



**Holy Ghost Orthodox Church**  
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**APOSTLES' FAST—SAINTS PETER & PAUL FAST—BEGINS MONDAY!**

**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 Jakiw Norton, Father Paul Stoll, 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 & Pani-Dobrodijka Sonia Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Paisius McGrath, Father Michael Smoly nec, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick S3ilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father George & Dobrodijka Oksana Bazylevsky, 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, Father Deacon 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, 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 & Jan Jennings, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy & Sharon Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette

*Paluh, Theresa Paluh, Lottie Bubrzyk, 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, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Father Joe Uzar—newly ordained, 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, David Hess, Serena, Wyatt, Makenzie, Jennifer, Carolyn Strittmatter, Barbara Shegat & Chaplain Rachelle Zazzu, Candace Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [infant], Elizabeth [5-year-old], Lillian Skowvron, Pani Cathy Danczak, Sue & Greg Heinen, Paul Simpson [Father Bob's cousin, car accident], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Linda Snow, Zack Blair [Pani Gina's nephew], Greg & Mary Lou Sheakley [Pani Gina's cousins—COVID], the McKenna family, David Gazella, Brian & Michele Cannone, Robert & Eleanor Rodrigues & family, Don Menagon [COVID-19], Father Deacon James Rossetti & Diakonissa Kari—ordination!, Steve Sivulich, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Diane Norton [cancer], Brett Crosby, Randy Lapuh, Henry & Shirley Tkacik, Denny Mader, 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.*

**PLEASE REVIEW THE NAMES ON THE PRAYER LIST ABOVE AND LET FATHER BOB KNOW ANY NAMES THAT CAN BE REMOVED...**

**PLEASE, PLEASE, PLEASE! PRAY FOR PEACE IN THE WORLD—AND OUR LIVES!**

**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 19**

**NO SERVICE IN SLICKVILLE**

**1<sup>ST</sup> SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS; VENERABLE BESSARION THE WONDERWORKER OF EGYPT; VENERABLE HILARION THE NEW-ABBOT OF THE DALMATION MONASTERY; VIRGIN-MARTYRS ARCHELAIS, THECLA, & SUSANNA-BEHEADED AT SALERNO**

**HAPPY FATHER'S DAY!!!**

*Tone 8*

Hebrews 11:33-12:2

Matthew 10:32-33, 37-38-19:27-30

**MONDAY, June 20**

**APOSTLES FAST BEGINS**

**SUNDAY, June 26**

**OBEDNITZA—UPSTAIRS**

**10:30 AM**

**2<sup>ND</sup> SUNDAY AFTER PENTECOST; ALL SAINTS OF UKRAINE; ALL SAINTS OF MOUNT ATHOS; MARTYR AQUILINA OF BYBLOS IN LEBANON; SAINT TRIPHYLLIUS-BISHOP OF LEUCOSIA IN CYPRUS; MARTYR ANTONINA OF NICAEA; VENERABLE ANNA & SON JOHN**

*Tone 1*

Romans 2:10-16; Hebrews 11:33-12:2

Matthew 4:18-23; Matthew 4:25-5:12

**SUNDAY, July 03**

**OBEDNITZA—UPSTAIRS**

**10:30 AM**

**3<sup>RD</sup> SUNDAY AFTER PENTECOST; ALL SAINTS OF HALYCH & ODESSA; HIEROMARTYR METHODIUS-BISHOP OF PATARA; MARTYRS INNA, PINNA, & RIMMA-DISCIPLES OF APOSTLE ANDREW IN SCYTHIA; MARTYRS ARISTOCLEUS-PRESBYTER, DEMETRIAN-DEACON, & ATHANASIUS-READER OF CYPRUS; SAINT LEUCIUS THE CONFESSOR-BISHOP OF BRINDISI; SAINT MINAS-BISHOP OF POLOTSK**

