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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 Yuriy, 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 Smolynech, 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 Luciw, Theresa Ditto, Mary Ann Musial,

Yvonne Christy, Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, Loretta, Nancy, Carol, & Michael Sheliga, Gaele 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 Zeliszczyk, 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 Slaughaupt, 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.

HAPPY BIRTHDAY to our June babies: Andria Weiser on the 13th and Allison Chicka on the 14th. May God grant them both Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! Christos Voskres! God Bless them both!

Dear Brothers and Sisters in Christ... There is NOTHING 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!

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.

SERVICES IN SLICKVILLE

SUNDAY, June 06 OBEDNITZA—UPSTAIRS 10:30 AM

6TH 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

7TH 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

SUNDAY, June 20 OBEDNITZA—UPSTAIRS 10:30 AM

8TH SUNDAY OF PASCHA; PENTECOST; TRINITY SUNDAY; DESCENT OF THE HOLY SPIRIT; MARTYR THEODOSIUS OF ANCYRA; MARTYRS CYRIACA, CALERIA, & MARY OF CAESAREA IN PALESTINE; HIEROMARTYR MARCELLINUS-POPE OF ROME AND WITH HIM HOLY MARTYRS CLAUDIUS, CYRINUS, & ANTONINUS; HIEROMARTYR MARCELLUS-BISHOP OF ROME AND THOSE WITH HIM-SISINUS & CYRIACUS-DEACONS, SMARAGDUS, LARGUS, APRONIAN, SATURNINUS, PAPPAS, MAURUS, CRESCENTIAN, PRISCILLA, LUCINA, & PRINCESS ARTEMIA

*****PAGE 203 IN THE BLACK DIVINE LITURGY BOOKS*******

Tone 7

Acts 2:1-11

John 7:37-52-8:12

BULLETIN INSERT FOR 06 JUNE 2021

**6TH 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**

Christ is Risen! Indeed He is Risen!
Христос воскрес! Воистину воскрес!
Χριστός ἀνέστη! Ἀληθῶς ἀνέστη!
(Khristós Anésti! Alithós Anésti!)
Hristos a înviat! Adevărat a înviat!
المسيح قام! إحقا قام! (al-Masīḥ qām! Ḥaqqan qām!)

TROPARION—TONE 5

Let the faithful praise and worship the Word,
Coeternal with the Father and the Spirit;
Born for our salvation from the Virgin;
For He willed to be lifted up on the Cross in the flesh,
To endure death,
And to raise the dead by His glorious Resurrection!

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

KONTAKION—TONE 4

I come to Thee, O Christ,
Blind from birth in my spiritual eyes,
And call to Thee in repentance:
Thou art the most radiant Light of those in darkness!

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

KONTAKION—TONE 5

Thou didst descend into Hell, O my Savior,
Shattering its gates as almighty;
Resurrecting the dead as Creator,
And destroying the sting of death.
Thou hast delivered Adam from the curse,
O Lover of Man,
And we all cry to Thee: O Lord, save us!

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

Look upon me and have mercy on me.

Lead my steps according to Thy word.

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!

Christ is Risen. Spiritual thought for the day! From Father George Livanos

Therefore we must bear offenses from others with equanimity and accustom ourselves to such a disposition of spirit that these offenses seem to concern not us, but others. Such a practice can give quietness to the human heart and make it as dwelling for God Himself. -St. Seraphim

5 Facts About Prison and Religion That May Surprise You

- For those of us living in freedom, it is all too easy to forget the more than two million men and women imprisoned in the US. Out of sight, out of mind. And yet, the United States has the highest prison population in the world. Chances are, you or someone you know has been touched by someone who has spent time behind bars.
- Prisoners have spiritual needs like any individual. Chaplains and trained volunteers are contracted through each prison facility to provide spiritual care to the incarcerated. But there is no standardized system across America's labyrinth of federal, state, and county correctional systems for how prisoners should be allowed to practice their religion.
- **Here are five facts about prison and religion that may surprise you.**
- **The Orthodox faith is not automatically recognized as a religious denomination by every correctional system across the United States.** Federal and State correctional systems typically have a list of recognized religions. When a religion is recognized, it affords prisoners of that faith certain rights. This recognition is crucial because without it, a priest may not be allowed to enter a facility in order to administer the Sacraments and the Services. Orthodox Christian Prison Ministry actively advocates for correctional facilities around the country to recognize Orthodoxy so that prisoners can practice their Faith.
- **There are 2.3 million incarcerated men and women in the United States (698 per 100,000 residents per capita), more than any other nation in the world.** While prisoners are often forgotten, odds are you or someone in your church community will have a relative who has spent time in prison. For families of those in prison, things are often kept quiet because of shame. OCPM ministers not only to the incarcerated but to the families of those in prison. We also assist churches that are trying to reintegrate a released prisoner into parish life.
- **Because of the pandemic, chaplains, relatives, and volunteers have been prohibited from entering prisons across the country.** According to the Marshall Project, "By April 20, at least 395,915 people in prison had tested positive for the illness, an increase of less than 1 percent from the week before." For nearly a year, almost all prisons were in lockdown in order to prevent outbreaks. This meant that prisoners were stuck in their cells and could not receive spiritual care [except through Zoom meetings](#) or through correspondence. OCPM has a correspondence database of over 3,600 prisoners. On average, we send mail to a prisoner 120 times per year. That includes shipments of books, Bibles, icons, catechism courses, and letters written by our staff that personally speak to

