



Holy Ghost Orthodox Church

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ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Archbishop Daniel, Metropolitan Antony, Metropolitan Yuriy, Archbishop Jovan, Metropolitan Savas, Father Paul & Pani Judy 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 Daniels, Father Joe & Protinica Linda Cervo, Igumen Patrick, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Father 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, Monk Andrew, Father Dan & Matushka Myra Kovalak, Pastor Terry & Lisa Polen, Chaplain Rachelle Zazzu, Eva Malesnick, Nick Behun, 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, 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, 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, Gene Blair [Pani Gina's dad], David Hoenshell, Barbara Macino, Shelley Hill, Linda Cawley, Gerald Cogley, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [young lady with cerebral palsy], Patricia

Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, Cher Mount, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, Shirley, Denny Mader, Ella Campbell, 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, Mira Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Kristy, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, 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 Zeliszcuk, Donna Davis, Jackie Crimbchin, Margie Sekelsky, Fran Fulton, Bill Vizza, Jamie Swarm, Kathy Flaherty, Tori Reade-Henry's niece, Derick-Glen Burlack's neighbor, Michael, Nichole & Christopher, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Gregory Cervo, Lisa Bruce, Kathy Cvetkovich, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Ralph & Beverly Stoker, Noah Willard, Nikola, Natalie, Nikola, & Nevenka Jovonovich, Julia Collier, Amy Kemerer, Thomas Smith, Tracy Slaugenhaupt, Louis Berceli, Tom Nolan, Silvia Martin, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, 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, Stephen Popichak—Fr. Bob's brother, 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, Mike Ruzzi, Mary Kay Ludovicy, 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, Jeff & Buschra Kerr, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Rita & Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Eleanor Kitt, Maria Warholak, Christy, Mariruth, Judy Previc, Ben Williams, Tim—surgery, Olivia—girl with a brain tumor, Rick & Sharon Morgan, John Stasko, John, Kris, & Kait, Wendy LaGamba, Melissa Gross [hip replacement], Amy Forbeck, David Salazar, Dr. Paul Riley, David Hess, Serena, Wyatt, Makenzie, Jennifer, Alexandra Roberts, Candace, Dave, Jared, & Beth Irvin, Carol Muschick, Grace Love [knee replacement], Joseph Paul Cervo, Jr., Elizabeth, Susan & 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, the Rodrigues family, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Brett Crosby, Randy Lapuh, Henry Tkacik, Diane & Arthur Chaklis, Denny Mader, Zoe Oswalt—Fr. Bob's cousin, Barbette [cancer] & Scott, Kristin [cancer], Erm Hartmann, Barbara Bookser, Bob Mazzuca, Marko, Taylor, Terri Crosby-Vega, Christine Mohamed & family, Tammy Marsico, Terry & David Hartnett, Jamie Ball, Kay Williams, Hannah Stewart, Jim Wyko—Alex's friend, Dan Losego, Lisa Bruce, Yvette, Barry Bender, Andrew Zelleznick, Byron & Cecilia Scott, Vespina, Michelle Russo, Julie Tripodi, Debbie—HTUCC, 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 & Colton Rosati, Jessica Shirley, Mark [kidney cancer], Steve Milcic, Wilbert Wagner, Bob Wojciechowski, Ashley, Beth, Sharon Svitek, Laura, Christopher, & ane 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 Scharba [Metropolitan Antony's brother], George Lawrence, Edie McGrath, Samantha Lopez, Bob [cancer], Syble Elliott, Maria Ancevski, Krystyna, John, & Jeffrey, Dottie & family, Bonny Diver & Ashley Smock, Steve, Jill Morocco, Mike Pelino, Maddie Stewart, Hutchinson Family, David Urban, Vicky Moore, Casi [cancer], Ashley & Andy, Marion Mamula, Dominic [cancer], Diane Hughes, Jenny Case, John Chovanes, Edward Poturich, Jeff, Chris, & Mills family, Sarah's son, Rachel, Alex, & little Charlie, Steve & Vonnie Gerson, and Lauren, Dan, & the baby... We pray that God will grant them all a complete and speedy recovery.

