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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, Metropolitan Theodosius [OCA], Archbishop Jovan, Bishop Robert, Metropolitan Savas, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, Father Igor Soroka, Father Joseph Kopchak, Father Elias Warnke, Father George Yatsko, Father Paul Bigelow, Father Emilian Balan, Father John & Pani Mary Anne Nakonachny, Father Steve Repa, Protopresbyter William Diakiw, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Adam Yonitch, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smolynec, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], Father George Livanos, Igumen Patrick, Pani Mary Ann Chubenko, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, 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 Olynnyk, 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 Luciow, 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, 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 Stroz [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Alma Wyke, Lindsay Romanczak & family, Susan Lucas, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, Nancy Heinbaugh, Mira Filipović, Lynn, Jacqueline, Sharon, Zan Cheng, Kristy, Elaine Ellenberger, Brandon, Anna Tranchine, Demetra, Blase Urban, Catherine Hogel & children, Jennifer & Dylan, Ron Schwartz, Lydia Wilson, Flora Tomlin, Howell Swarm, Jane Bielewicz Allred, Manny "Lazarus" Lopez, Glenn & Lucas Burlack, Katie Elizabeth, Mileva, & Michael, Deirdré Straughan, Terri Paluh, Lori & Steve Lucier, Kyranna Cherpas, Pastor Bruce Nordeen, Heather Ried, Carla Perry, Linda Elliot, Dennis McDaniel, Luke Tinsley, Brent, Tricia, Katherine Gorman, Pamela Jaquette, Sherri Walewski, Marika Zeliszczuk, 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, 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 Slausenhaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam & Gordon Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Joe Samchuck—vocations, Albert Heckman, Brianna Stumpf, Stanley Porembka, David & Terry Coyne Hartnett, Mike C., Jennifer Scheirer [Nick Behun's daughter], Catherine Beecham [Father Bob's cousin], JoAnne & Dave Andrews, Rev. Peg Bowman, Pat Jennings, Tim Sams, Mike Ruzzi, Cindy M., Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, Bill Boretsky, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Joe Veto, Paul Riley, Tonee & Sydnee Turner, Annette

Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Steven—Harry Batch's cousin, Rose Mary Pavlovich—Mary Anne Kuznik's Cousin, Stella McKeag, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Dollie Irvin, Joe Mrvos, Alexandra, Katherine Kulik, Micky Delans [COVID-19], Pastor Terry Polen, Eleanor Kitt, Daniel Haun, Stacie & Gary, Dolores Wachnowsky, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, and Susan Pulcini—Father Ted Pulcini's mom. ARNOLD: Homer Paul Kline and Walter Sakol. We pray that God will grant them all a speedy recovery.

HAPPY BIRTHDAY to our September babies: Liz Obradovich on the 5th; Nickolas Andrew Davis on the 12th, Mark Brunermer on the 13th, and Dray Scott on the 22nd! May God grant them all Many Happy, Healthy, Prosperous, and Blessed Years! M'nohaya Lita! God Bless them all!

Food for thought..."If you give something to one in need, let the cheerfulness of your face precede your gift, and comfort his sorrow with kind words. When you do this, by your gift the gladness of his mind surpasses even the needs of his body" (St. Isaac the Syrian)
Have A Splendid Day 🌻 🙏 Lazarus [Samantha's husband Manny]

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.

SCHEDULE OF SERVICES

SUNDAY, SEPTEMBER 13 OBEDNITZA—UPSTAIRS!!! 10:30 AM
14TH SUNDAY AFTER PENTECOST; PLACING OF THE CINTURE OF THE MOST
HOLY THEOTOKOS; HIEROMARTYR CYPRIAN-BISHOP OF CARTHAGE; SAINT
GENNADIUS-PATRIARCH OF CONSTANTINOPLE

Tone 5

2 Corinthians 1:21-2:4; Hebrews 9:1-7
Matthew 22:1-14; Luke 10:38-42, 11:27-28

SUNDAY, SEPTEMBER 20 OBEDNITZA—UPSTAIRS!!! 10:30 AM
15TH SUNDAY AFTER PENTECOST; SUNDAY BEFORE THE EXALTATION;
FOREFEAST OF THE NATIVITY OF THE THEOTOKOS; MARTYR SOLON OF
CILICIA; APOSTLES EVODUS & ONESIPHORUS OF THE 70; MARYR
EUPSYCHIOUS OF CAESAREA IN CAPPADOCIA; MARTYRDOM OF SAINT
MACARIUS-ARCHIMANDRITE OF OVRUCH-PEREISLAV

Tone 6

Galatians 6:11-18; 2 Corinthians 4:6-15; Hebrews 13:17-21
John 3:13-17; Matthew 22:35-46; John 10:9-16

