

#### Holy Ghost Orthodox Church 714 Westmoreland Avenue PO Box 3

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## Christ IS Risen! Indeed He IS Risen!

**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, Archbishop Jovan, Bishop Robert, Metropolitan Savas, Metropolitan Kallistos of Diokleia, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, 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], Father George Livanos, Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father Steve Hutnick [COVID-19], Father Victor Wronskyj [COVID-19], Father George & Dobrodijka Oksana Bazylevsky, Fr. Volodymyr Muzychka [COVID-19], Diakonissa Mary Ann Cherkas, Father Harry Linsinbigler [COVID-19], Archimandrite Raphael [COVID-19], 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, 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,

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, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Strozh [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, 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, 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], 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 & Gordon Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, 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, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Steven—Harry Batch's cousin, Rose Mary Pavlovich—Mary Anne Kuznik's Cousin, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Micky Delans [COVID-19], Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Dolores Wachnowsky, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Deacon Joe Uzar-vocations, Tim-surgery, John Wakin, Olivia-young girl with a brain tumor, Rick & Sharon Morgan, John Stasko [triple by-pass], John, Kris & Kait, Jeff & Mary Jane Double [COVID-19], Terri Crosby-Vega [COVID-19], Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Mike, Amy, Nathan, & Ben Forbeck [COVID-19], David Salazar, Ann Zurasky [knee replacement], James Mary, Barb Bookser, Dr. Paul Riley, Serena, Wyatt, Makenzie, Jennifer, Joyce, Barbara Shegat & Chaplain Rachelle Zazzu, Joyce [stroke], Candace Irvin, Dollie Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [newborn], 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.

Dear Brothers and Sisters in Christ... There is <u>NOTHING</u> to keep us from praying...for each other, for our family and friends, and most of all for the first responders—EMTs, nurses, doctors, firefighters, police officers, and members of our military who keep us safe. Be well, and be SAFE!!! God Bless!

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!

<u>Communion Fasting:</u> 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.

#### **SERVICES IN SLICKVILLE**

SUNDAY, May 30 OBEDNITZA—UPSTAIRS 10:30 AM 5<sup>TH</sup> SUNDAY OF PASCHA; SUNDAY OF THE SAMARITAN; APOSTLE ANDRONICUS OF THE 70 & FELLOW LABORER JUNIA; MARTYRS SOLOCHON, PAMPHAMER, & PAMPHALON AT CHALCEDON; SAINT STEPHEN OF CONSTANTINOPLE

Tone 4
Acts 11:19-26, 29-30
John 4:5-42

Litany in Blessed Memory of John Milcic & All Deceased Veterans—Fr. Bob

SUNDAY, June 06 OBEDNITZA—UPSTAIRS 10:30 AM 6<sup>TH</sup> SUNDAY OF PASCHA; SUNDAY OF THE MAN BORN BLIND; VENERABLE SYMEON STYLITES THE YOUNGER OF THE WONDERFUL MOUNTAIN; MARTYRS MELETIUS STRATELATES, STEPHEN, JOHN, & 1,218 SOLDIERS, WOMEN, & CHILDREN IN GALATIA

Tone 5
Acts 16:16:34
John 9:1-36

Litany in Blessed Memory of Walter Burlack, Ann Roman, Millie Kerr, Stella Rossi, Mary Maolie, Dianne Waryanka, Joseph Karas, Mary "Maxine" Kitch—Fr. Bob

THURSDAY, June 10 ASCENSION OF OUR LORD

SUNDAY, June 13 OBEDNITZA—UPSTAIRS 10:30 AM 7<sup>TH</sup> SUNDAY OF PASCHA; FATHERS OF THE FIRST ECUMENICAL COUNCIL; AFTERFEAST OF THE ASCENSION; APOSTLE HERMES OF THE 70; MARTYR HERMAIS AT COMANA; MARTYR PHILOSOPHUS AT ALEXANDRIA

Tone 6
Acts 20:16-18, 28-36
John 17:1:13

### **BULLETIN INSERT FOR 30 MAY 2021**

5<sup>TH</sup> SUNDAY OF PASCHA; SUNDAY OF THE SAMARITAN; APOSTLE ANDRONICUS OF THE 70 & FELLOW LABORER JUNIA; MARTYRS SOLOCHON, PAMPHAMER, & PAMPHALON AT CHALCEDON; SAINT STEPHEN OF CONSTANTINOPLE