HAPPY BIRTHDAY to our August babies: John Brunermer on the 1st, James Brunermer on the 12th, and Nicholas Behun on the 29th. 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 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, August 10 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM
9TH SUNDAY AFTER PENTECOST; HOLY APOSTLES OF THE 70 AND DEACONS
PROCHORUS, NICANOR, TIMON, & PARMENAS; MARTYR JULIAN OF
DALMATIA; MARTYR EUSTATHIUS & MARTYR ACACIUS OF APAMEA;
VENERABLE MOSES-WONDERWORKER OF PERCHEVSKY LAVRA

Tone 8

1 Corinthians 3:9-17

Matthew 14:22-34

Litany in Blessed Memory of Father Peter Natishan, Samuel Mrvos, Matushka
Virginia Pyrch, David Yenni, Denise Lawrence, Rudy Obradovich, Michael
Horvath, John Sheliga, Anna Harte, Mildred Kitch, Agnes Rossi, & Michael
Cherepko! May God grant them the Kingdom of Heaven and Life
Everlasting! Vechnaya Pam'yat! Memory Eternal! God Bless their
families and friends

THURSDAY, August 14

DORMITION FAST BEGINS

SUNDAY, August 17

*******NO SERVICE IN SLICKVILLE*******

10TH SUNDAY AFTER PENTECOST; HOLY 7 YOUTHS OF EPHEBUS-MAXIMILLIAN,
JAMBLICUS, MARTINIAN, JOHN, DIONYSIUS, EXACUSTODIAN-
CONSTANTINE, & ANTONINUS; MARTYR EUDOCIA; MARTYR ELEUTHERIUS

Tone 1

1 Corinthians 4:9-16

Matthew 17:14-23

Tuesday, August 19 FEAST OF THE TRANSFIGURATION OF OUR LORD AND
SAVIOR JESUS CHRIST

SUNDAY, August 24

OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM

**10TH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE TRANSFIGURATION;
HOLY MARTYR & ARCHDEACON EUPIUS; MARTYRS BASIL & THEODORE OF
PERCHEVSKY LAVRA; SAINT THEODORE OF PERCHEVSKY LAVRA—PRINCE
OF OSTROG**

Tone 2

1 Corinthians 9:2-12

Matthew 18:23-35

BULLETIN INSERT FOR 10 AUGUST 2025

**9TH SUNDAY AFTER PENTECOST; HOLY APOSTLES OF THE 70 AND
DEACONS PROCHORUS, NICANOR, TIMON, & PARMENAS; MARTYR
JULIAN OF DALMATIA; MARTYR EUSTATHIUS & MARTYR ACACIUS
OF APAMEA; VENERABLE MOSES-WONDERWORKER OF PERCHEVSKY
LAVRA**

TROPARION—TONE 8

Thou didst descent from on high, O Merciful One!
Thou didst accept the three-day burial to free us from our sufferings!
Our Lord, our Life and Resurrection, Glory to Thee!

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

KONTAKION—TONE 8

By rising from the tomb,
Thou didst raise the dead and resurrect Adam.
Eve exults in Thy Resurrection,
And the world celebrates Thy Rising from the dead,
O greatly Merciful One!

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

Come let us rejoice in the Lord! Let us make a joyful noise to God our
Savior!

Let us come before His face with thanksgiving; let us make a joyful noise to Him with psalms.

Orthodox Cathedral of the Holy Virgin Protection

On Love by our Inquirer Jack Elliot 5/31/25

In the Gospels, when someone asked Jesus, "which is the great commandment in the law?"

Jesus said, " 'You shall love the Lord your God with all your heart, with all your soul and with all your mind. This is the first and great commandment. And the second is like it: 'You shall love your neighbor as yourself. On these two commandments hang all the Law and the Prophets.'"

