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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 Yurij, Anastasia [Metropolitan Yurij'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 Smolynech, 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 Slausenhaupt, 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], JoAnne & Dave Andrews, Rev. Peg Bowman, Pat Jennings, 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.*

HAPPY BIRTHDAY to our August babies: John Brunermer on the 1st, Janet Brunermer on the 12th, Loretta Sheliga on the 18th, and Nicholas Behun on the 29th! May God grant them Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! God Bless them all!

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 04 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
7TH SUNDAY AFTER PENTECOST; HOLY MYRRH-BEARER AND EQUAL-TO-THE-
APOSTLES MARY MAGDALENE; TRANSLATION OF THE RELICS OF HIEROMARTYR
PHOCAS; SAINT CORNELIUS-MONK OF PEREYASLAV**

Tone 6

Romans 15:1-7; 1 Corinthians 9:2-12

Matthew 9:27-35; Luke 8:1-3

Litany in Blessed Memory of Father Peter Natishan, Samuel Mrvos, David Yenni, Denise Lawrence, Rudy Obradovich, Michael Horvath, John Sheliga, Anna Harte, Mildred Kitch, Agnes Rossi, Michael Cherepko, & Mary Vigani—Fr. Bob

SUNDAY, AUGUST 11 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
8TH SUNDAY AFTER PENTECOST; MARTYR CALLINICUS OF GANGRA IN ASIA
MINOR; VIRGIN-MARTYR SERAPHIMA OF ANTIOCH; MARTYR THEODOTA & 3
SONS IN BITHYNIA; MARTYR MICHAEL

Tone 7

1 Corinthians 10-18

Matthew 14:14-22

SUNDAY, AUGUST 18 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
9TH SUNDAY AFTER PENTECOST; FOREFEAST OF THE TRANSFIGURATION OF
OUR LORD; MARTYR EUSIGNIUS OF ANTIOCH; HIEROMARTYRS FABIAN &
ANTHERUS-POPES OF ROME; MARTYRS CANTIDIUS, CANTIDIAN & SIBELIUS OF
EGYPT

Tone 8

1 Corinthians 3:9-17

Matthew 14:22-34

BULLETIN INSERT FOR 04 AUGUST 2019

7TH SUNDAY AFTER PENTECOST; HOLY MYRRH-BEARER AND EQUAL-
TO-THE-APOSTLES MARY MAGDALENE; TRANSLATION OF THE
RELICS OF HIEROMARTYR PHOCAS; SAINT CORNELIUS-MONK OF
PEREYASLAV

TROPARION—TONE 6

The angelic powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord who didst rise from the dead: 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 6

When Christ God, the Giver of Life,
Raised all of the dead from the valleys of misery with His mighty hand,
He bestowed resurrection on the human race.
He is the Savior of all,
The Resurrection, the Life, and the God of all!

PROKEIMENON—TONE 6

READER: O Lord, save Thy people and bless Thine inheritance.

PEOPLE: O Lord, save Thy people and bless Thine inheritance.

READER: To Thee, O Lord, will I call. O my God, be not silent to me.

PEOPLE: O Lord, save Thy people and bless Thine inheritance.

READER: O Lord, save Thy people.

PEOPLE: And bless Thine inheritance.

ALLELUIA VERSES—TONE 6

He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God.

He will say to the Lord: My Protector and my Refuge; my God, in whom I trust.

What about people who are not Orthodox?

It is always a pity when people who claim to be Orthodox make judgements against fellow Christians. In the tradition of Orthodoxy, wherever we find beauty and truth, it is of God, and it is our calling, as Orthodox Christians, to rejoice when we see others have at least some portion of the Truth. Slamming others for what they do not have, does nothing to further their journey into Orthodoxy, and in fact may delay or sideline their journey towards the fullness of Truth.

There is the wonderful true story of Saint Silouan the Athonite who was traveling by train with an archimandrite, a zealot who was quick to correct others about the True Faith. Coming upon a group of traveling Roman Catholics, Saint Silouan's traveling companion proceeded to tell them that they must become Orthodox because their faith was without grace. The saint asked him if it were indeed a fact that the Roman Catholics believed that Christ was true God, and that He was present in the Eucharist. The saint asked was it not true that these Catholics believed in the Trinity, and venerated the Holy Virgin and the relics of the saints. The archimandrite answered yes to all the questions. Saint Silouan responded that of all humility's faiths we must know that we have perhaps more, but not to judge those who are not Orthodox. We must rejoice in the knowledge of what they do have. The saint told him that we should not be filled with such pride as to think we have the right to judge, correct or teach others.

This does not mean that we see the Church as divided, or that the Orthodox Church is anything less than the Church Christ founded. What it does mean is that we do not allow ourselves to think we have the right to correct or teach anyone. We must honor other people's beliefs and not give in to the prideful stand that we have the right to teach or correct them. The truth that is found within Orthodoxy must be shared by living our faith in love, not in judging or correcting others. Truth, where ever it is found, is Orthodox Truth. If other religions embrace some of these truths that are Orthodox, we must rejoice and give thanks for what they do have.

People who love God and are trying to live holy lives pleasing to Him, according to the knowledge they have been given, are to be respected. They may not have the fullness of Apostolic Truth, but if they are believers in God and are trying to live a life pleasing to God, we must give thanks to Christ for what they do have. They have God as their Father, just as do we. They can have the Church as their Mother only if they see in us the difference Orthodoxy has made in our lives. Being arrogant in our evangelism does nothing to express the truth of Orthodoxy and makes us no different than the pushy salesman at the door.

