



Holy Ghost Orthodox Church

714 Westmoreland Avenue

PO Box 3

Slickville, PA 15684-0003

www.holyghostorthodoxchurch.org

Very Rev. Father Robert Popichak, Pastor

23 Station Street

Carnegie, PA 15106-3014

[412] 279-5640 home

[412] 956-6626 cell

ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Father George & Pani Lillian Hnatko, Father John Harvey, Father Jakiw Norton, Father Dragan Filipović, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, Father Nestor Kowal, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John Nakonachny, Father Steve Repa, Protopresbyter William Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smolynec, Father Bazyl Zawierucha, Father Lawrence & Matushka Sophia Daniels, Joshua Agosto and his family, Eva Malesnick, Stella Peanoske, Nick Behun, Grace Holupka, Virginia Bryan, Joseph Sliwinsky, Gary & Linda Mechtly, Mary Mochnick, 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, John Sheliga, George Rocknage, Robert McKivitz, Liz Obradovich, Halyna Zelinska [Bishop 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, Betty O'Masta, Julie Eiler, Dorothy Lednovich, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—21-year-old with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Woloschak, Michael Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial, Mary Pelino, 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, Helen Bozo, Corey Guich, Robert Vangrin, Pauline Witkowsky, Sera White, Donald Griffey, Deborah Smith, Nancy & Eric Dunik, Julian Stroz [child with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Richard Dunst, Michelle, Patrick, Linda Morris, Howard Simpson, Chris, David Hiles, Karen Johnson, Jennifer, Jerry Quinn, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Fred DeNorscia, Sandi Anderson, Donald Uebing, Sabrina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Barbara McDougall, Alma Wyke, Lindsay Romanczak & family, Virginia Catherine Pynch, 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, Jeff Jones, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Stella Rossi, 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, Millie Koss Good, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Michael Pawlyshyn, Sherri Walewski, Marika Zeliszczyk, Donna Davis, Jackie Crimbchin, Marta Charron, Mary [Corba], Stella McKeag, 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, Cheryl Pomeroy, Ben Douglas, Dianne Donahue, Zachary, Natasha, Noah Willard, Jodi Hanczar, Gregory Cervo, Lisa Bruce, Martha Nezolyk, Kathy Cvetkovich, Frances Gebet, Sheryl Smith Haraczy, Judy, Will, Emma, Ginny, Ye-Jin, Maria, John & JoAnn, Jim & Kitty, Bill Baronie, Phil Bouse, and Ian Brick. ARNOLD: Homer Paul Kline. We pray that God will grant them all a speedy recovery.

PLEASE REMEMBER IN YOUR PRAYERS: All Christians and the others in the Middle East who are suffering during this time of great tragedy and unrest. May God watch over and keep them safe! Lord have mercy!

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.

SCHEDULE OF SERVICES

SUNDAY, AUGUST 13 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 09:30 AM
10TH SUNDAY AFTER PENTECOST; FOREFEAST OF THE PROCESSION OF THE PRECIOUS AND LIFE-GIVING CROSS OF THE LORD; RIGHTEOUS EUDOCIMUS OF CAPPADOCIA; MARTYR JULITTA AT CAESAREA

Tone 1

1 Corinthians 4:9-16

Matthew 17:14-23

Parastas in Blessed Memory of Rae Ruth Batch—Harry, Rachel, Kristin, and family

SLICKVILLE CENTENNIAL CLOSING CEREMONIES—11 AM

MONDAY, AUGUST 14 BEGINNING OF THE DORMITION FAST

SATURDAY, AUGUST 19 TRANSFIGURATION OF OUR LORD, GOD, AND SAVIOR JESUS CHRIST

SUNDAY, AUGUST 20 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM
11TH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE TRANSFIGURATION; MARTYR DOMETIUS OF PERSIA & 2 DISCIPLES-MARTYRS MARINUS THE SOLDIER & ASTERIUS THE SENATOR AT CAESAREA IN PALESTINE; VENERABLE HORUS OF THE THEBAID; VIRGIN POTAMIA OF ALEXANDRIA; VENERABLE POEMEN THE MUCH-AILING OF PERCHEVSKY LAVRA; VENERABLE PIMEN THE FASTER OF PERCHEVSKY LAVRA; VENERABLE MERCURIUS-BISHOP OF SMOLENSK