This second commandment is often misinterpreted as "You shall love your neighbor as you love yourself." But this destroys the force of the statement. How much we love ourselves is not the standard by which Christ is calling us to love others. Rather, we are called to love our neighbor as being of the same nature as we ourselves are, as being created in God's image and likeness just as we are. As the Fathers teach, we find our true self in loving our neighbor (OSB commentary).

Jesus also says to "love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you."

The love of enemies is not merely an emotion, but includes decision and action. It is to treat and see our enemies as the closest members of our own family (OSB commentary).

So to recap, we are told to "love the Lord [our] God with all [our] heart, with all [our] soul and with all [our] mind," to "love [our] neighbor as [our]self," and to "love [our] enemies."

Let me speak at least for myself when I say, that is really hard. But we must strive for this. In commenting on a verse from Hebrews, Saint Symeon the New Theologian says, "Why did he say 'strive'? Because it is not possible for us to become holy and to be saints in an hour! We must therefore progress from modest beginnings toward holiness and purity. Even were we to spend a thousand years in this life we should never perfectly attain it. Rather we must always struggle for it every day, as if mere beginners."

In a world that can sometimes be very harsh, and can make it feel hard to love, strive to love: love the Lord your God, and love each and every person, each and every day. No matter how hard it may feel. And "[e]ven if we [fail] a hundred times a day, it does not matter; we must get up and go on walking toward God without looking back. What has happened has happened—it is in the past. Just keep on going, all the while asking for help from God." (Elder Thaddeus of Vitovnica).

– How can we love Christ, Geronda?

– We attain love for Christ, my child, in the following way: with all our being we strive towards God and call upon Him. Contemplating nature, trees, plants, birds, bees, flowers, the sea, fish, stars, the moon, the sun and the other great multitude of His most beautiful creations, we turn our minds to God and, glorifying Him through them, we try to realize how wonderful and amazing they are, and we try to love them. When we succeed in this, then our love will begin to ascend to our Creator, and then we will truly, truly love Him. Thus, love for creation is an important stage on the path to the love of Christ, but even more important is love for one's neighbor. Therefore, in order to acquire it, we must visit hospitals, prisons, orphanages, old people's homes, etc. Then our love will be sincere." *St. Porphyrios*



The Bread of Life isn't just bread. And it's never just a symbol.

In the Eastern Orthodox Church, the bread we use for Holy Communion is leavened, because the bread matters. Christ instituted the Eucharist at the Mystical Supper (the Last Supper), which was celebrated as a Passover meal. And in the Eastern tradition, this meal was kept with leavened bread, bread that RISES.

But this isn't just about what kind of bread was on the table. It's about what the bread means. In Orthodox theology, leavened bread symbolizes the Risen Christ. It is bread with life, because Christ is risen from the dead, trampling down death by death, and giving life to those in the tombs. The Eucharistic bread must reflect that reality. The Church has always held to this, because the bread itself proclaims the Resurrection.

Over time, however, the Roman Catholic Church shifted away from this. During the Middle Ages, they began using unleavened bread, flat, dry wafers that don't rise. And it eventually became a matter of doctrine. In doing so, the theological meaning of the bread was changed. It no longer

pointed to the living, risen Christ, but to something else, something more sterile, more abstract.

The Orthodox Church never accepted that change. And for good reason. Because when you flatten the bread, you also flatten the mystery. You reduce the Holy Eucharist from a participation in the very life of the risen Lord to a theological diagram on a plate. It's no longer the living risen Body of Christ. It points backward rather than a reality that draws us forward.

And yes, this difference was one of the many reasons for the Great Schism. It's not just a liturgical detail. It reflects deep and fundamental differences in how East and West understand theology, salvation, and the very nature of the Church.

For us, the Eucharist is not simply a "memorial." It is the true Body and Blood of Christ, offered to us for the forgiveness of sins and eternal life. It's not just something we remember, it's Someone we receive.