SUNDAY, SEPTEMBER 27 OBEDNITZA—UPSTAIRS!!! 10:30 AM
16TH SUNDAY AFTER PENTECOST; EXALTATION OF THE LIFEGIVING CROSS;
REPOSE OF SAINT JOHN CHRYSOSTOM; MARTYR PAPAS OF LYCAONIA;
NEWMARTYR MACARIUS OF THESSALONICA

*******STRICT FAST DAY*******

Tone 7

1 Corinthians 18-24
John 19:6-11, 13-20, 25-29, 30-35

BULLETIN INSERT FOR 13 SEPTEMBER 2020

14TH SUNDAY AFTER PENTECOST; PLACING OF THE CINTURE OF THE
MOST HOLY THEOTOKOS; HIEROMARTYR CYPRIAN-BISHOP OF
CARTHAGE; SAINT GENNADIUS-PATRIARCH OF CONSTANTINOPLE

TROPARION—TONE 5

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

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

KONTAKION—TONE 5

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

PROKEIMENON—TONE 5

READER: Thou, O Lord, shalt protect us and preserve us from this generation forever.

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this generation forever.

READER: Save me, O Lord, for there is no longer any that is godly.

PEOPLE: Thou, O Lord, shalt protect us and preserve us from this generation forever.

READER: Thou, O Lord, shalt protect us and preserve us...

PEOPLE: From this generation forever.

ALLELUIA VERSES—TONE 5

I will sing of Thy mercies, O Lord, forever; with my mouth I will proclaim
Thy truth from generation to generation.

Thou hast said: Mercy will be established forever, and my truth will be
prepared in the heavens.

The Disturbed Heart

And the forgetfulness of the things of God

The passions that create a state of unrest in our hearts cause us to forget the real purpose of our life, which is union with God. Saint Basil the Great tells us we cannot approach the knowledge of the truth with a disturbed heart. Conflict, downheartedness, lust, worry, and judging others, are all things that can not be allowed to distract us from the goal. Letting ourselves become troubled, or full of anxiety, does nothing to further our journey into the heart. Giving ourselves over to the passions depletes us, and leaves us waylaid along the side of the narrow path into the Kingdom of God.

We must not be so self-consumed as to have no compassion for others. Saint Basil the Great tells us that a man who has two coats or two pair of shoes, when his neighbor has none, is a thief. In the Holy Scriptures we read, "The earth is the Lord's and the fullness thereof, the world and those who dwell in it (Psalm 24:1)." No one can be saved, according to Saint John Chrysostom, without giving alms and without caring for the

poor. We are stewards of what belongs to God, and now is the perfect time to share the gifts of God's creation with one another as much as we can. To store up earthly possessions, according to Christ, is the epitome of foolishness, and a rich man shall hardly be saved (Luke 12:15-21).

When we turn our attention towards the needs of others, our focus changes, and we are no longer consumed with self. In this turning of the heart towards those in need, we are turning our hearts to God. "Verily I say unto you, Since you have done it unto one of the least of these my brethren, you have done it unto me (Matthew 25:40)." In our fasting, time spent in prayer, and acts of alms giving (charity), we are energized in our battle against the passions, and our hearts become at rest in Christ.

With love in Christ,
Abbot Tryphon

Prayer request:

After meeting with my cardiologist on Tuesday, I found out that my Atrial Fibrillation has returned. They'll be monitoring my heart with a patch for the next few weeks, so they can decide what to do next. I may need further hospitalization to address the problem, either with another cardioversion, change in medication, or perhaps something more invasive. Please do keep this old fool in your prayers. If it be God's will that I am taken in death, I hope I'll be ready to stand before the Lord. I suspect, however, that I'm in need of many more years of repentance before my end.

Abbot Tryphon



Labor

Psalm 89/90:10-The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away. (KJV)

The Scriptures contain references to the subject of labor meriting our thoughts. Each person is required and expected to labor during the course of personal life. The form labor takes depends upon the person's ability to work and choices made. Faithful believers will perform work consistent with Christian ethics and teachings. Work undertaken and performed provides for financial support of personal living.

Psalm 103/104:23-Man goeth forth unto his work and to his labour until the evening. (KJV)

A person's interest and degree of energy determine the amount of work possible. Work conditions, safety and hours worked are determined by the work location. Love of God influences the work chosen by believers and interest in proficiency. Talents and gifts from God regarding personal skills have a bearing on choices. Every person does not have the same strength, energy level or skill training.

Psalm 104/105:44-And gave them the lands of the heathen: and they inherited the labour of the people; (KJV)

Work performed for the functioning and well-being of society is to be respected. Workers are to be respected and honored for their efforts to contribute to society. Honesty and integrity have a prominent place in work place values and ethics. Workers' health and safety are of utmost importance in work site expectations. The Lord God guides the minds and hearts of believers going about daily labors.

