



Holy Ghost Orthodox Church

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**\*\*\*\*\*SAINTS PETER & PAUL FAST—THE APOSTLES' FAST\*\*\*\*\***

**ON THE MEND:** Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Father Bob, Archbishop Daniel, Metropolitan Antony, Metropolitan Yuriy, Archbishop Jovan, Metropolitan Savas, 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, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Paisius McGrath, Father Michael Smolynec, Father Lawrence & Matushka Sophia Daniels, Father Joe & Protinica Linda Cervo, Father John Harrold [Saint Sylvester], Igumen Patrick, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father George & Dobrodijka Oksana Bazylevsky, Father Angelo Artemas, Father John Haluszczak, Dr. Christina Nellis, Father Joshua [Anna], Father Justin (Todd) Mokhiber, Pani Cathy Danczak, Protopresbyter Gerald Ozlanski, Father James Norton, Joshua Agosto and his family, Father Dan & Matushka Myra Kovalak, Chaplain Rachelle Zazzu, Eva Malesnick, Nick Behun, Grace Holupka, Gary & Linda Mechtly, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, 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, Theresa Ditto, Mary Ann Musial, Yvonne Christy, Father Deacon Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, 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, 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, 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 Slaugenhaupt, Louis & Terri Berceli, Tom Nolan, Silvia Martin, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, 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, 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, Sharon Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Theresa Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Rita & Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Pastor

*Terry Polen, Eleanor Kitt, Stacie & Gary, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Father Joe Uzar, Tim—surgery, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko, John, Kris & Kait, Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Amy Forbeck, David Salazar, Kitty Mary, Dr. Paul Riley, David Hess, Serena, Wyatt, Makenzie, Jennifer, Alexandra Roberts, Candace Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [infant], Elizabeth [5-year-old], Lillian Skowvron, Sue & Greg Heinen, Paul Simpson [Father Bob's cousin], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Adam Snow, the McKenna family, David Gazella, Brian & Michele Cannone, Robert Rodrigues & family, Father Deacon James & Diakonissa Kari Rossetti, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga Brett Crosby, Randy Lapuh, Henry & Shirley Tkacik, Diane & Arthur Chaklis, Denny Mader, Zoe Oswalt—Fr. Bob's cousin [cancer], Barbette [cancer] & Scott, Kristin [cancer], Erm Hartmann, Barbara Bookser [cancer], Bob Mazzuca [cancer], Marko, Taylor, Terri Crosby-Vega [knee replacement], Christine Mohamed & family, Sue Demko, Tammy Marsico, Terry & David Hartnett, Jamie Ball, Kay Williams, Hannah Stewart, Jim Wyko—Alex's friend, Dan Losego, Lisa Bruce, Yvette, Barry Bender, Scott McDougall, Andrew Zelleznick, Byron & Cecilia Scott, Vespina, Michelle Russo, Julie Tripodi, Alby Oxenreiter, Debbie—HTUCC [knee], Jackie May, Barbara Morvay, David Salsar, N&O, Randy & Adrienne Kuny, Vince Berardinelli, Mason Martin [Karns City HS QB] & family, Martin Mrvos, Jeff McCoy, Lauren & Sloane Valentina Persico, Alexis & baby Colton Rosati, Jessica Shirley, Mark [kidney cancer], Steve Milcic, Wilbert Wagner, Bob Wojciechowski, Ashley, Beth Skowvron, Sharon Svitek, Laura, Christopher, & Baby Jane Dickson, Luke D, Diane Murphy, Kristin Vaughn [Harry's daughter], George Petronsky, Doug & Darcie Burkholder, Michael, Jeane, and Katie Byerly, Acolyte Photios & family [Joanne, Richard, Heather, Keith, James, Debbie, James, Sophia, Zachary, Tabitha, Arqynios, Barbara, Aristotle, Alexander, Kalev, Nina, Elias, Elijah, Jessica], Richard & Daniel Scharba [Metropolitan Antony's brothers], Edie McGrath, Samantha Lopez, Bob [cancer], Syble Elliott, Maria Ancevski, Krystyna, John, & Jeffrey, Dottie & family, and Jill Morocco. We pray that God will grant them all a speedy recovery.*