Tone 2

1 Corinthians 9:2-12

Matthew 18:23-35

Litany in Blessed Memory of Joseph Yarmeak, Sr.—40 days—Fr. Bob

SUNDAY, AUGUST 27 OBEDNITZA DOWNSTAIRS IN THE CHURCH HALL 10:30 AM

12TH SUNDAY AFTER PENTECOST; FOREFEAST OF THE DORMITION; PROPHET MICAH; HEIROMARTYR MARCELLUS-BISHOP OF APAMEA; TRANSLATION OF THE RELICS OF SAINT THEODOSIUS OF PERCHEVSKY LAVRA

Tone 3

1 Corinthians 15:1-11; Hebrews 13:7-16
Matthew 19:16-26; Luke 6:17-23

BULLETIN INSERT FOR 13 AUGUST 2017

10TH SUNDAY AFTER PENTECOST; FOREFEAST OF THE PROCESSION OF THE PRECIOUS AND LIFE-GIVING CROSS OF THE LORD; RIGHTEOUS EUDOCIMUS OF CAPPADOCIA; MARTYR JULITTA AT CAESAREA

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!

If I am an Orthodox person, I must understand that there are no random people in my life, and every person whom God sends to me is the person necessary to me, even if he is irritable, angry, angry, but my reaction to him shows, That I differ little from him. As the holy fathers say, the most important thing is that I must see what is happening inside me. And then it becomes clear that the most important enemy is sitting inside of me - these are my passions, my irritability, my anger, the spirit of malice, which I often do not notice. And the person whom God sends, awakens these hidden qualities in me, that is, he shows me my sins. But this is a great happiness, because seeing your sins means seeing the beginning of your salvation, the beginning of your correction, the beginning of your purification. Therefore, the holy fathers also commanded us to pray for our enemies, Which help us to see our own inner uncleanness. *Archimandrite George [Shestoun]*

Do not move away from the temple, no matter what negative you see in people visiting the church and even those who serve. All this is a shell, and the essence of the Church is the grace of God, an invisible power, without which there is no eternal salvation, no peace of the soul on earth. *Archimandrite Raphael (Karelin)*

Fwd: Today's Word..... Luke 11-9-13

"So I say to you, Ask and it shall be given to you, Seek and you will find, Knock and the door will be opened to you. For everyone who asks receives,

the one who seeks finds, and to the One who Knocks, the door will be opened.

"Which of you fathers, if your son asks for a fish, will give him a snake instead? Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in Heaven give the Holy Spirit to those who ask Him!"

It's truly amazing when we think about this particular scripture, what is Jesus talking about? Ask and you shall receive, Seek and you will find. I have heard stories about the life of prayer.

Some people think that God is a vending machine, you put in your Prayer request, and then expect to get exactly what you want! And when they don't get it, they're upset with God, or even worse, they believe the Satan lie, that this God thing is not real, they lose faith. They prayed for this or that, they seeked and couldn't find, and they didn't receive, so they become bitter, and angry people. God is not a vending machine! My own personal experiences have taught me that God truly does answer prayer, but here's the catch, it's according to His will not mine!

He will never give us something we Prayed for if it's going to hurt us. We can trust His Word and His love for us, but we must have the faith to believe it!

My Prayer this morning is that all come to know the Power and knowledge of our Lord and Savior Jesus Christ! Today Ask Ask Ask Seek Seek Seek!

Have a revealing day! *Lazarus [Manny Lopez—Samantha's husband]*

Fwd: Today's Word...Matthew 6-14

The Lord said, "If you forgive men their Trespasses, your Heavenly Father will also forgive you. But if you do not forgive men their Trespasses, neither will your Father forgive your Trespasses.

What is Matthew, talking about in the above verse? If we want to be forgiven for the things we have done, then we must be ready to forgive others. Not an easy thing to do, sometimes people are like bankers, they just want to hold on to their stock, and not let it go. If God forgave us, then why can't we forgive others? Unforgiveness is like a form of Cancer, it eats you up from the inside out. Unforgiveness is like drinking poison, and expecting some one else to die. (Unk)

Always forgive your enemies, nothing annoys them so much. Remember our Lord, when He said Father forgive them, for they know not what they do! Even then He loved and forgave. We must rid ourselves of all the toxic thoughts that roam around in our minds, if someone has hurt you badly, or you're holding on to a grudge, follow our Lord's example, and Forgive, then you will be set free. Even if you do not possess a pure heart, at least let your speech be pure. And even if you are not a peacemaker, at least do not be a trouble maker. (Saint Isaac the Syrian)

Today, let us look deep inside ourselves, and ask for God's Forgiveness as we ourselves forgive others. Have a wonderful and forgiving day! Lazarus

(Tuesday, August 1) EMAIL OF THE WEEK (from a young MOTHER, about finding TIME for PRAYER):

Glory to God! Glory Forever!
Greetings from Washington!