This is why St. Ignatius of Antioch, a disciple of the Apostle John, called the Eucharist: ***"The medicine of immortality, the antidote that we should not die but live forever in Jesus Christ."***

This is the sacred meal that sustains the Church. This is the gift of Christ to His Bride. And this is why, in every Divine Liturgy, the priest lifts up the Holy Gifts and proclaims: ***"The holy things are for the holy."***

It is Life Himself and it's not supposed to be changed.

"Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day." — John 6:54, OSB



Sanctify

John 7:17-Sanctify them through thy truth: thy word is truth. (KJV)

God's truth has the wonderful power to change and transform human lives. Lives are changed and transformed by God's truth when they are receptive. Welcoming hearts, minds and souls enable the transformation to occur. Closed and unbelieving hearts, minds and souls resist the entry of God's truth. The disposition of the believer entering the Church makes a decided difference.

Ephesians 5:26-That he might sanctify and cleanse it with the washing of water by the word. (KJV)

The Creator of all has the wonderful transforming power by use of the word. Believers benefit by entering God's Holy Church with hopes of being transformed. Putting sin behind and seeking holiness in the Lord God is possible for believers. Sincere repentance is always welcomed in the Church and is certainly beneficial, Life is transformed when repentance occurs in the believer's heart, mind and soul.

I Thessalonians 5:23-And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. (KJV)

Believers put on Jesus Christ at Baptism and are to remain pure throughout life. Remaining pure is a constant challenge in a world filled with perils to the soul. Proper care, protection and nourishment of the soul determines life's quality. Being transformed in Jesus Christ throughout life is a believer's primary goal. Each day is a preparation for the Lord Jesus Christ's Glorious Second Coming.

Hebrews 13:12-Wherefore Jesus also, that he might sanctify the people with his own blood, suffered without the gate. (KJV)

Each person will stand before the Lord to give account at the Great Judgment. Jesus Christ was willingly and horribly crucified to sanctify each believer. Believers owe the Lord unending gratitude and remembrance for being crucified. The heart, mind and soul benefit from daily remembrance of Jesus' Crucifixion. Expressing constant gratitude to the Lord Jesus has a place throughout earthly life.

I Peter 3:15-But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear: (KJV)

Hearts filled with the Lord are filled with the hope established by the Resurrection. The Light of the Resurrection is greater than any darkness arising in daily life. Firm belief in the Resurrection deep within the heart will triumph against any peril. The message firmly written in each heart

that "Christ is Risen!" is transforming. Enduring joy and unconquerable hope emanate from the belief that Christ is Risen!

Venerable Father David of Thessalonica. June 26/July 9, 2025. Hidden Valley, Pennsylvania. Father Rodney Torbic

**Today is the 45th.
Anniversary of
the Vietnam war.
No mention of it
anywhere. We
salute our
veterans, living
and dead. God
bless you all.**



With God All Things Are Possible

Matthew 19:26-But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible. (KJV)

The Lord Jesus Christ embodies hope for believers in all of life's circumstances. Jesus Christ's Virgin Birth is evidence of all things being possible with God. Miracles documented in the Old Testament tell of God's miracles of centuries ago. Believers need not despair when facing difficult choices that arise in daily life. Hope is always present for believers turning to the Lord God in fervent faith.

Mark 9:23-Jesus said unto him, If thou canst believe, all things are possible to him that believeth. (KJV)

Careful introspection of the heart, mind and soul strengthens the firmness of faith. Strong faith in the Lord is necessary to perceive and experience hope's realization. Doubt in God's capabilities has no place in the believer's heart, mind and soul. Hope directs the way to travel through the many road blocks that appear in life. The Light of Christ burns deep within believers to shine through any darkness.

Luke 1:37-For with God nothing shall be impossible. (KJV)

The Holy Scriptures document the unlimited powers of God for the avail of all. Opportunities always exist for each person to experience the Scriptural truths. God's Church preserves, protects and proclaims the Divine Scriptural truths. Individuals are challenged to work through

existing doubts to realize Divine joy. Barriers of evil exist in the world to test the depth of a believer's faith.