**HAPPY BIRTHDAY to our July babies: Harry Batch on the 1<sup>st</sup>, Natasha Sudol on the 2<sup>nd</sup>, Zach Sudol on the 2<sup>nd</sup>, Matthew Brunermer on the 15<sup>th</sup>, Sabrina Sudol on the 19<sup>th</sup>, and Katrina Scott on the 25<sup>th</sup>. May God grant them all Many Happy, Healthy,**

**Prosperous, and Blessed Years! M'nohaya Lita! God Bless them and their families!**

**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] 956-6626.

**SERVICES IN SLICKVILLE**

**SUNDAY, July 07 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM**  
**2<sup>ND</sup> SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS OF MOUNT ATHOS;**  
**ALL SAINTS OF UKRAINE; NATIVITY OF SAINT JOHN THE BAPTIST;**  
**MARTYRS ORENTIUS, PHARNACIUS, EROS, FIRMUS, FIRMINUS,**  
**CYRIACUS, & LONGINUS OF GEORGIA**

*Tone 1*

*Romans 2:10-16; Hebrews 11:33-12:2; Romans 13:11-14:4*

*Matthew 4:18-23; Matthew 4:25-5:12; Luke 1:1-25,57-68,76,80*

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

**FRIDAY, July 12 FEAST OF SAINTS PETER AND PAUL**

**SUNDAY, July 14 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM**  
**3<sup>RD</sup> SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS OF GALICIA &**  
**ODESSA; HOLY & WONDERWORKING UNMERCENARIES COSMOS &**

**DAMIAN; MARTYR PHOTIOS; VENERABLE PETER THE PATRICIAN; SAINT  
ANGELINA-DESPOTINA OF SERBIA**

*Tone 2*

Romans 5:1-10; Galatians 5:22-6:2  
Matthew 6:22-33; Luke 6:17-23

**SUNDAY, July 21 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM  
4<sup>TH</sup> SUNDAY AFTER PENTECOST; HOLY GREAT-MARTYR PROCOPIUS OF  
CAESAREA IN PALESTINE; NEW MARTYR ANASTASIUS AT  
CONSTANTINOPLE; MARTYR THEODOSIA-MOTHER OF GREAT-MARTYR  
PROCOPIUS**

*Tone 3*

Romans 6:18-23; 2 Timothy 2:1-10

## **BULLETIN INSERT FOR 07 JULY 2024**

**2<sup>ND</sup> SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS OF MOUNT  
ATHOS; ALL SAINTS OF UKRAINE; NATIVITY OF SAINT JOHN THE  
BAPTIST; MARTYRS ORENTIUS, PHARNACIUS, EROS, FIRMUS,  
FIRMINUS, CYRIACUS, & LONGINUS OF GEORGIA**

### **TROPARION—TONE 1**

When the stone had been sealed by the Jews;  
While the soldiers were guarding Thy most pure Body;  
Thou didst rise on the third day, O Savior,  
Granting life to the world.  
The powers of heaven therefore cried to Thee, O Giver of life:  
Glory to Thy Resurrection, O Christ!  
Glory to Thy Kingdom!  
Glory to Thy Dispensation, O Thou who lovest mankind.

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

### **KONTAKION—TONE 1**

As God, Thou didst rise from the tomb in glory, raising the world with  
Thyself.  
Human nature praises Thee as God, for death has vanished!  
Adam exults, O Master!  
Eve rejoices, for she is freed from bondage and cries to Thee:  
Thou are the Giver of Resurrection to all, O Christ!