Christ is Risen! Indeed He is Risen! Христос воскрес! Воістину воскрес! Χριστὸς ἀνἐστη! ἀληθῶς ἀνἐστη! (Khristós Anésti! Alithós Anésti!) Hristos a înviat! Adevărat a înviat! إلىسيح قام إحقا قام! (al-Masīh gām! Haggan gām!) When the women disciples of the Lord Learned from the angel the joyous message of Thy Resurrection; They cast away the ancestral curse and elatedly told the apostles: Death is overthrown! Christ God is risen, Granting the world great mercy.

Glory to the Father, and to the Son, and to the Holy Spirit.

#### **KONTAKION—TONE 8**

The Samaritan Woman came to the well in faith; She saw Thee, the Water of Wisdom, and drank abundantly! She inherited the Kingdom on high, and is ever glorified.

Now and ever, and unto ages of ages. Amen.

#### **KONTAKION—TONE 4**

My Savior and Redeemer,
As God rose from the tomb
And delivered the earthborn from their chains.
He has shattered the gates of Hell,
And as Master, He has risen on the third day!

#### **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**

Go forth and prosper and reign, because of truth and meekness and righteousness.

You love righteousness and hate iniquity.

THE HYMN TO THE THEOTOKOS (Replaces "It Is Truly Meet")
The angel cried unto Mary, who was full of Grace

Hail, oh pure virgin, oh pure virgin once again I hail Thee
Thy Son has risen from His three days in the grave, and He has raised the dead with Him,
Oh rejoice, all ye people.

Oh shine with clear radiance, shine on new Jerusalem For the glory of the Lord is shining up on you. Rejoice! Rejoice! now and be joyful--oh Zion, and though oh pure one and adorable birthgiver of God, in the rising again of HIM who was born of Thee.

#### **COMMUNION HYMNS**

Receive ye the Body of Christ; taste ye the fountain of immortality.

#### **Praise the Lord from the heavens! Praise Him in the highest!**

#### Fr Dave Urban

#### Christ is risen!

It takes courage to be an Orthodox Christian. It took courage for Joseph of Arimathea to approach Pilot to ask for Jesus' body. It took courage for the Myrrh-bearing women to approach the Tomb to complete their funeral customs. When we need courage (or a reminder), we should turn to Christ and Holy Scripture. "Courage" is in the Bible 96 times. Here are a few:

### **Deuteronomy 31:6**

Be strong and of good courage, do not fear or be in dread of them: for it is the Lord your God who goes with you; he will not fail you or forsake you."

### 2 Chronicles 15:7

But you, take courage! Do not let you hands be weak, for your work shall be rewarded."

### **Ezra 7:28**

I took courage, for the hand of the Lord my God was upon me,

### **Psalm 31:24**

Be strong, and let your heart take courage, all you who wait for the Lord!

### Haggai 2:4

take courage, all you people of the land, says the Lord; work, for I am with you, says the Lord of hosts,

#### Wisdom 8:7

And if any one loves righteousness, her labors are virtues; for she teaches self-control and prudence, justice and courage; nothing in life is more profitable for men than these.

#### **Baruch 4:21**

"Take courage, my children, cry to God, and he will deliver you from the power and hand of the enemy.

Let us love one another and encourage each other in our daily Christian journey.

From Father George Livanos:

Christ is Risen! Spiritual thought for the day:

"Every day, hour, and minute, keep a strict watch and consider every thought, desire, and movement of the heart, every word and deed, and do not let yourself be defiled by one sinful thought, desire, or movement of the imagination, in word or deed, knowing that the Lord is the Righteous Judge Who is judging you every instant and is evaluating the inner man. Continually keep yourself pure for God." St. John of Kronstadt

#### The Sunday of the Paralytic John 5:1-15

After this there was a feast of the Jews; and Jesus went up to Jerusalem. Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches. In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water. For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had. And a certain man was there, which had an infirmity thirty and eight years. When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. Jesus saith unto him, Rise, take up thy bed, and walk. And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath. The Jews therefore said unto him that was cured, It is the sabbath day: it is not lawful for thee to carry thy bed. He answered them, He that made me whole, the same said unto me, Take up thy bed, and walk. Then asked they him, What man is that which said unto thee, Take up thy bed, and walk? And he that was healed wist not who it was: for Jesus had conveyed himself away, a multitude being in that place. Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee. The man departed, and told the Jews that it was Jesus, which had made him whole. (KJV) Hristos Voskrese! Vaistinu Voskrese!