a prisoner's situation. Never was OCPM's Correspondence Ministry more crucial than during this pandemic.

- **Not all mail can enter a prison facility due to the risk of contraband.** Most of that contraband is street drugs that can be soaked or hidden into paper. On average, OCPM processes 92,000 pieces of mail in and out of prisons each year. But not just any mail can enter a jail or prison. There are stringent rules, unique to each facility that must be followed in order to gain and maintain access to those who are incarcerated. The books, icons, study courses, and Bible studies that OCPM publishes are specifically designed to adhere to strict prison guidelines.
- **Most men in prison are young and have the majority of their lives ahead of them.** An estimated 47% of sentenced prisoners are aged 25-39. Experts have found that it is those prisoners who make the most of their time in incarceration who are most likely to succeed on the outside. That can include taking courses, working towards a degree, and being involved with faith groups. Orthodox Christian Prison Ministry brings the unique teachings and traditions of the Orthodox Faith. Religion brings exposure to a value system compatible with success in reintegration. Orthodoxy is different in that it deals with life in the world as it is, not the ideal world of some other faiths or denominations.

Ears to Hear!

Psalm 43/44:1-We have heard with our ears, O God, our fathers have told us, what work thou didst in their days, in the times of old.
(KJV)

Believers and seekers are enriched by the teachings from God's Holy Church. The Church preserves, protects and proclaims the teachings of and about the Lord. Hearts, minds and souls are nourished and transformed by experiences in Church. Church services are primary sources for the believer to learn about the Lord God. The Divine services express the lasting truths about the Lord through the ages. Attentive worshipers hear messages that touch the far reaching depths of the soul.

Psalm 129/130:2-Lord, hear my voice: let thine ears be attentive to the voice of my supplications. (KJV)

Believers have two ears to listen to the Lord and one mouth to speak to the Lord. Words addressed to the Lord are to be chosen very carefully for the soul's benefit. Each word addressed to the Lord reveals the believer's depth of interest and faith. The heart, mind and soul do well to be in full concert when speaking to the Lord. Purity of heart, mind and soul require the Lord God's goodness, mercy, and grace. Repentance of sins and seeking the Lord's forgiveness result in unity with Christ.

Proverbs 23:12-Apply thine heart unto instruction, and thine ears to the words of knowledge. (KJV)

Repudiation of sin and rejection of temptations are necessary to follow the Lord. Learning from the Lord is possible and expected for believers all the days of life. Growth in Christ is always possible and is limited only by the believer's interest. The believer interested in greater unity with Christ will reach out in sincere faith. Careful listeners to the Lord are very attentive for the directions to grow in Christ. God does not disappoint believers opening their ears to instructions for the soul.

Isaiah 30:21-And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left. (KJV)

Serious believers immerse the self deeply in the Scriptures to listen to the Lord. Attentive believers listening to the Prophets hear beneficial wisdom for the soul. Deliberate listening is required if believers are to learn from the Holy Prophets. The Lord God's help is essential to uncover the lasting wisdom from the Prophets. Help from the Lord is always necessary for any learning from the Holy Scriptures. God's Holy Church utilizes the Prophets for the advancement of Christian growth.

Holy Martyr Isidor of Chois; Holy Martyr Maximus. May 14/27, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic

PRISONER SON AND A DAD...

An old farmer writes letter to his son in prison: Dear son, this year I won't be able to plant potatoes because I can't dig the field by myself, I know if you were here, you would help me.