This is N, wife to P, mother to three children (ages 4 yrs, 2 yrs, and 6 months). I just finished listening to your audio-podcast about "God Reliance vs. Self-Reliance." Thank you for that message. It has been very helpful for this tired and busy mother of very rambunctious children to have the Christian life framed in this way. It is absolutely impossible to raise children in a loving way without inviting God's grace in, at least for me it is. I have been able to pause more and be less reactive to them, glory to God! When you were speaking about Christ's instruction to us regarding how to pray, I was struck by a thought. It is such a beautiful moment, as He is freeing mankind from this kind of magical thinking in regards to God, and placing us back in a relationship-mode with God. We no longer have to chant spells, worry about getting some "formula" right in order to please God. He reminds us, that like any good parent, God anticipates our needs, because He knows us and loves us. And with that taken care of and out of the way, we can then rest in Him, become our true selves. This is the ideal my husband and I must emulate with our own children. We do well when we anticipate our kids' needs. We give them water before they thirst, feed them before they are too hungry, put them to bed before they are over-tired. We often put our own needs aside in order to meet theirs first.

This is an important reminder, as I often encounter this both with myself and with others (even now in the Orthodox Church), a preoccupation

with getting the externals of prayer correct. For example, the other day a friend of mine said "I don't feel particularly close to my patron saint. I sometimes think it's because I don't pronounce her name in Greek, as she would have heard it when she was alive. I think I'm insulting her." Oh my, I thought this very sad. God does not need our magic. He wants us.

I have a practical/pastoral question though. The reality of my life is such that many days, my own prayer needs (reading of Scripture, etc.) simply don't happen. And yet, I recognize my weakness, my frailty, and the absolute necessity that I be doing these things. Some days, it's all I can manage to venerate my icons alone in the morning and at night. I am always, and I mean 24/7, with my children. I sleep with them, am up with them, and go to bed with them. I make sure we do short prayers with our kids, but prayer alone hardly seems possible. And I feel intense guilt about this at times, that I am neglecting our Lord (and my own husband!). And, God forgive, at times resent my circumstances, my children for this. I know this is a season of life, soon to change forever, but do you have advice for mothers of young children?

Thank you so much!

Love in Christ,
Zillionette N.

SISTER VASSA'S RESPONSE:

Dear N,

Thank you for writing. God bless you and your family, and all that you offer us in your self-offering example, building and nurturing your family as you do.

Let me get straight to the point of your question, about your frustration with not having "prayer alone," when you're always with your kids. I am not well-positioned to reply to this question, since I'm not a mother, nor have ever been. But, since you've asked me, let me say this: You have somehow found time to listen to our podcast, almost an hour long, about "Self-Reliance vs. God-Reliance." So, I see that you find a way to "listen" to something outside your immediate sounds and calls from your children, with whom, as you tell me, you spend all your time. I presume that you listened to the podcast while tending to your children.

So, I'm thinking, you might also embrace prayer, while also tending to your children. One does not exclude the other. I'm saying, pray during, and

through, and over, the other responsibilities, like picking up after the kids, and loading the clothes into the washing-machine, and driving them to the doctor's office. As a wise person once told me, When the distractions are inevitable, - embrace the distractions! Pray in and through them! As you said, this situation will not be with you always. The kids will grow up, and you will have more alone-time. But for now, you do have your responsibilities, and the challenge of maintaining your connection with God throughout them.

Here's another tip: Please simplify your prayer, bringing it down to a brief prayer that speaks to your heart, and one that you can repeat as often as possible. In our Tradition, this would be the Jesus Prayer, or (my favorite), the Our Father. Forget about previous "prayer-rules," if you see they are impossible for you now, and get your heart right with a briefer prayer, so you can be right for your family and self.

And, as far as contemplative-reading goes, nowadays we do have resources online, if you find time to go online (perhaps when the kids are asleep, at night), you can find (brief) daily reflections on Scripture, if you have a few minutes. There are many resources out there for this, but as far as I'm concerned, I could suggest that you follow my Daily Reflections, if you sign up for them at our website: www.coffewithsistervassa.com.