*Tone 2*

Romans 5:1-10; Galatians 5:22-6:2

Matthew 6:22-33; Luke 6:17-23

*Litany in Blessed Memory of Olga Stock, Anna Kitch, Joseph Yarmeak, Sophie Carrera, Susan Justina Sredich, Stella E. Cherepko, Emil Joseph Paouncic, Igumen George [Owen], Claudia Horvath—Fr. Bob*

## **BULLETIN INSERT FOR 19 JUNE 2022**

### **NO SERVICE IN SLICKVILLE**

**1<sup>ST</sup> SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS;  
VENERABLE BESSARION THE WONDERWORKER OF EGYPT;  
VENERABLE HILARION THE NEW-ABBOT OF THE DALMATION  
MONASTERY; VIRGIN-MARTYRS ARCHELIAS, THECLA, & SUSANNA-  
BEHEADED AT SALERNO**

#### **TROPARION—TONE 4**

As with fine porphyry and royal purple,  
Thy Church has been adorned with Thy Martyrs blood  
Shed throughout the world  
She cries to Thee, O Christ God: send down Thy bounties on Thy people,  
Grant peace to Thy habitation and great mercy to our souls.

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

#### **KONTAKION—TONE 8**

The universe offers Thee the God-bearing martyrs  
As the first fruits of creation, O Lord and Creator.  
Through the Theotokos and their prayers establish Thy Church in peace.

#### **PROKEIMENON—TONE 4**

**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:** God is wonderful in His saints, the God of 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 4**

The righteous called, and the Lord heard them.

Many are the afflictions of the righteous; but the Lord delivers them out of them all.

### **COMMUNION HYMNS**

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

Rejoice in the Lord, O you righteous! Praise befits the just.

#### **The Great Feast of Pentecost** John 7:37-52, 8:12

*In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto Me, and drink. He that believeth on Me, as the scripture hath said, out of his belly shall flow rivers of living water. (But this spake He of the Spirit, which they that believe on Him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.) Many of the people therefore, when they heard this saying, said, Of a truth this is the Prophet. Others said, This is the Christ. But some said, Shall Christ come out of Galilee? Hath not the scripture said, That Christ cometh of the seed of David, and out of the town of Bethlehem, where David was? So there was a division among the people because of Him. And some of them would have taken Him; but no man laid hands on Him. Then came the officers to the chief priests and Pharisees; and they said unto them, Why have ye not brought Him? The officers answered, Never man spake like this Man. Then answered them the Pharisees, Are ye also deceived? Have any of the rulers or of the Pharisees believed on Him? But this people who knoweth not the law are cursed. Nicodemus saith unto them, (he that came to Jesus by night, being one of them,) Doth our law judge any man, before it hear him, and know what he doeth? They answered and said unto him, Art thou also of Galilee? Search, and look: for out of Galilee ariseth no prophet. Then spake Jesus again unto them, saying, I am the light of the world: he that followeth Me shall not walk in darkness, but shall have the light of life. (KJV)*

God's Holy Church gives us the great feast of Pentecost each year to experience and celebrate the descent of the Holy Spirit. The well-known prayer says the Holy Spirit is everywhere and fills all things.

Baptized Christians are sealed with the gift of the Holy Spirit. We know from Holy Scripture the body is the temple of the Holy Spirit. (I Cor.16:19) Each time a believer uses the sign of the Cross, belief in the Holy Spirit is confessed.



God's Holy Church has completed the celebration of Pascha, the Lord's Resurrection. The Church has celebrated Jesus' Ascension into heaven. Today, the Descent of the Holy Spirit is the great focus of attention.

Belief in the Holy Trinity, the Father, Son, and Holy Spirit, is expressed in the Creed at Baptism and at each Divine Liturgy. Life as a Christian is lived inseparably with and because of the Holy Trinity.

Believers pray to Holy Spirit for strength and wisdom. Individuals with faith turn to the Holy Spirit to be purified. The days of the Christian life are enriched and shaped with the Holy Spirit.