The son writes back; dad don't even think of digging the field because that's where I buried the money I stole. The police read the letter and the next day the whole field was dug by police looking for the money, but nothing was found. The following day the son wrote again... Now plant your potatoes dad. It's the best I can do from here.

INFO: The Jawn - Reflections

Dispaldo, John <john.dispaldo@associates.fema.dhs.gov>

Fri 5/28/2021 8:45 AM



Jawn, pronounced \ 'jān \, is the Philadelphia all-purpose noun. It can refer to a single thing, or a collection or class of things, or a situation, or a person.



Reflections is a painting by Lee Teter

There is a good chance you have seen it before. It is iconic and indicative of the feelings those who have served felt when they returned home, but their friends did not. It is a harrowing, almost haunting image that tells the hardest story of all when it comes to war: the guilt, pain, and eternal suffering of knowing you will never see your friends again, that they made the ultimate sacrifice to defend not only their country, but you.

I have never served in the military, therefore, I will never fully understand the question of why "they" fight, they being the American servicemember who willingly put themselves into harm's way on a battlefield in a faraway land, but I suspect that their reasoning changes as they serve over time.

Perhaps one serves due to patriotic duty, the need to defend one's country when called upon. This country needs members of the armed services to defend it and, without them, we would not enjoy the freedoms we enjoy. Perhaps one serves due to family tradition, where their brother, sister, mother, father, or a grandparent served, and they feel an obligation to do so themselves.

Some do it for a better life promised when they return home. College tuition and professional skills gained. Some do it as an opportunity to travel, see new lands, and meet new people. Others may serve because it's the life for them, the technology is interesting, and the thrill is unmatched.

No matter a servicemember's personal reason for serving, the bonds of war can cause one's reason to change from why they *fight* to why they *fought*.

Reflections tells the story of why young men and women fought the wars they did. The man, his hand outstretched onto the Vietnam War Memorial and open palmed to its granite surface, his fingers running across one of the 140 horizontal panels, is desperately grasping for something that physically no longer exists: His friends, the men he did everything he could to save from memorialization.

The men in the memorial, understanding he did everything he could, embrace him with hands of their own, coming through the same granite as he is. The man's head, sulked, in sadness, grief, and loss. The painting itself is a beautiful reminder of what those who have fought for this country, both the living and dead, battle every Memorial Day, and the days that follow.

The Memorials on our National Mall have the capability to bring those who have served, those who have not, and those who have lost, to their knees. If you allow yourself to let the Memorials embrace you, you will be able to feel at least a pound of the weight those men and women have felt when they died in battle, or the weight those who have come home feel for those who have not.

For those of us who can enjoy Memorial Day in this country, and the freedoms it gives us, it is our American duty to offer our own reflections. While it may not look like Teter's *Reflections*, it is inherently important for all of us to remember why we can, every day, live in a country of freedom, opportunity, liberty, and compromise.

As imperfect as the idea may be, remember that we can fix it because of those palms, outstretched, grasping to a rock of granite, wishing for things to be different. That is something worth reflecting and memorializing.

The Jawn will be going on vacation next week, but we can't wait to connect with you when we return on June 11th.

In the meantime, please have a safe and relaxing Memorial Day, and please take a moment to remember those who have served and made the ultimate sacrifice in defense of this great country.

John DiSpaldo, Teracore, Federal Emergency Management Agency- Region III

A drop of prayer is worth more than a sea of worrying.

Saint Nikolai Velimirovich

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True Light

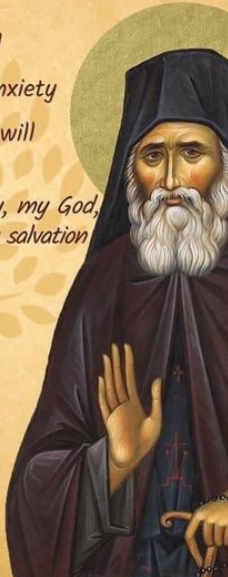
This is what success looks like to me...



Hearing Jesus say, "Well done, good and faithful servant."

8 ST PAISIOS OF MOUNT ATHOS TIPS FOR THE CONTEMPORARY MAN

- 1 Completely have trust in God
- 2 Simplify your life to avoid anxiety
- 3 Acquire humility and prayer will come naturally
- 4 In every test, say: *Thank you, my God, because this was needed for my salvation*
- 5 Seek for peace in prayer, not spiritual pleasure
- 6 Keep your mind near God
- 7 Forget the good deeds you do, remember the good done to you
- 8 Read the Fathers, even one or two lines a day



REMINDERS: NO KNEELING 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.