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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 Yurij, 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 Smoly nec, 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 Olynyk, Deborah Finley, Claire Senita, Eleanor Kelly, Bryan, Nancy Barylak, Patrick Keenan, Khrystyna Chorniy, Anthony Cormier, Nathan Forbeck, Sarah Doyle, Samuel Peters, Esther Holupka, David Vallor, Henry Faraly, Julie Eiler, Dorothy Lednovich, Bob C., Allie—young girl with leukemia, Heather Kramer, Jane Wartinbee, Matthew—young man with cancer, Nicholas Orlando, Mary Ann Kuznik, Michael Pryhodzenko, Sonia Luciw, Theresa Ditto, Mary Ann Musial, 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 Zeliszcuk, 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 Slaughaupt, Louis & Teresa Bercelli, Tom Nolan, Silvia Martin, Sarah Dorning, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, Denis Strittmatter, Nancy, Ian Brick, Cecilia Barnhart, Logan Magorien, Pam & Gordon Grant, Debbie & Jerry Novosel, Noah Willard, Sandra Dillard, Danielle McCann, Barry [Father Jim Orr's cousin], Tim Joyce, Mike Pawlyshyn-Jeannie Stutchell's brother, Joe Samchuck—vocations, Albert Heckman, Brianna Stumpf, Stanley Porembka, David & Terry Coyne Hartnett, Mike C., Jennifer Scheirer [Nick Behun's daughter], Catherine Beecham [Father Bob's cousin], JoAnne & Dave Andrews, Rev. Peg Bowman, Pat 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 & Bowen, Katherine Kulik, Micky Delans [COVID-19], Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Dolores Wachnowsky, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich Previc, 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.

"Let us not make ourselves unworthy of entrance into His Kingdom, for as long as we are in this world, even if we commit countless sins, it is possible to wash them all away by manifesting repentance for our offenses; but when we have departed to the other world, even if we display the most earnest repentance it will be of no avail. Let us then, I beg of you, recover our senses here and let us recognize our Master as He ought to be recognized. " *-Saint John Chrysostom*

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, OCTOBER 11

OBEDNITZA—UPSTAIRS!!!

10:30 AM

18TH SUNDAY AFTER PENTECOST; SAINT CHARITON THE CONFESSOR-ABBOT OF PALESTINE; PROPHET BARUCH; SYNAXIS OF THE SAINTS OF THE PERCHEVSKY LAVRA MONASTERY NEAR CAVES OF VENERABLE ANTHONY-FOUNDER OF THE CAVES—PROCHOUS THE GARDNER & WONDERWORKER, JOHN THE FASTER, AND OTHERS

Tone 1

2 Corinthians 9:6-11

Luke 5:1-11

Litany in Blessed Memory of Catherine and Nicholas Behun—Behun Family

SUNDAY, OCTOBER 18 OBEDNITZA—UPSTAIRS!!! 10:30 AM

19TH SUNDAY AFTER PENTECOST; MARTYR CHARITINA OF AMISUS; HIEROMARTYR DIONYSISU-BISHOP OF ALEXANDRIA; MARTYR MAMELTA OF PERSIA; VENERABLE DAMIAN THE HEALER & SAINTS JEREMIAH & MATTHEW—CLAIRVOYANTS OF PERCHEVSKY LAVRA

Tone 2

2 Corinthians 11:31-12:9

Luke 6:31-36

SUNDAY, OCTOBER 25 OBEDNITZA—UPSTAIRS!!! 10:30 AM

20TH SUNDAY AFTER PENTECOST; COMMEMORATION OF THE HOLY FATHERS OF THE SECOND ECUMENICAL COUNCIL; MARTYRS PROBUS, TARACHUS, & ANDRONICUS AT TARSUS IN CILICIA; VENERABLE COSMAS THE HYMNOGRAPHER-BISHOP OF MALUMA; MARTYR DOMNINA OF ANAZARBUS; SAINT MARTIN THE MERCIFUL-BISHOP OF TOURS

Tone 3

Galatians 1:11-19; Hebrews 13:7-16

Luke 7:11-16; John 17:1-13

BULLETIN INSERT FOR 11 OCTOBER 2020

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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!

THE 27TH LETTER OF THE ALPHABET COLIN FALCONER

Can you name the 27th letter of the alphabet?

Well, of course not, there are only 26 letters in the alphabet.



But not always; once there were 27. (Well, 29, but we'll get to that later.)

The letter we're talking about here is the ampersand: today it's mainly used in company names, like Barnes & Noble, or in abbreviations like R&R. It's an unusual little critter. Where did it come from?

In the first century, Roman scribes wrote in cursive text, so when they wrote 'et'—the Latin word for 'and'—they linked the two letters. Over time, this was adopted in the English language as well. 'And' became both a word and a letter.

The name for this symbol—"ampersand"—came centuries later. In the early nineteenth century, school children reciting the alphabet still finished with '&'.

But you can't finish 'X, Y, Z, and.' How could they sing that on Sesame Street? It doesn't rhyme.