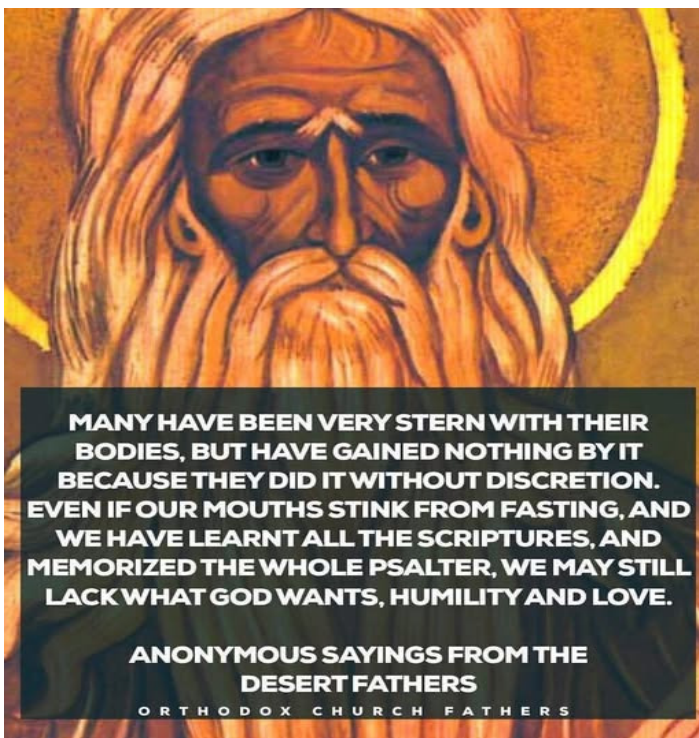
Luke 18:27-And he said, The things which are impossible with men are possible with God. (KJV)

Growth in Christ enables believers to expand their view of life's possibilities. Immersing the heart, mind and soul in Christ in the Church results in growth. God's greatness becomes increasingly apparent as the believer matures in faith. Every moment of time reveals the miracles of God for those with eyes to see. Looking at the world through God's teachings reorders the believer's vision.

Hebrews 11:6-But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him. (KJV)

The Church Year is structured for believers to revise and expand life's vision. Years ago +Father Radovan Milkovich preached our vision of God is too small. The Time of Pascha reveals Jesus Christ's defeat of death as the ultimate miracle. God's Holy Church celebrates Jesus Christ's Resurrection as the Feast of Feasts. Jesus Christ's Resurrection is the irrefutable proof all things are possible with God.

*Hristos Voskrese! Vaistinu Voskrese! Christ is Risen! Indeed He is Risen!
Bright Wednesday April 10/23, 2025 Hidden Valley, Pennsylvania. Father
Rodney Torbic*



“There is no space where God is not; space does not exist apart from Him. He is in heaven, in hell, beyond the seas; dwelling in all things and enveloping all. Thus He embraces, and is embraced by, the universe, confined to no part of it but pervading all.”


Hilary of Poitiers



May your prayers shine in the drops of tears, like the drops of rain form multicolored rainbows. *St. Ignatius (Brianchaninov), Bishop of the Caucasus and the Black Sea, Harbor for Our Hope: On Acquiring Peace Amidst Suffering p.17*

The word "prosphora" comes from Greek (προσφορά) and means "sacrifice, offering"

It is made from leavened dough and only of flour, water, salt, and yeast

 BASILICA.RO



THE PROSPHORA

It has to be prepared by someone with a chaste life



During preparation prayers are said



The prosphora seal is used for stamping the dough

The two pieces of dough that form the prosphora recall the two natures of Christ



Often, the seal includes the abbreviation



Jesus Christ conquers



There are saints known as "prosphora bakers" such as Sts Spyridon and Nicodemus of the Kiev Caves Lavra



Where the Lord is there is peace, light, wisdom, joy. Where Satan is there is irritability, darkness in the soul, dullness of mind, despondency, and readiness to commit all sorts of evil deeds. *Abbot Nikon Vorobiev*, *Abbot Nikon Letters to Spiritual Children* p.60