That arrogant archimandrite would better have shared the beauty of Orthodoxy had he embraced those Roman Catholics as fellow disciples of Christ. Then they would have seen Christ in him and known that Orthodoxy was indeed a faith centered in Christ. They would have known the truth of Orthodoxy by seeing in him, the love of Christ.

All this having been said, it is important that we remember Our Lord Himself has charged us to speak the truth. We must never fail to share the truth of our Orthodox faith for fear we might offend someone, for by "Speaking the truth in love, let us grow up in all aspects into Him who is the head (of the Church), even Christ (Ephesians 4:15)."

Love in Christ, Abbot Tryphon

This commentary is dedicated to the Blessed Memory of Stancy Bakich Popichak, Father Bob's mom, who taught him that we are all God's children and should be treated as such—if Orthodox, great—if not, great!

I still miss her every day! Vechnaya Pam'yat, Mom!

Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

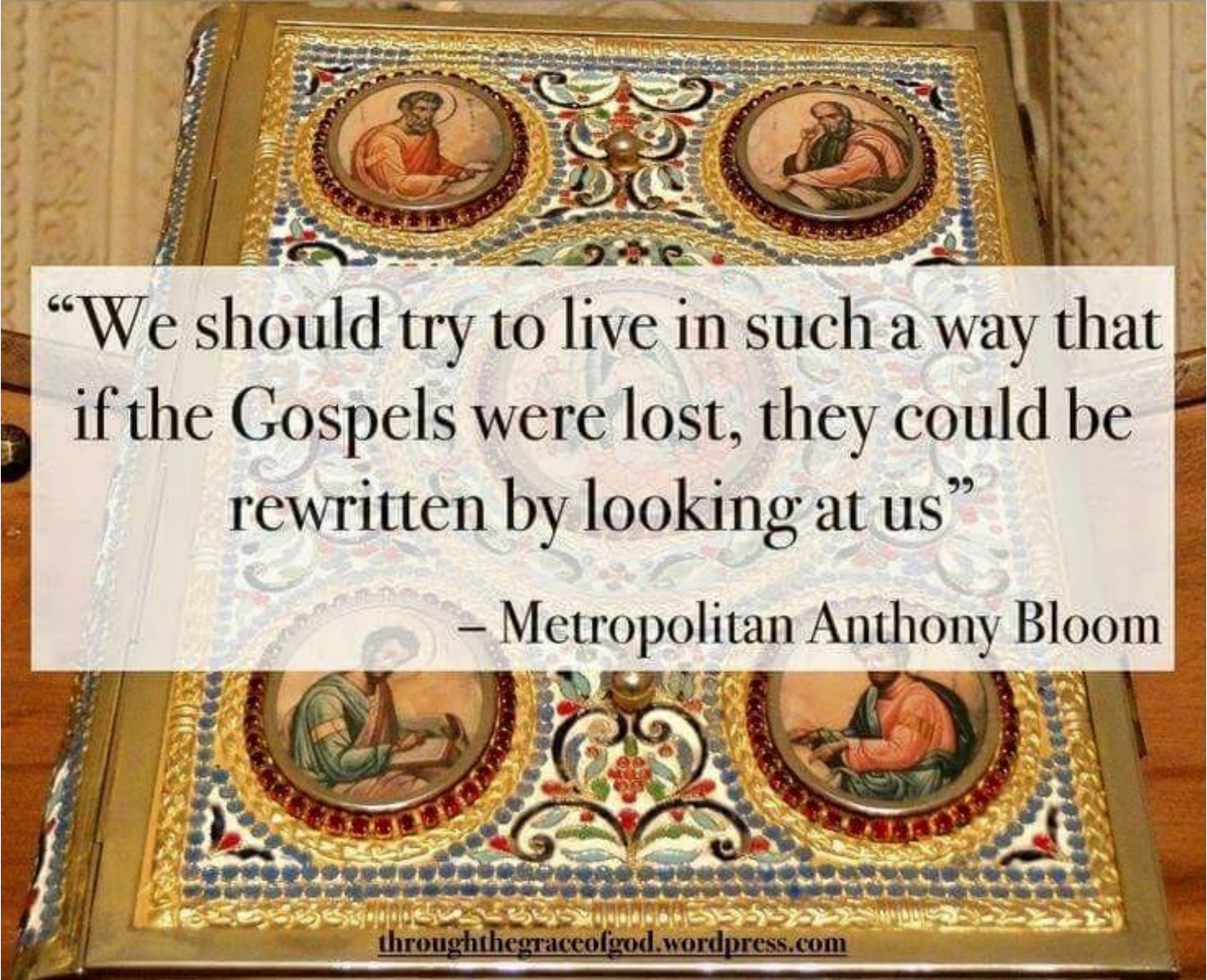
Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

SO THERE!

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.

“Once again, I write these things to give you courage so that you do not fear illness, even if they make us suffer for life. Since God is continuously present, why do you worry? For in Him we live and move. We are carried in His arms. We breathe God; we are vested with God; we touch God; we consume God in the Mystery. Wherever you turn, wherever you look, God is everywhere; in the heavens, on the earth, in the abyss, in the trees, within the rocks, and you’re nous, in your heart. So, can’t He see that you are suffering, that you are going through tribulations? Tell Him your grievances and you will see consolation, you will see healing which will heal not only the body, but even more so the passions of your soul.”

Elder Joseph the Hesychast Monastic Wisdom Thirtieth Letter



“We should try to live in such a way that if the Gospels were lost, they could be rewritten by looking at us”

– Metropolitan Anthony Bloom