### **PROKEIMENON—TONE 1**

**READER:** Let Thy mercy, O Lord, be upon us as we have set our hope on  
Thee.



**PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.**

**READER: Rejoice in the Lord, O you righteous! Praise befits the just!**

**PEOPLE: Let Thy mercy, O Lord, be upon us as we have set our hope on Thee.**

**READER: Let Thy mercy, O Lord, be upon us...**

**PEOPLE: As we have set our hope on Thee.**

### **ALLELUIA VERSES**

**God gives vengeance to me, and subdues people under me.**

**He magnifies the salvation of the king, and deals mercifully with His Christ, with David and his seed forever!**

#### **Order My Steps**

***Psalm 18:36-Thou hast enlarged my steps under me, that my feet did not slip (KJV)***

The Psalms offer wisdom for believers seeking the path to the Kingdom of God. Guidance exists in the Psalms to remain on the narrow path to God's Kingdom. By looking to the Psalms, the believers choose wisdom proven through the ages. Hearty nourishment for the body, mind and soul is bountiful in the Psalms. The believer's steps toward God's Kingdom must remain on the narrow path.

***Psalm 56:6-They gather themselves together, they hide themselves, they mark my steps, when they wait for my soul. (KJV)***

Believers need to know where to firmly plant their steps in their journey. Dangers to the soul are prevalent throughout life's journey to the Kingdom. Evil lurks in many unsuspecting locations as the believer journeys forward. Turning to the Lord God's proven Scriptures uncovers the firm ground for travel. The Psalms have a way of shedding light in times of darkness during the journey.

***Psalm 57:6-They have prepared a net for my steps; my soul is bowed down: they have digged a pit before me, into the midst whereof they are fallen themselves. Selah. (KJV)***

God is ever-present to protect the traveler to the Kingdom seeking the narrow way. The Psalms serve to clear the path of hurdles and challenges that deter the believer. Like a sharpened sword, the Psalms cut through the poisonous growth on the path. Believers' footsteps rooted in the Psalms gain strength from the firm foundation. Taking firm steps in hope is necessary if the Kingdom of God is the desired goal.

***Psalm 73:2-But as for me, my feet were almost gone; my steps had well nigh slipped KJV)***

Believers seeking the Kingdom need God's assistance throughout the journey. When a believer takes a wrong path or falls, it is necessary to repent and begin again. God is within reach to welcome the lost traveler in this world full of perils. God's healing and forgiving love serves as the basis for hope for all who are lost. When a believer is deep in the ditch of sin, God offers a helping hand to grasp.

***Psalm 119:133-Order my steps in thy word: and let not any iniquity have dominion over me. (KJV)***

The directions for traveling to God's Kingdom exist in the Holy Scriptures. God's Holy Church provides the illuminated path to the Heavenly Kingdom. The Lord reveals to attentive believers the narrow path to travel in daily life. When God fills the heart, mind, and soul, God guides the traveler on the path. God orders the steps of faithful believers from the time of Holy Baptism.

*Apodasis [Leave-taking] of Pascha. May 30/June 12, 2024. Hidden Valley, Pennsylvania. Father Rodney Torbic*

Be sobered, O my soul, and pray with tears. Cry out from all thy heart that before the end comes thou mightest be converted and make a good start.

***Venerable Ephraim the Syrian, A Spiritual Psalter or Reflections on God p.215***

### **Truth**

***John 3:21- But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God. (KJV)***

Daily behavior is expected to withstand the light for examination before the Lord. Truth is essential in personal relationships, in the work place, and the public sector. Healthy societies are founded and operate fundamentally on the practice of truth. Problems arise for believers when truth is compromised, forsaken, or ignored. Relationships deteriorate when truth is no longer being completely honored.

***John 4:23- But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. (KJV)***

The Lord is the Essence of Truth and truth is necessary in personal worship. The Lord knows when the believer's heart, mind and soul embraces the truth. Believers' lives are enriched when truth is pursued and practiced throughout life. Persons using half-truths and distorted facts build life on a false foundation. Believers worshipping in truth have hearts, minds and souls filled with God.

***John 14:6- Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. (KJV)***

The Lord Jesus Christ is identified with truth and personifies truth in the world. Relationships built and sustained in truth are strong and capable of maturing. Communities are better and stronger when truth prevails in all the undertakings. Families treasuring truth in relationships mature and advance toward the Lord God. Jesus Christ welcomes and nourishes believers seeking Divine truth in their lives.