So instead, they said—because this is oh so much easier—'X, Y, Z and, per se, and.'

Per se, in Latin, means 'by itself.' So the students, or the Muppets, or whoever, were actually singing: 'X, Y, Z and, by itself, "and."' (Wouldn't you have loved to have been in kindy back then?)

Over the course of a few decades, 'and per se and' became—"ampersand."

Okay, so that's sorted. But what about letters 28 and 29?

Well old English was first written in the *futhorc runic* alphabet of the Anglo-Saxons.

Christian missionaries later introduced the Latin alphabet which replaced it, and, for a time, the alphabet included letters of both languages. But two of them fell into disuse.

One was a letter called 'thorn' which represented the 'the' sound.



Because the symbol for 'thorn' and the symbol for 'y' look nearly identical in medieval English blackletter, the two were mistakenly substituted for each other.

This is why you see signs pointing the way to "Ye Olde Curiosity Shop" in mock Tudor villages in England; we didn't change the actual sound for 'the' over the years, just the symbol we used to spell it.

The other letter that was dropped was "wynn," which represented the "uu" sound which became, as you probably guessed, a "w." Yes, a double U.

So there you have it. Now you know your ampersand, thorn, wynn—won't you sing along with me?

Righteousness

Matthew 3:1- And Jesus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness. Then he suffered him (KJV)

Let us ponder on all that the Lord Jesus Christ is, embodies and expects from us. May we always consider ourselves mere beginners in learning from Jesus Christ. Learning from the Lord Jesus Christ is unending throughout the lives of believers. Growth in Jesus Christ is possible as long as believers have the desire and interest. Believers find ways in the Lord Jesus Christ to be purified in heart, mind, and soul

Matthew 5:6-Blessed are they which do hunger and thirst after righteousness: for they shall be filled. (KJV)

The hunger within the believer for good is only truly satisfied in the Lord Jesus. Believers drawing near to the Lord Jesus Christ nourish the heart, mind, and soul. Change for the better occurs for believers seeking nourishment from Jesus Christ. Believers are renewed, transformed, and strengthened by the Lord Jesus Christ. The desire for righteousness is best directed toward drawing near to Jesus Christ.

Matthew 5:10-Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven (KJV)

Sincere and ardent followers of Jesus Christ rejoice in being persecuted for Christ. Ardent followers of the Lord Jesus Christ will accept persecution with great joy. Martyrs through the centuries are learned examples of being persecuted for Christ. Lasting lessons exist in the lives of the martyrs for Christ through the centuries. The Church continues to honor and seek the prayerful intercession of the martyrs.

Matthew 5:20-For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven. (KJV)

Believers are expected to be genuine and sincere in living the life in Jesus Christ. More than just keeping the outward form of being a "good" Christian is expected. The Lord Jesus Christ expects the heart, mind, and soul to belong totally to Him. Total love of God and neighbor is convincing evidence of a Christian's belief. The Lord Jesus Christ makes love of God and neighbor possible and desirable.

Matthew 6:33-But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. (KJV)

Each believer determines if the Kingdom of God and His righteous are primary. The heart, mind and daily actions reveal the believer's personal

goals for life. Use of daily time, talents and resources reflect the believer's personal interests. Wasting time and resources prevent the believer from fully experiencing Christ. Love of God and dedicated effort to seeking God brings depth of joy to the heart.

*Venerable Gerasimus of Jordan. March 4/17, 2020. Hidden Valley, Pennsylvania.
Father Rodney Torbic*

The Seventeenth Sunday after Pentecost Matthew 15:21-28

Then Jesus went thence, and departed into the coasts of Tyre and Sidon. And, behold, a woman of Canaan came out of the same coasts, and cried unto Him, saying, Have mercy on me, O Lord, thou son of David; my daughter is grievously vexed with a devil. But He answered her not a word. And His disciples came and besought Him, saying, Send her away; for she crieth after us. But He answered and said, I am not sent but unto the lost sheep of the house of Israel. Then came she and worshipped Him, saying, Lord, help me. But He answered and said, It is not meet to take the children's bread, and to cast it to dogs. And she said, Truth, Lord: yet the dogs eat of the crumbs which fall from their masters' table. Then Jesus answered and said unto her, O woman, great is thy faith: be it unto thee even as thou wilt. And her daughter was made whole from that very hour.
(KJV)

Sunday after the Exaltation Mark 8:34-9:1

When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels. And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power.

We are blessed beyond measure to have God's Holy Church to worship, experience forgiveness and begin anew in the Lord Jesus Christ. We have the opportunities to experience and learn from Jesus Christ throughout our lives.

The Church provides the regular and necessary nourishment for our souls. We hear the Holy Gospel. We learn of the teachings of the Holy Fathers and Mothers. We experience Christ's Precious Body and Blood.

The Mother of God, the saints and martyrs are alive for us in God's Holy Church. God's love heals us and gives us reason to continue in life when hardships, tragedies and illnesses occur.

The Church makes the dark days of life bearable, Christ's light shines in the Church to lead believers forward when no paths seem to be open. The Kingdom of God and life eternal awaits all willing to follow Christ.