# Christ is Risen! Indeed He is Risen! Hristos a inviat! Adevarat a inviat!

The Lord Jesus Christ healed the paralytic. The Holy Gospel's account of this healing is proclaimed in God's Holy Church every year following Pascha. Great joy emanates from this healing.

Paschal joy continues in God's Holy Church at this time. The joy emanating from Pascha cannot be subdued. Paschal joy is unique and crosses time and earthly boundaries.

Jesus Christ's Resurrection is the source and reason for Paschal joy. Jesus Christ's Resurrection created lasting beneficial change. God's Holy Church continues to spread this joy accompanied by the message of the healed paralytic.

The paralytic suffered for thirty-eight years with his infirmity. Jesus Christ changed the man's life completely. Jesus gave the man full mobility. The man was to sin no more.

Contemporary believers benefit from this Gospel message. The Lord Jesus Christ offers healing and mobility for believers willing to listen and adhere to Jesus Christ's ways.

Internal examination of the condition of the soul reflects the personal willingness to embrace Jesus Christ and welcome Jesus' healing. Hearts and minds open to Jesus Christ acknowledge His presence and healing power.

The Holy Gospel is authoritative and has withstood criticism through the centuries. God's Holy Church protects and proclaims written and oral accounts of healing taking place directly attributable to the Lord Jesus Christ.

The lives of the saints and martyrs through the centuries testify to healings having taken place. Sites in God's Holy Church around the world bear witness to remarkable healings.

St. John's Gospel dispels the notion that suffering will never end. St. John's Gospel offers hope to the sick and the suffering. The Lord Jesus Christ brightens the future for every person dealing with debilitating conditions.

Jesus Christ's healing power reaches to the depths of the soul and transforms the believer. The paralytic in the current Gospel experienced newfound movement and freedom due to the Lord Jesus Christ.

Individuals need not be limited in movement when Jesus Christ offers a freedom that is immeasurable. Jesus frees the mind, the heart and soul from a paralysis that is not visible to the eye.

Sin and stress can paralyze a person and limit movement, thinking and behavior. Jesus Christ offers the opportunity for sin to be forgiven, for repentance to take place, and for newfound freedom to become possible. Love of God and gratitude toward God make a difference. Interest in God makes a difference. Strong faith and hope foster healing. The paralytic never gave up hope.

Thirty-eight years of suffering did not eradicate the paralytic's hope. The paralytic remained at the pool and was mindful that healing took place there. Present day sufferers do well to look to Jesus Christ with hope.

God's Holy Church is where sufferers will find healing through Jesus Christ. Century after century believers have turned to Jesus Christ in the Church and have experienced healing.

Not everyone has their healing proclaimed in the Holy Gospel. Not every person has a dramatic physical healing. Jesus Christ always makes a profound and lasting difference in the lives of the faithful.

Jesus Christ makes freedom and healing possible. Believers turning to Jesus in faith come to know first-hand Jesus' healing power. Repenting of sin changes the direction of a person's life.

Pascha changed the direction of believers in the world. God's Holy Church offers the teachings and message of Jesus Christ's Resurrection. Jesus' Resurrection destroyed the ultimate paralysis created by death.

Jesus Christ offers eternal life. Jesus Christ makes joy, peace and freedom everlasting. The barriers that limit life are eradicated by the Risen Christ. Always choose life in the Resurrected Christ and experience life everlasting!

The Sunday of the Paralytic. Holy Apostle Simon Zealotes; Venerable Isadora of Tabenna. May 10/23, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic

### The Will of God

# Mark 3:35-For whosoever shall do the will of God, the same is my brother, and my sister, and mother. (KJV)

Believers always have the opportunity to discern the will of God for their lives. Full attentiveness to the Lord God requires a faithful and consistent willingness. Choosing to accept and fully embrace the Lord's will is a purely voluntary act. Believers find value exists in adhering to the will of God in all circumstances. Adherers to the will of God form relationships among like-minded believers.