A sense of completion takes place in the Church with the celebration of Pentecost. The descent of the Holy Spirit on the Apostles had a profound effect.

The Holy Apostles were transformed, strengthened, and motivated.

Pentecost has a transforming effect on parish life. Believers celebrating the Feast of Pentecost today are renewed, strengthened, and motivated. Barriers to the life in Christ are overcome through the renewal taking place on this feast.

The Lord Jesus Christ spoke about the Holy Spirit in the current Gospel. The Nicene-Constantinopolitan Creed references the Holy Spirit speaking through the Prophets.

The believer's world-view and worldly actions rest in the Holy Trinity and are formed by belief in the Holy Trinity. Believers living fully in faith have lives unfolding as intended by the Lord God.

Holy Apostle Paul put life in perspective to the Corinthians. Paul said: "But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." (2 Cor.3:18)

Remaining united with the Lord throughout life is a challenge. When the believer is baptized, faithfulness to the Lord is confessed and expected. Constant repentance is necessary to remain true to the Baptismal commitment.

God's Holy Church offers the nourishment and teachings for believers to remain faithful and to grow throughout life. The responsibility rests with each believer to fully utilize the Church's nourishment and teachings.

Major feasts of the year such as Pentecost strengthen, inspire and direct the believer. Attentive believers heed the Gospel teachings and the full content of the Divine services.

The life in Christ is intended from the moment of baptism until departure from this life. Joy thrives in the heart, mind, and soul of the believer remaining true.

God is ever-present to lead, guard and protect the believer in life's journey.

The Heavenly Kingdom and eternal life are the goal of each believer. The believer does not journey alone. Jesus said: "I am come that they might have life, and that they might have it more abundantly." (Jn.10:10)

Each day and throughout the year, the Church offers guidance and nourishment for the believer seeking to follow the path to the Heavenly Kingdom and eternal life.

The parish priest is ever-present to provide guidance for believers in life's journey. In addition to the Church's Divine services, believers have the benefit of the Holy Scriptures to learn from.

The Lord Jesus Christ said in the present Gospel, "If any man thirst, let him come unto me, and drink." (Jn. 7:37) Take time to drink from the Lord Jesus Christ throughout each day.

Always be mindful of the Holy Spirit and pray to the Holy Spirit with great faith. Live well in God's Holy Church and realize the boundless love of the Lord for each and every person.

*The Great Feast of Pentecost May 30/June 12, 2022. Hidden Valley, Pennsylvania.  
Father Rodney Torbic*

### **Repentance is the Way for Renewal in Christ**

***Mathew 9:13- But go ye and learn what that meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance. (KJV)***

The Lord God is good and merciful and seeks for believers to repent of sins. Renewal of the life in Jesus Christ is always possible while the mind functions. Repentance keeps the path open to the Heavenly Kingdom and eternal life. Peace, love, and joy remain possible in the Christian life when repentance occurs. The heart, mind, and soul change dramatically when sincere repentance takes place.

***Mark 2:17- When Jesus heard it, he saith unto them, They that are whole have no need of the physician, but they that are sick: I came not to call the righteous, but sinners to repentance. (KJV)***

Believers responding to the call to repentance benefit from the Lord's mercy. The Lord's love demonstrated through forgiveness heals the heart, mind, and soul. Life dramatically changes in purpose, action, and direction through repentance. The believer benefits from God's grace and mercy in the process of repentance. God's reassuring presence is experienced when the believer begins to repent.

***Luke 15:7- I say unto you, that likewise, joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance. (KJV)***

Repentance enables believers to overcome depression, torment, and despondency. Sin is overcome, rejected, and repelled when a person



chooses Christ and repents. Baptism provides the believer with the foundation in Christ for all of earthly life. Believers have a responsibility to build upon the baptismal commitment to Christ. Honoring and following Jesus Christ throughout life is the way to remain faithful.