***John 14:17- Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. (KJV)***

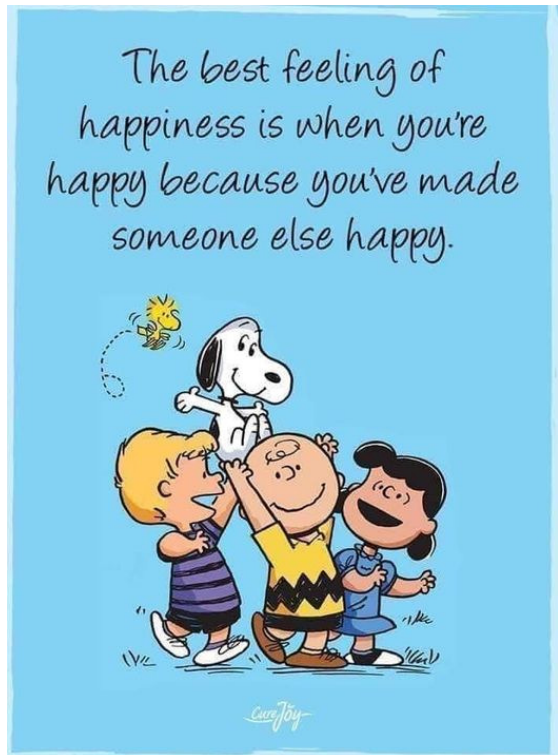
The Spirit of truth works in believers' lives and guides them to the Kingdom. Believers consciously praying to the Holy Spirit find direction for their lives. The Holy Spirit fills the heart, mind and soul of the believer seeking salvation. Serious believers are grateful for the work of the Holy Spirit and give thanks. Pentecost is the time of the year in the Church when the Holy Spirit is emphasized.

***John 16:13- Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. (KJV)***

The Holy Spirit is ever-present for believers to call upon in prayer and faith. Believers are sealed with the gift of the Holy Spirit at the time of Chrismation. Expressing belief in the Holy Trinity is a firm declaration of personal truth. When life is in chaos, turning to the Holy Spirit in prayer leads to order. The Holy Spirit is within reach of each believer seeking Divine guidance.

*Holy Martyr Aquilina; St. Trphyllius, Bishop of Cyprus; Hiermartyrs of Zitomislic. June 13/26, 2024, Hidden Valley, Pennsylvania. Father Rodney Torbic*





### **Sack Lunches :**

I put my carry-on in the luggage compartment and sat down in my assigned seat. It was going to be a long flight. 'I'm glad I have a good book to read. Perhaps I will get a short nap,' I thought.

Just before take-off, a line of soldiers came down the aisle and filled all the vacant seats, totally surrounding me. I decided to start a conversation. 'Where are you headed?'

I asked the soldier seated nearest to me. 'Petawawa. We'll be there for two weeks for special training, and then we're being deployed to Afghanistan.'

After flying for about an hour, an announcement was made that sack lunches were available for five dollars. It would be several hours before we reached the east, and I quickly decided a lunch would help pass the time...

As I reached for my wallet, I overheard a soldier ask his buddy if he planned to buy lunch. 'No, that seems like a lot of money for just a sack lunch. Probably wouldn't be worth five bucks. I'll wait till we get to base.'

His friend agreed.

I looked around at the other soldiers. None were buying lunch. I walked to the back of the plane and handed the flight attendant a fifty dollar bill. 'Take a lunch to all those soldiers.' She grabbed my arms and squeezed tightly. Her eyes wet with tears, she thanked me. 'My son was a soldier in Iraq ; it's almost like you are doing it for him.'

Picking up ten sacks, she headed up the aisle to where the soldiers were seated. She stopped at my seat and asked, 'Which do you like best - beef or chicken?'

