading us from the gates of death.

On this day Adam exults as Eve rejoices;
With the prophets and patriarchs
They unceasingly praise the divine majesty of Thy power!

PROKEIMENON—TONE 3

READER: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

PEOPLE: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

READER: Clap your hands, all peoples! Shout to God with loud songs of joy!

PEOPLE: Sing praises to our God, sing praises! Sing praises to our King, sing praises!

READER: Sing praises to our God, sing praises!

PEOPLE: Sing praises to our King, sing praises!

ALLELUIA VERSES—TONE 3

In Thee, O Lord, have I hoped; let me never be put to shame!

Be Thou a God of protection for me, a house of refuge, in order to save me!

The Saints

Psalm 16:3-But to the saints that are in the earth, and to the excellent, in whom is all my delight.(KJV)

Delight in the saints, learning from them, and seeking their prayerful intercession. Train the mind upon the saints as healthy examples for living in today's world. Look for the good within the Lord's saints and savor their teachings and example. Make the saints a focus of daily prayer that they speak in our behalf to the Lord. Draw daily inspiration from the saints as true models for dealing with adversity.

Psalm 30:4-Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness..(KJV)

Listen to the saints in the glory they give to the Lord God and follow their lead. Be grateful to the Lord God for all of the goodness, mercy and abundant love. Dwell the mind on the Lord's holiness and seek to make holiness a desire in life. Reject the paths that put the soul in peril and travel the narrow way path. (Mt.7:14) Learn from the saints the lessons of life that lead to the heavenly Kingdom.

Psalm 31:23-O love the Lord, all ye his saints: for the Lord preserveth the faithful, and plentifully rewardeth the proud doer.

(KJV)

Be mindful of the Lord's care of the faithful and direct love to the Lord each day. Maintain hope in the Lord even in times of adversity and continue to do good. Do not relent in faithfulness to the Lord even in moments of doubt and temptation. Completely trust in the Lord God with the greatest of confidence and firmest hope. Expect the Lord to help and patiently endure daily trials and tribulations of life.

Psalm 34:9-O fear the Lord, ye his saints: for there is no want to them that fear him. (KJV)

Look to the Lord as instructed and be mindful to follow the Lord God's teachings. Prepare each day for the Lord's return and be ready for the final day of judgment. Each day lived establishes a lasting record for the great and final day of judgment. Repent of sins each time they occur and benefit from the Lord God's forgiveness. Always seek the Kingdom of God with fervor and resolutely reject the way of sin.

Psalm 37:38-For the Lord loveth judgment, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be cut off. (KJV)

The Lord provides daily nourishment and guidance to be heeded with great faith. The saints are lasting witnesses to the Lord's faithfulness and care of His servants. Rejoice and give thanks to the Lord for His immeasurable love and compassion. In the moments of weakness and doubt look to the saints and heed their teachings. The lives of the saints are a treasure to cherish and hold firmly in heart and mind.

Holy Martyr Aquilina; St. Triphylius, Bishop of Cyprus. June 13/26, 2019.

Hidden Valley, Pennsylvania.

Father Rodney Torbic

Community—The essential element of Christianity is community

Abbot Tryphon

Christianity is a communal faith, one that requires it's followers to be actively involved with others. The Church's worship is communal, and salvation itself is a corporate act, one that necessitates interaction with others. One is not "saved" in a vacuum, but as part of the corporal life of the Church. Your salvation must be as much a concern to me, as is my own salvation. My relationship with Christ is not about me, but about us. Our sins are not just against God, but against the Body of Christ, the Church. Our love of God can not be salvific if we do not love others, for just as the

Lord said, "If someone says, 'I love God,' and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? (1 John 4:20)".

Given the communal nature of the Church, it is particularly alarming to see increasing numbers of people isolating themselves from others. Many have turned to the Internet as the primary source of interaction with others, finding "friendships" with people who will never be met in person. Social interaction in the central square, as seen in traditional villages where the cafe life and church are the primary source of fraternal interaction, is the antidote to a future of increased estrangement from each other.

Isolated from others, the communal nature that is an important element in what it means to be human, is lost. It is thus imperative that we guard against the temptation of spending too much time in front of the computer, and too little time with others. The sight of young people sitting in coffee houses, together, yet apart, is troubling. Mobile phones, text messaging, iPods, communication through email, and countless hours on Facebook, leads to the furtherance of an isolation that is murdering the soul. As humans, we are meant to be together, for it is in our lives together that we grow in mind and spirit. It is in community that we learn to love God. For friendships to be limited to on-line chat rooms is a tragedy of major proportions, one that will ultimately be the ruin of society.

It amazes me how a humble thought instantly triggers the Grace of God.

Somehow a kitten came to me in the cell. The poor fellow, apparently, ate something wrong, poisoned himself, and now he asked for help, wriggling in pain, jumping like an octopus... It was a pity to look at him, but what would you do? Cross it once, another, no way! "Look at yourself," I said to myself then, "how long you have been a monk, and you can't even help an unhappy kitten!"

Only I blamed myself, the kitten, who was already at the last gasp, suddenly came to his senses. Ran up, began to rub on my legs and jump happily... That's the strength of humility! Therefore, it is said: "In our lowly state remember us Lord" (Psalm 135: 23.).

The Orthodox faith reared up such great Russian saints, as Venerable Sergius of Radonezh, Seraphim of Sarov laboring in the forests of Tambov, and the holy hierarchs Joasaph of Belgorod, and Tikhon of Voronezh. The names of these God-pleasers are dear not only for the Russian Orthodox

people, but are venerated with love far beyond the boundaries of our country. How rich is our fatherland in men of prayer, glorious saints who number more than four hundred. And how many ascetics are there, pleasing to God, whose names we do not know! And the number of saints increased especially in recent times, when for faith in Christ, for confessing the word of God, faithful sons of the Orthodox Church by their stability and courage defeated the devil and were blessed with heavenly crowns and eternal blessed life. *Archimandrite Kirill (Pavlov)*

When you go to confession, it is very important to simply say to God in your heart: "Lord, help me, tell me what to repent of, reveal the sin in me." It is necessary that this voice of the perishing, like the voice of the apostle Peter drowning in the sea, be directed to God, so that we believe that the Lord hears us, that He will stretch His hand and lift us. - *Archpriest Andrei Lemeshonok*

Don't condemn anyone. See everyone as Better than yourself. And don't care what others do; take heed to what you do. - *Elder Paisius of Romania*