Psalm 126/127:1-Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain. (KJV)

Workers mindful of the Lord God in their lives find great value in their daily work. Addressing the hunger in the soul will influence a particular believer's labor. Some believers are willing to undergo great hardships in labor to benefit others. The Lord God knows the hearts, minds and souls of each person engaging in labor. Labor takes many different forms drawing from strengths of the body and mind.

Psalm 127/128:2-For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee. (KJV)

Love for God will be reflected in the way a person goes about doing daily work. Employers, administrators, and supervisors are accountable for workplace ethics. Hunger of the soul is addressed in different ways emanating from chosen labors. Labor can be a source of great joy for a believer working for the glory of God. Work results can point directly to the glory of God and gratitude to the Lord God.

Holy Prophet Samuel, Hieromartyr Philip, Bishop of Heraklion. August 20/September 2, 2020. Hidden Valley, Pennsylvania. Father Rodney Torbic

"Cultivate communion with the Saints. Learn who the holy people were in Christian history. Learn who they were who taught, who suffered, who died, who lived a Christian life. And emulate them. As St. John of the Ladder said: 'Anyone who does not emulate the Saints is a fool, but also a fool would be someone who tried to imitate another person in the details of his or her life.' You can't do that, but we must learn from the holy people."

Fr. Thomas Hopko



Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth. For there is one God and one Mediator between God and men, the Man Christ Jesus, who gave Himself a ransom for all, to be testified in due time, for which I was appointed a preacher and an apostle—I am speaking the truth in Christ and not lying—a teacher of the Gentiles in faith and truth. (1 Timothy 2:1-7)

The Twelfth Sunday after Pentecost Matthew 19:16-26

And, behold, one came and said unto him, Good Master, what good thing shall I do, that I may have eternal life? And he said unto him, Why callest thou me good? there is none good but one, that is, God: but if thou wilt enter into life, keep the commandments. He saith unto him, Which? Jesus said, Thou shalt do no murder, Thou shalt not commit adultery, Thou shalt not steal, Thou shalt not bear false witness, Honour thy father and thy mother: and, Thou shalt love thy neighbour as thyself. The young man saith unto him, All these things have I kept from my youth up: what lack I yet? Jesus said unto him, If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me. But when the young man heard that saying, he went away sorrowful: for he had great possessions. Then said Jesus unto his disciples,

Verily I say unto you, That a rich man shall hardly enter into the kingdom of heaven. And again I say unto you, It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God. When his disciples heard it, they were exceedingly amazed, saying, Who then can be saved? But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible. (KJV)

God's Holy Church presents believers with the Gospel at each Divine Liturgy. The Gospel is the life-enriching and life-changing message of the Lord Jesus Christ.

Attentive hearers of the Gospel take the message to heart. Serious believers seek to conform to Christ's teachings. Life changes for the better when conformed to the Gospel teachings.

The present Gospel makes it clear that heeding Christ's teachings necessitates defining actions. Following the basic commandments including loving thy neighbor and giving to the needy are essential.

Believers are to constantly evaluate their relationship with Jesus Christ. Honesty with the self is required to make the necessary changes in personal life. The Christ-filled heart, mind, and soul lead to eternal life.

Willingness to rid the self of that which is not of Christ and embrace Christ more are necessary for change to occur. The mind, heart and soul make greater room for Christ when the focus is on Christ.

The mind is required to reject thoughts contrary to Christ if eternal life is to be achieved. Believers benefit by evaluating personal goals and desires to ensure they conform to Christ's teachings.

Current society encourages accumulating material possessions and wealth. Personal incomes and material possessions of prominent figures in the news often exceed the imagination.

The Gospel gives lessons and guidance in handling material possessions.

Jesus taught: "But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal "(Mt. 6:20)

Filling the heart, mind and soul with Jesus Christ brings peace and joy. The love of Christ puts concerns and illnesses in perspective. Christ eradicates darkness in the mind. (Mt.11:28-30)

God's Holy Church offers entry into the life in Christ. The Church is the Kingdom of God on earth. The mind, heart and soul giving way to Christ result in the person becoming new in Christ. (2 Cor. 5:17)

The Holy Gospel strengthens newness in Christ. Following Baptism, the relationship with Christ is renewed through repentance, confession and partaking of the Precious Body and Blood of Christ.

Worldly cares are put behind the believer resolute in Jesus Christ. Peace and joy in Christ are all-consuming. The holy martyrs filled with peace and joy while facing their deaths are timeless examples.

Material wealth and possessions are of limited value. Lasting values rest in Jesus Christ. Jesus told the man in the present Gospel to divest himself of his goods and give them to the poor to gain life.

Personal wealth has many dimensions. Believers at every moment decide how much time or treasures they will give to God. Daily decisions reflect whether believers are loving and charitable to others in life.