'Chicken,' I replied, wondering why she asked. She turned and went to the front of plane, returning a minute later with a dinner plate from first class.

'This is your thanks.'

After we finished eating, I went again to the back of the plane, heading for the rest room. A man stopped me. 'I saw what you did. I want to be part of it. Here, take this.' He handed me twenty-five dollars.

Soon after I returned to my seat, I saw the Flight Captain coming down the aisle, looking at the aisle numbers as he walked, I hoped he was not looking for me, but noticed he was looking at the numbers only on my side of the plane. When he got to my row he stopped, smiled, held out his hand and said, 'I want to shake your hand.' Quickly unfastening my seatbelt I stood and took the Captain's hand.

With a booming voice he said, 'I was a soldier and I was a military pilot. Once, someone bought me a lunch. It was an act of kindness I never forgot.' I was embarrassed when applause was heard from all of the passengers.

Later I walked to the front of the plane so I could stretch my legs. A man who was seated about six rows in front of me reached out his hand, wanting to shake mine. He left another twenty-five dollars in my palm.

When we landed I gathered my belongings and started to deplane. Waiting just inside the airplane door was a man who stopped me, put something in my shirt pocket, turned, and walked away without saying a word. Another twenty-five dollars!

Upon entering the terminal, I saw the soldiers gathering for their trip to the base. I walked over to them and handed them seventy-five dollars. 'It will take you some time to reach the base. It will be about time for a sandwich. God Bless You.'

Ten young men left that flight feeling the love and respect of their fellow travelers.

As I walked briskly to my car, I whispered a prayer for their safe return. These soldiers were giving their all for our country. I could only give them a couple of meals. It seemed so little...

A veteran is someone who, at one point in his life, wrote a blank check made payable to 'citizens of United States' for an amount of 'up to and including my life.'

That is Honour, and there are way too many people in this country who no longer understand it.'

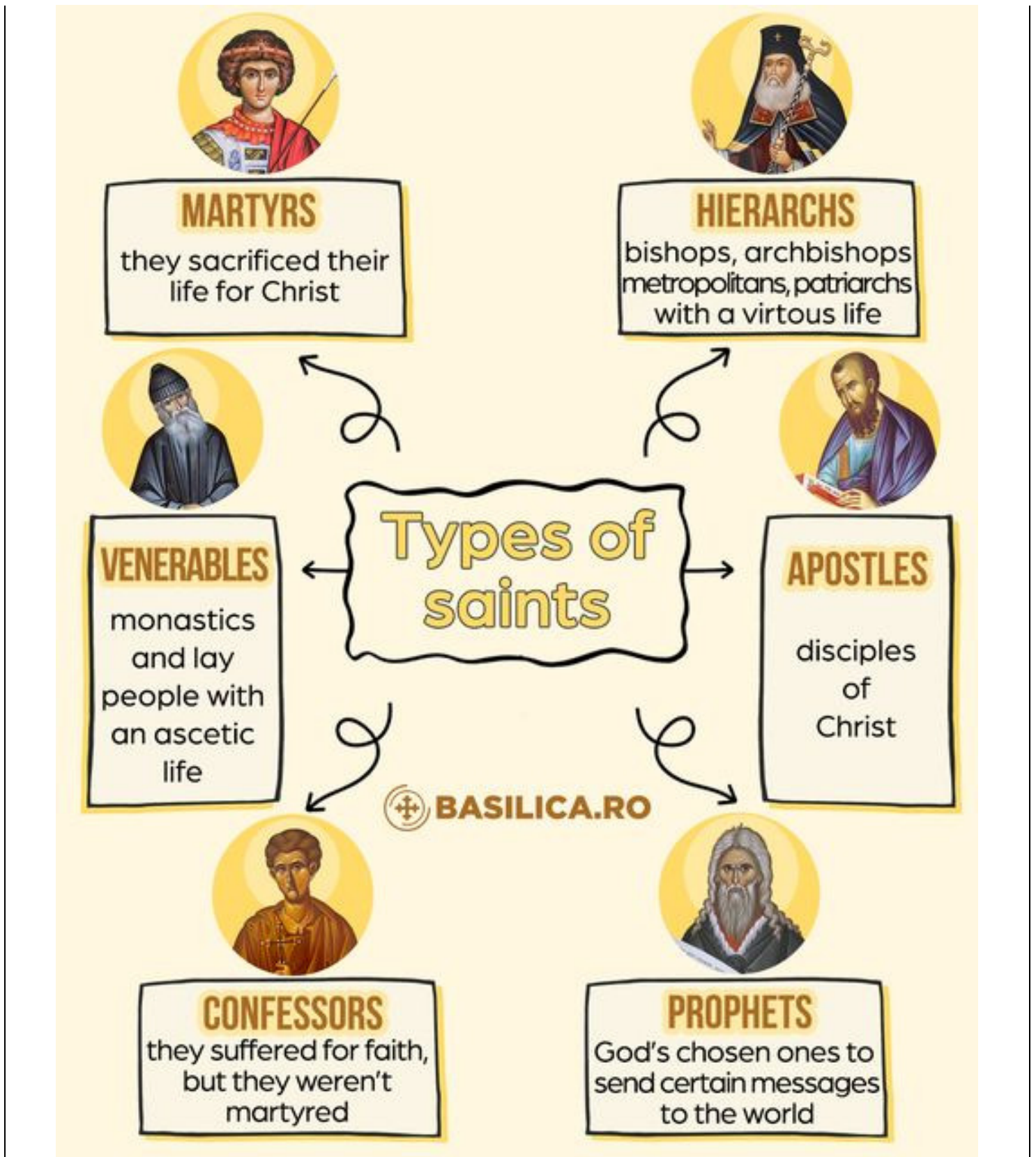
Likewise, if we truly love God, then we never for a second forget about Him, no matter where we go or what we do. We do it all as if before Him. It naturally follows that we strive to avoid anything that would compromise us in His eyes. We fear to lower ourselves in His opinion by any dishonorable, or ignoble or shameful act. **Archbishop Averky (Taushev)**, *The Struggle for Virtue: Asceticism in a Modern Secular Society* p.45

