



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
rpopichak@alumni.cmu.edu

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, Bishop Robert, Metropolitan Savas, Archbishop David, 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 Smolynech, 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, Fr. Vasyl Sendeha, 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 Strozh [young lady with cerebral palsy], Dr. Kirsten Ream, Patricia Corey, Michelle, Katie Swarm, Michelle, Patrick, Linda Morris, Chris, David Hiles, Jennifer, Cher Mount, Frank & Janet Horrell, Jim Wandling, Gail, Sirena Sharp, Ron Paulovich, Sandi Anderson, Lina, Shirley, Denny Mader, Ella Campbell, Tom Hyatt, Bill Janiro, Jean Symanko-Andy's sister, William Lemonakis, Alma Wyke, Lindsay Romanczak & family, Susan Lucas, Neil Carter & family, James Paluh, Mickie Weikel, Evelyn Krempasky, Tammy Strunk, Loida Esbry, Darlene Chicka Deskins, Drew, Alice & Keith Philipa, Kateryna Kocelko, 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 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, Ben Williams, Denis Strittmatter, 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.

"The man to whom it has been given to feel Christ-like love is aware that such love moves the heart to wish everyone well, without exception. Such love is a life-giving fire." *Saint Sophrony of Essex, On Prayer*

"Remember that when you speak, you are giving birth to words, which once born, will never die, but will continue to live until the Day of Judgement. They will stand with you at the judgment and will either speak for you or against you." *Saint Theophan the Recluse*

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, NOVEMBER 08 **OBEDNITZA—UPSTAIRS!!!** **10:30 AM**
22ND SUNDAY AFTER PENTECOST; HOLY & GREAT-MARTYR DEMETRIUS THE MYRRH-GUSHER OF THESSALONICA; MARTYR LUPPOS; VENERABLE ATHANASIOUS OF MEDIKION MONASTERY; VENERABLE THEOPHILUS OF PERCHEVSKY LAVRA

Tone 5

Galatians 6:11-18; 2 Timothy 2:1-10
Luke 16:19-31; John 15:17-16:2

SUNDAY, NOVEMBER 15 **OBEDNITZA—UPSTAIRS!!!** **10:30 AM**
23RD SUNDAY AFTER PENTECOST; MARTYRS ACINDYNUS, PEGASIOUS, APHTHONIUS, ELPIDOPHOROS, & ANEMPODISTUS OF PERSIA; VENERABLE MARCIAN OF CYRRHUS

Tone 6

Ephesians 2:4-10
Luke 8:26-39

SUNDAY, NOVEMBER 22 **OBEDNITZA—UPSTAIRS!!!** **10:30 AM**
24TH SUNDAY AFTER PENTECOST; MARTYRS ONESIPHORUS & PORPHYRIUS OF EPHESUS; VENERABLE MATRONA-ABBESS OF CONSTANTINOPLE; VENERABLE THEOCTISTE OF THE ISLE OF LESBOS; MARTYR ALEXANDER OF THESSALONICA; MARTYR ANTHONY OF APAMEA; VENERABLE JOHN THE SHORT OF EGYPT; VENERABLE EUSTOLIA & SOSIPATRA OF CONSTANTINOPLE; VENERABLE ONESIPHORUS THE CONFESSOR OF PERCHEVSKY LAVRA

Tone 7

Ephesians 2:14-22
Luke 8:41-56

Litany in Blessed Memory of Paul Popichak—Fr. Bob's dad

BULLETIN INSERT FOR 08 NOVEMBER 2020

22ND SUNDAY AFTER PENTECOST; HOLY & GREAT-MARTYR DEMETRIUS THE MYRRH-GUSHER OF THESSALONICA; MARTYR LUPPOS; VENERABLE ATHANASIOUS OF MEDIKION MONASTERY; VENERABLE THEOPHILUS OF PERCHEVSKY LAVRA

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.

Good Morning. 🌻 Today's Word.. 🔥 (Romans 12-9-16)

Love must be sincere.

Hate what is evil, cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your Spiritual fervor, serving the Lord.

Be joyful in hope, patient in affliction, faithful in prayer.

Share with the Lord's people who are in need. Practice Hospitality.

Bless those who persecute you, bless and do not curse.

Rejoice with those who rejoice, mourn with those who mourn.

Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

Do not repay anyone evil for evil.

Be careful to do what is right in the eyes of everyone.

If it is possible, as long as it depends on you, live at peace with everyone.

Do not take revenge, my dear friends, but leave room for God's wrath.

We are living in Godless world. People have stopped believing. It's cool man, I don't need God in my life right now. One of the Biggest lies of Satan!

Take a look at (Psalm 55-21): His speech was smooth as butter, Yet war was in his heart, ❤️ his words were softer than oil, yet they are drawn swords.

We can't believe everything we hear, or see. Remember that Satan prowls around like a rowing lion 🦁 looking to devour.

Instead of finger pointing, we should seek to do God's will.

Ask and you shall receive!

Please continue your prayers for the sick and suffering. Especially: Sandy—Friend of Angie Diflorio's just diagnosed with Cancer. Lord have mercy!

All those hurting this morning, those who have lost hope, those suffering financial need, those who think they don't matter.

Lord have mercy Lord have mercy. No matter what it looks like, Remember That We Walk By Faith And Not By Sight. 🙏

Have a hopeful and trusting day...Encourage someone who hurting today. The possibilities are endless! Blessings to all.

Lazarus 🙏🙏

WHEN YOU FIND OUT YOU WERE JUST ELECTED ECUMENICAL PATRIARCH: A TRUE AND BEAUTIFUL STORY

Father Stel Muksuris

Most people do not know the story I am about to retell below. I happen to know it firsthand by virtue of my birth in Constantinople and my ancestors' long-time personal associations with the patriarchal court.