# Acts 13:36-For David, after he had served his own generation by the will of God, fell on sleep, and was laid unto his fathers, and saw corruption: (KJV)

The value of the will of God is prominent by inclusion in the Lord's Prayer. Honest self-analysis reveals whether the believer willing complies with God's will. Choices made in life serve as proof of the personal value ascribed to God's will. Adhering believers to the will of God have an impact

well beyond themselves. The community and later generations are affected by followers of God's will.

# Acts 22:14-And he said, The God of our fathers hath chosen thee, that thou shouldest know his will, and see that Just One, and shouldest hear the voice of his mouth. (KJV)

The believer's disposition is important in accepting and following God's will. Trust in the Lord and verification of the Lord's will affect actual compliance. Deep trust in the Lord is necessary for continued compliance with the Lord's will. Believers need to empty the self of all that is not of God to be more faithful to God. Incorporating the Lord's will in personal decision-making changes behavior.

# Romans 1:10-Making request, if by any means now at length I might have a prosperous journey by the will of God to come unto you. (KJV)

Openness to God's actions in life affects the degree a believer remains at peace. Personal decisions about God's actions shape the course of a believer's life. Daily occurrences are prudently viewed as they relate to the believer's salvation. The journey to the Kingdom of God and eternal life and God's will are interrelated. God gives believers a mind and free will to earnestly make the journey to eternity.

# Romans 8:27-And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God. (KJV)

The time of life is not repeated and is best used wisely for the soul's salvation. God is a loving God and gives believers the opportunity to repent and begin anew. While the mind functions and the body has life, believers can embrace God's will. Repentance and fully embracing the will of God brings peace to the believer. Joy arises when believers on a daily basis ardently seek to embrace God's will.

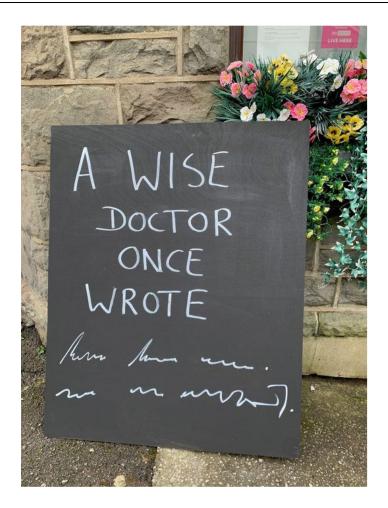
Appearance of the Precious Cross over Jerusalem May 7/20., 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic

#### Father Dave Urban Christ is risen!

We are taught by the Church to keep holy the Lord's Day, Sunday, and Feast Days of the Church. As Jesus said in the Gospel of Mark, "Man was not made for the Sabbath, the Sabbath was made for man." As we are slowly coming out of the pandemic, I pray that you are able to keep more of your focus and energy on Christ and the Church and not return to some activities that kept you from living a Christ-like life all week long. Come to church. Don't work on Sundays. St. Gregory Palamas said, "One day of the week...is called the Lord's day (Sunday), because it is consecrated to the Lord...and you must not engage in any worldly activity

that is not essential...so that you may glorify Him [our Lord]. ...On this day you should go to the temple of God and attend the services held there, and with sincere faith and a clean conscience you should receive the Holy Body and Blood of Christ." It is important for us to rest on Feast Days as well. St John of Kronstadt said, "The Feast Days ought to influence our life, to vivify and kindle our faith in future blessings, and maintain in us a pious and gentle disposition."

Let's be countercultural. Be a rebel. Stop running 24/7/365. Spend some quiet time with your family, your friends, yourself, and above all with your God.



## +ON

A monk asked a holy man: how can we perform miracles? The holy Saint answered:

If you teach a person to read the Gospel, you have opened the eyes of the blind.

If you teach a person to help the needy, you have healed the paralyzed.

If you teach a person to go to church, you have healed the crippled.

If you lead someone to repentance, you have raised the dead.

Now go and perform miracles!

REMINDERS: <u>NO KNEELING</u> until the Kneeling Prayers of Pentecost Sunday. Instead of "Vechnaya Pam'yat" at the end of a Parastas or during a funeral service *until Ascension Thursday*, we sing "Christ is Risen!" Also, we do not say the prayer to the Holy Spirit "O Heavenly King" until Pentecost Sunday.