If we are attentive and we remember that for one idle word we will give an account to God, we will not speak idly. Then we will see our own weaknesses and imperfections, and will say, The others are all angels, and I am a nothing. This is how the fear of God comes. **Gerondissa Makrina (Vassopoulou)**, *Words of the Heart* p.118

If we learn to cut off thoughts in our mind, they will not be able to enter into our heart. **Hieromonk Damascene (Christensen)**, *Christ the Eternal Tao* p.363

Everything, the merest trifles, even the smoke of a candle blowing on him, irritates and angers the impatient man, because he is very self-loving, and cares much for the welfare and comfort of his carnal man, which he ought oftener to crucify in different ways. **Righteous John, Wonderworker of Kronstadt**, *My Life in Christ* p.540

**Different TYPES of Saints we celebrate on our church calendar—a brief overview:**



"Today I took 2 of my kids to the Red Sox spring training with my son's travel ball team, all the kids were super excited to get the autographs of some of their favorite MLB players, my 7 year old daughter included... Well, she saw this woman in her cami's standing off to the side a little and



looked up at me and asked if she could go ask her for her autograph because she was a real hero and baseball players aren't...and of course I said yes!

As she stepped out of line and started walking towards her to ask my eyes filled with tears and my heart was overflowing with joy and I couldn't have been prouder of her. Proud that at 7 years old she knows what a real hero is and not blinded by some famous baseball player...as i was standing there one of the Red Sox players noticed what had happened and walked over and stood next to me, and as I was wiping a tear from my eye he put his arm around my shoulders and said 'you should be proud mom, you are raising them right.'

So if you know this woman, please tell her thank you. Thank you for being a real hero and someone I'm proud for my daughter to look up to, thank you for making my daughter's day and thank you for your service! I don't know her name and probably never will but if you know her please tell her thank you for me!"

Credit: Angie Woodburn