***2 Corinthians 7:10- For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death. (KJV)***

Continued repentance throughout earthly life is fundamental for the Christian. Sin takes place in each earthly life and necessitates continuous repentance. Each person says, does, or thinks in ways that are offensive to the Lord God. The Lord welcomes when the person repents and takes responsibility for sins. Harmful stress is removed from the believer's heart, mind, and soul by repentance.

***2 Peter 3:9- The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance. (KJV)***

Believers are freed from the shackles of sin through repentance and enjoy renewal. The Lord God strengthens the serious believer in the daily battle against sin. Constant vigilance is necessary to keep the believer from returning to sinful ways. Only with the Lord's grace, forgiveness and mercy will the believer remain faithful. Care is necessary at every moment of life to protect the soul from harmful sin.

*Holy Apostles Carpus and Alpheus. May 26/June 8,2022 Hidden Valley, Pennsylvania.  
Father Rodney Torbic*

### **Countering Greed**

***Psalms 17:12-Like as a lion that is greedy of his prey, and as it were a young lion lurking in secret places. (KJV)***

Greed has deep historical roots and is not unique to today's present society. God's Holy Church stands counter to greed and advocates sharing with others. Wise believers heed the Church's teachings and strive to be sincerely generous. The believer's soul is at peace when generosity is readily practiced in daily life. Combating greed requires wisdom of the mind that comes only from the Lord God. God's Holy Church provides the wisdom necessary to counter acts of greed.

***Proverbs 21:26-He coveteth greedily all the day long: but the righteous giveth and spareth not. (KJV)***

The Church teaches the perils of greed and ignoring the needs of the poor nearby. Recognizing the needs of others and responding to those needs are acts of love. The Lord's unlimited love for each person is the supreme example of wisdom. Greed endangers the soul of the person

hoarding wealth and depriving the needy. Repentance can take the form of generosity with the needing and opposing greed. The Lord knows the contents of the believer's heart in the personal handling of wealth.

***Isaiah 56:11-Yea, they are greedy dogs which can never have enough, and they are shepherds that cannot understand: they all look to their own way, every one for his gain, from his quarter.***

(KJV)

Greed is to be addressed directly in each generation as a confession of faith. Greed is to be combatted in societal undertakings and within personal relations. A family member or co-worker can be greedy in personal desires and actions. The Church serves as a monitor and guide for believers to assess relationships. The workplace challenges workers to combat greed in formulating goals. Workers have a responsibility to stand firmly against actions that facilitate greed.

***Ezekiel 22:12-In thee have they taken gifts to shed blood; thou hast taken usury and increase, and thou hast greedily gained of thy neighbours by extortion, and hast forgotten me, saith the Lord God.***

(KJV)

The Holy Prophets speak words of wisdom to arm believers against greed. Looking to the Holy Prophets for wisdom translates into meritorious actions. Heeding the Holy Prophets enables attentive believers to seek God's Kingdom. Temptations of greed and other perils to the soul arise throughout daily life. The Lord God provides the narrow path to the Kingdom to avoid perils to the soul.

*Wednesday of the Week of the Myrrhbearers. Holy Apostles of Jason and Sosipater.  
April 28/May 11, 2022. Hidden Valley, Pennsylvania. Father Rodney Torbic*



***Mother Alexandra responded to my question about the Mega Schema she wears—see photo above.***

FatherBob Popichak: The abbreviations are Greek acronyms extolling the Cross of our Lord and Savior, salvation, and the Orthodox life. These are also commonly seen in Church Slavonic.