Repentance is always necessary. Repentance leads to joy in heaven. (Lk.15:7) Jesus said: "Learn what that meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but **sinners** to repentance." (Mt.9:13)

St. Matthew's Gospel reading for today describes a woman of strong faith appealing to Jesus to heal her daughter vexed by the devil. The woman was persistent. The disciples wanted to send her away.

Jesus did not send the woman away. Jesus tested the woman in a way the depth of her faith was revealed and rewarded. Jesus ultimately healed the daughter and acknowledged the mother's strong faith.

Mothers and fathers of every generation learn from the mother of strong faith in St. Matthew's Gospel. The mother in St. Mathew's Gospel teaches parents to have strong faith in Christ when they have sons or daughters vexed by the devil.

Parents are wise in turning to the Lord with persistence and great faith. St. Matthew's Gospel states: "For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." (Mt.7:8)

The Church is where we unite with Christ and where we grow in Christ. Apostle Paul told the Romans: "Be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Rom.12:2)

Christians are called to be careful in the journey to the Kingdom of God. Perils and temptations always exist. This world is overly materialistic and full of alternatives which lead far from the Kingdom of God.

The soul is most valuable for believers and requires constant care. Perils and temptations exist which are often subtle. The devil takes great joy in tarnishing the soul. All that appears to be good is not necessarily good.

The Holy Apostle Paul offered wise words to the Thessalonians: "Prove all things; hold fast that which is good." (I Thess.5:21) In the daily decisions of life which affect the soul, keep the Holy Apostle Paul's words as guides.

The daily pressures of life may increase at this time with the coronavirus. Personal circumstances may be greatly affected in life with health and job changes and challenges.

Bear in mind the value of the soul in every decision made. The Lord Jesus Christ made it clear in today's Gospel of St. Mark. The soul exceeds the value of the whole world. (Mk :8:36)

Joy in the Lord Jesus Christ exceeds all joy. Joy in Jesus Christ is found in the Cross and Resurrection. Today we celebrate the Leave-taking of the Great Feast of the Exaltation of the Precious Life-giving Cross.

Followers of Jesus Christ are encouraged to deny themselves, take up their crosses and follow Christ. (Mk.8:34-35) The Lord Jesus Christ established the permanent example to find joy for all believers when He took up His Cross.

We read the wisdom in Hebrews: "Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God." (Heb. 12:2)

The Seventeenth Sunday after Pentecost. Apodosis of the Exaltation of the Precious Life-giving Cross. Holy Apostle Quadratus. September 21/October 4, 2020. Hidden Valley, Pennsylvania. Father Rodney Torbic

Anger

We must struggle against anger

While getting into my car in a local parking lot I overheard someone taking God's name in vain, angry that they'd dropped something. Looking up I realized I knew the person. They were a self-declared Christian and would have been horrified had they realized I'd overheard them. They were unaware that I was not the only person who'd heard their outburst, for a woman noticed and rolled her eyes at me. How sad I felt for the person who had surrendered himself over to the passion of anger, especially since his anger involved taking the Lord's Name in vain, the very Lord whose name he bears. It is especially tragic when a professed Christian takes the Lord's name in vain, for there are many non-believers who guard their words better than many who profess Christ.

The Fathers tell us that whenever anyone takes God's name in vain the ramifications reverberate throughout the entire cosmos. However insignificant we think our secret sins may be, they impact the whole of God's universe. Redemption is not just about us, but the whole of the universe. My salvation and your salvation are connected.

Saint Seraphim of Sarov said, "One must by every means strive to preserve peace of soul and not be disturbed by offenses from others; for this one must in every way strive to restrain anger and by means of attentiveness to keep the mind and heart from improper feelings. And therefore we must bear offenses from others with equanimity and accustom ourselves to such a disposition of spirit that these offenses seem to concern

not us, but others. Such a practice can give quietness to the human heart and make it a dwelling for God Himself."

Let us abstain from all anger. If we truly are of Christ, we have the means to change, for it is because we have Christ in us that victory over the passions can be ours. We should remember the words of Abba Nilus, "Prayer is the seed of gentleness and the absence of anger."

Love in Christ, Abbot Tryphon



Father Vasyl Sendeha

Saints Peter and Paul Ukrainian Orthodox Church- Palos Park, IL

Pray before you overthink

Our very first thought in the morning Should be a thank you prayer.

Thank you Lord for another morning

Thank you Lord for another day

Thank you Lord for another chance

Bless me and my family on this day.

We think. We often overthink.

Over-worry and overreact.

Praying will help us not to overdo it

Whether it's thinking, worrying, or reacting

Praying to God will help us realized of what He has given us.

Prayer is the way we connect with God to get to know Him and His will for us.

Stay connected.

Pray.

Start the day with a prayer.

Tackle a task with a prayer

Simple crossing yourself will do miracles for:

Your thoughts, your struggles, your labors

Remaining in the love of Our Lord and God Jesus Christ,

Fr. VasyI

A giggle  a day,
keeps the 
 grumps away!



 Snoopy