Finally, let me just carefully comment on what you say about the "guilt" you feel, not only about neglecting our Lord, but about neglecting your husband. This may sound shocking to you, but I think the latter is more important than the former. I mean, our "neglect" of the Lord is more easy to remedy, because He is everywhere and fills all things, at all times, while our husbands ...are not. So, please be creative and pro-active, in any way you can, to spend time with your husband, not entirely unlike the way you would always find time for your children. I don't know the practical ways to do this, because I don't have this experience, as an unmarried woman, but you can find these ways, as one who is called to do this. You know what he likes, and what makes you two connect. So, by all means, whether it means getting a babysitter once a week, or even missing Vespers at your church once in a while, please do spend time with your husband, when you can. Figure it out, because you're an intelligent woman, capable of doing that. You don't need me to tell you how to do that.

Thanks again for writing.

Love to you from all of us in Vienna,
SV

Susan Schneider July 19 at 3:04pm

"Abba, how is hell?"

"I'll tell you a story I heard. There was once a simple man who prayed to God to show him heaven and hell. And one night he heard in his sleep a voice saying:

Come, I'll show you how is hell. And he immediately found himself in a room where many people were sitting around a table and in the middle there was a pot full of food. But all those people were hungry because they couldn't eat. They were holding in their hands some very long spoons, they took the food from the pot but they couldn't take the spoons to their mouths. For this reason some were grumbling, others were shouting and others were crying...

Then he heard the same voice saying:

Come, now I'll show you how is heaven! And he immediately found himself in another room where many people were sitting around a large table, resembling the first one and in the middle of that table there was a pot full of food and they had the same long spoons. But they were all satiated and happy because everyone was taking food from the pot with his spoon and fed his neighbor. Now you understand how you can live heaven from this life? Whoever does evil suffers and makes a hell from the earthly heaven. Have you got love and kindness? You are an angel and whenever you go or stop you share heaven. Have you got wickedness and passion? You have the devil inside yourself and wherever you go or stop, you share hell. From here we start living heaven or hell.

Susan Schneider August 4 at 8:32am

From Metropolitan Anthony of Sourozh: I remembered the incident, as one old woman came to the priest with the question:

- Here I pray all my life, and in the morning, and in the evening, and in the daytime, I constantly pray inside myself. But God somehow does not answer me. All I'm worried about are my questions, and I'm not at peace! Why is He so inconsiderate towards me?

The priest asks: "And how do you pray?"

- Morning - morning prayers. In the afternoon I read a couple more canons. In the evening, a hymnal and evening prayers. Well, before the beginning of each case, before eating and after eating.

The priest then said to her: "You do not leave place for Him!" You speak all the time, He can not insert a word! You come home, light a lamp, sit on a chair, listen. Maybe then you will hear Him!

The next day, the grandmother, all so happy, gives a thank-you note.

Father is interested: "Well, how was it yesterday?"

- Oh, it was good! - answers the old woman. - So good!

- What was it then?

- I came home, lit a lamp, sat down in front of an icon, listened ... quietly in the house. Everything is quiet. So thoughtful.

"What did God say to you?"

- And we were silent with Him together. I've never been so silent with anyone! Everything became clear, and so calmly. I came to thank you for what He paid me yesterday.

Susan Schneider July 31 at 11:28am

Gossip is called spiritual murder. What can we do to fight this terrible venom? Archimandrite Sebastian at Saint Tikhon's Monastery had the best shield against gossip: if you came to him with gossip and said, "Guess what I heard!", before you had a chance to say any more, he would ask, "Did you hear it yourself? Were you there?" And if you said no, he would say "Then it's gossip, and I don't want to hear it." And if you started to tell him anyway -- he would turn his back and walk away. Or, if you said you were there, and you heard it with your own ears, he would say he didn't want to hear it anyhow.

Susan Schneider July 27 at 7:37am

Silent, calm transfer of offenses best protects the offender. Nothing so holds the offending, as the meek patience of the offended. Those who endure insult are defended by God. St. Luke (Voino-Yasenetsky)

July 18 at 4:38pm

The soul, often close to despair, does not know that it is already on the brink of a new path.- Reverend Varsonofy Optinsky

On behalf of Bill, Mary Ann, Andy, Harry, Judy, and the Slickville Centennial Committee—THANK YOU to all who helped make the celebration a great success. If you bought a ticket, donated an item, contributed money, or gave of your time, you have made our parish a bright light in this

sometimes dark and dreary world. May God reward you a thousand-fold for your kindness! God Bless you all!