- ΤΤΔΦ – Τετιμημένον τρόπαιον δαιμόνων φρίκη – “Honored trophy, the dread of demons”
- ΡΡΔΡ – Ρητορικοτέρα ρητόρων δακρύων ροή – “A flow of tears more eloquent than orators”
- ΧΧΧΧ – Χριστός Χριστιανοίς Χαρίζει Χάριν – “Christ bestows grace upon Christians”
- ΞΓΘΗ – Ξύλου γεύσις θάνατον ηγαγεν – “The tasting of the tree brought about death”
- CΞZE – Σταυρού Ξύλω ζωήν εύρομεν – “Through the Tree of the Cross have we found life”
- ΕΕΕΕ – Ελένης εύρημα εύρηκεν Εδέμ – “The discovery of Helen has uncovered Eden”
- ΦΧΦΠ – Φως Χριστού φαίνοι πάσι – “The light of Christ shines upon all”
- ΘΘΘΘ – Θεού Θέα Θείον Θαύμα – “The vision of God, a Divine wonder”
- ΤCΔΦ – Τύπον Σταυρού δαίμονες φρίπτουσιν – “Demons dread the sign of the Cross”
- ΑΔΑΜ – Αδάμ – “Adam”
- ΤΚΠΓ – Τόπος Κρανίου Παράδεισος γέγονε – “The Place of the Skull has become Paradise”
- ΞΖ – Ξύλον Ζωής – “Tree of life”

## **July Preparedness Toolkit (Summer Fun)**

Stakeholders,

For those of you familiar with southern cooking, a well-made gumbo requires many things. The first rule of gumbo is don't burn the rue. You burn the rue; you ruin the gumbo. The second rule of gumbo is patience. Stir. Simmer. Let the flavors absorb. The third rule of gumbo is to be delicate. Add your spices slowly. Let them build and don't be too aggressive. An over-seasoned gumbo is gross.

The fourth rule is that each gumbo requires what is known as the trinity: onions, bell peppers, and celery. Without it, it's not gumbo. It's I can't believe it's not gumbo.

Much like gumbo, the summer has its own trinity of flavors: grilling, fireworks, and swimming. Much like gumbo, our trinity of summer flavors requires patience, correct ratios, and the ability to not do things too aggressively.

This month's toolkit is all about keeping safe while participating in a few of summer's favorite past times. With a lot of help from our partners, this month's toolkit is chock full of information to keep you safe on the grill, on the 4<sup>th</sup> of July and around fireworks, and at the pool or beach. We ask that you share this information far and wide with your stakeholders.

**John DiSpaldo** Teracore—Federal Emergency Management Agency--Region III

## **Fear-Based Communities**

*When We Live As Problem Centered People We Miss The Mark*

There are a lot of fear-based communities in our world. Some are religious and some are political. All are guilty of missing the mark when it comes to the message of the Church. We Christians were not programmed to be victims, living in fear. For the Christian the True Self is the one that is created in the image and likeness of God. As children of the Most High we are meant to live, not in fear, but in a joyful state, knowing and experiencing the love of God. Our God is not a god of anger and vengeance, but one Who invites us into a relationship based in loving communion. God is not waiting to send down fire upon our heads as an angry parent, but rather a loving Father Who desires that we connect with our true selves and put off the false self.

When we live as problem-centered people we miss the mark. If we focus on those things in our lives that are negative, such as struggles with a particular sin, or negative thinking, we fail to live up to the true self.

Many therapists keep their patients in a codependent state by giving them labels that speak of mental illness. Political parties often keep themselves in power by playing to the negative labels they've created for the opposition. Religions often do the same thing, even with their own

adherents, keeping them hooked in a negative pattern that disallows a spiritual growth that leads to healing and spiritual well-being.

Fear-based communities use abuse to keep their people in line, leaving them in a state of perpetual infancy, unable to reach their full potential, and preventing them from realizing their true self. Such institutions, political or religious, prevent people from flourishing.

God invites us to integrate our lives as His children and utilize all the gifts He has given us which lead to fulfilled lives. Fear is vanquished for the Christian precisely because we ARE His children. In Orthodoxy the priests and bishops are called upon to encourage the faithful to live lives in faithfulness to God's commandments, not because there will be grave consequences if we don't, but because of the great joy that is ours when we have communion with Him.

With love in Christ,  
Abbot Tryphon