Giving includes giving from the heart with purity of purpose. Giving with love for Christ and neighbor makes a difference. (2 Cor. 9:7) The man in the present Gospel was tethered to his material wealth more than to Christ.

The Church proclaims the present Gospel each year. Listeners to the Gospel are to assess their relationship with their material wealth and their relationship with Jesus Christ.

Possessions holding believers back from following Christ are to be given to the needy. Believers are free to follow Christ when they release possessions to the needy.

The inhibiting weight of personal possessions being released gives new energy to the believer to follow Christ. The believer's strength is renewed when following Christ.

Today is the day to rejoice and give thanks for the opportunity to live in Christ. May we ever be grateful for the Lord's blessings and share them freely with others we meet in daily life.

The Twelfth Sunday after Pentecost. Afterfeast of the Dormition. Holy Martyr Patroclus. Holy Martyr Myron. August 17/30, 2020. Hidden Valley, Pennsylvania. Father Rodney Torbic

How to benefit from the liturgy (part I)

- 1) Attend early: be on time. Do not come after the gospel or even after the first reading. Would you arrive late to work? Could you arrive late to work? The later you arrive, the less the grace of God and heavenly blessings will permeate your soul and the less time you'll have to spend in that short and precious 2 hr window into heaven.
- 2) Sing passionately: do not stand there like a statue. Do not fail to offer God due reverence and honor through singing the grace-filled hymns of the church composed by our saintly ancestors. Sing when the congregation sings. Sing when it is your sides turn to sing. Do not deceive yourself as benefiting from the service without singing. St Theophan the Recluse says, "All of our liturgical hymns are instructive, profound and sublime. They contain the whole of our theology and moral teaching, give us Christian

consolation and instill in us a fear of the Judgment. He who listens to them attentively has no need of other books on the Faith."

3) Be reverent: one of the best way to do this is to do the sign of the cross reverently, consciously, attentively, neither too fast nor too slow, during the countless times we say "Lord have mercy" in the mass. This may initially be awkward, make us become fearful of what others think and lead us to develop prideful thoughts because we think we are holy. Hence isolate yourself somewhere quiet in the altar or somewhere isolated in the pews or first practice reverence in quiet weekday liturgies. Other examples of reverence are: prostrating when everyone prostrates, responding with the congregation, raising our hands in prayer formation, closing our eyes and lifting our head up slightly to the heavens. Just like body language is such a profound aspect of effective communication between humans, so is bodily reverence a profound aspect of communicating with God and acquiring His grace.

4) Pray the prayer before and after Holy communion: do this in every liturgy without fail. We learn this from the life of St John of Kronstadt. There is no saint in the history of the church who united himself the most to God in the liturgy than St John (his life story is incredibly amazing). He said that if there was little time and he would have to shorten other prayers, he would still never fail to pray the prayer before and after Holy Communion. Preparation for anything always increases our benefit.

In Christ Service,

Fr. George L. Livanos, Proistamenos

All Saints Greek Orthodox Church, Canonsburg, PA

How to benefit from liturgy

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|--|---------------------------------|
| 1) Attend early | 6) Enjoy the sermon |
| 2) Sing passionately | 7) Pray the Jesus prayer |
| 3) Be reverent | 8) Have faith in the liturgy |
| 4) Pray the prayer before and after Holy Communion | 9) Choose quality over quantity |
| 5) Listen carefully to the readings | |



Beware of False Prophets

In Pennsylvania there are two species of firefly. They are the Pennsylvania firefly and the big dipper firefly. As it turns out the big dipper fireflies possess defensive chemicals that protect them from most predators by making them unpalatable. The Pennsylvania firefly does not naturally possess defensive chemicals but can obtain them from another source; that source being the big dipper firefly. A female Pennsylvania firefly will actually mimic the courtship sequence of a female big dipper firefly, luring a male big dipper firefly to its perch. Much to the surprise and dismay of the big dipper he doesn't find a receptive female, instead he gets eaten for his defensive chemicals! It is false advertising at its finest. Even though that female firefly was sending the signals he was looking for, it was a lie so that she could get what she wanted from him through deceit. Jesus tells us to "beware of the false prophets, who come to you in sheep's clothing, but inwardly are ravenous wolves." (Matt. 7:15) In this world there are varying theories on most topics and many people who claim to have found the truth. It is important to beware of people who act like the female Pennsylvania firefly by deliberately lying to others in order to take something from them. Jesus said that "many false prophets will arise and deceive many." (Matthew 24:11) These false prophets will even find ways to make it look like they have exactly what we are looking for! How then can a person steer clear of these false prophets? Jesus said that "you will know them by their fruits." (Matthew 7:16) To steer clear of the motives of false prophets we must know what we believe in God and be unwavering in our faith; never compromising on issues that lie at the foundation of our life in Christ.