The story is extremely heartwarming, about a truly saintly man and how he reacted when he found out he was elected by the Holy and Sacred Synod of the Ecumenical Patriarchate on July 16, 1973, to become the Ecumenical Patriarch. The story was told to me by my paternal grandmother, who was a very close childhood friend of Patriarch Demetrios and a family friend. His sister mentioned in the story shared it with my grandmother, Anna Markopoulou Moussouris. Today would have been his name day. MAY HIS MEMORY BE ETERNAL.(+)

On the morning of July 16, 1973, following the falling asleep in the Lord of the great late Ecumenical Patriarch Athenagoras, the Holy and Sacred Synod of the Ecumenical Patriarchate met at the Phanar to elect the 269th successor of the Apostle Andrew. The selection came as a complete shock to everyone, including to the Metropolitans who elected Demetrios

Papadopoulos, then Metropolitan of Imvros and Tenedos. He was the least likely to receive the most votes, as his episcopal see, hierarchically speaking, was far removed from the prestige of the likes of Ephesos or Chalcedon. The quiet and extremely soft-spoken bishop from Νεοχώρι (Νιχώρι) along the Bosphorus received the news, extremely humbled, and left the Phanar without a word, offering thanksgiving to God and making his way to his sister's home to have lunch with her.

Aware of the election that was to happen that morning, the newly-elected Patriarch's sister welcomed him earnestly into her home but had no idea what happened. The siblings greeted each other with an embrace and his sister served a boiling hot egg lemon soup with fresh baked bread. "So, Demetri mou, who is it? Who is it? Tell me!" The patriarch, wearing a simple black robe, prayed and began eating his soup. He remained silent, still in perpetual shock from the results, with a serious but calm look on his face.

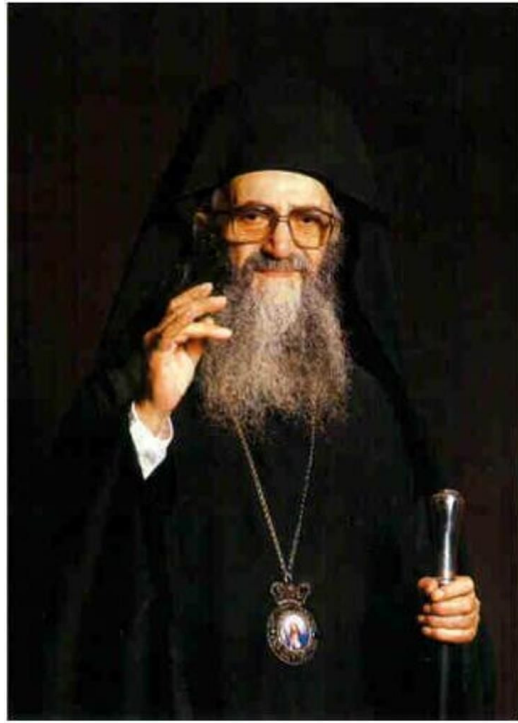
But he decided he wanted to tease his sister playfully, something for which he was known in his younger years. Remaining silent, he simply shrugged. "Did they elect a patriarch?" He nodded slowly, a slight smile forming on his face. "Is it the Metropolitan of Chalcedon?" Demetrios shook his head slowly from left to right. "Is it the Metropolitan of Nicea?" Same reaction. The sister mentioned a few more possibilities of bishops who were considered favorites. Same reaction.

She then stared at him, perplexed. Soon after, a look of shock came over her. "Wait a minute. Wait, just wait. Is it YOU??" He smiled and finally nodded. His sister, beside herself, laughed gleefully and exclaimed, "My brother, the Ecumenical Patriarch?!" She immediately knelt before him and kissed his hand, to which he immediately lifted her up and embraced her without a word, tears in both of their eyes. "You were always a jokester, Your All Holiness. I need to get used to this new title."

Demetrios smiled and said, "So do I. Adelfoula mou, just pray for your lowly brother Demetrios to make God happy and serve His Church."

They embraced, brother and sister. This was the late great and saintly Ecumenical Patriarch Demetrios I of Constantinople, a family friend who exuded holiness through unmatched humility and interior peacefulness.

MEMORY ETERNAL and PRAY FOR US. (+) ~Fr. Dr. Stel



The End

Matthew 10:22-And ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved. (KJV)

Following the path of God requires consistently making Christ-oriented decisions. Christians are to faithfully abide in the way of the Lord with love throughout life. Love of God and neighbor are essential in decision-making during earthly life. The Lord makes the final determination about a person's faithfulness to the end. If a person makes sinful errors in life, repentance before the end is encouraged.

Matthew 13:49-So shall it be at the end of the world: the angels shall come forth, and sever the wicked from among the just, (KJV)

The Lord's angels have the important task of separating the just from the unjust. God knows believers' hearts and minds and whether repentance has taken place. Outward appearance is not always the accurate image of the mind, heart and soul. The depths of the heart, mind and soul are known to the all-knowing Lord God. Believers do well to ensure the heart, mind and soul conform to the Lord's ways.

Matthew 24:6-And ye shall hear of wars and rumours of wars: see that ye be not troubled: for all these things must come to pass, but the end is not yet. (KJV)

Focusing on the Lord Jesus Christ and His ways keep the believer fully at peace. Turmoil arises in life but the Lord Jesus Christ protects the believer's peacefulness. Practicing the Jesus Prayer keeps the believer firmly united with the Lord Jesus. Turbulence will fail to separate the believer resolutely united with Jesus Christ.

Matthew 22:14- And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come. (KJV)

All nations will hear the Gospel message before the end and the final judgment. Hearing the Gospel gives individuals the basis for making informed decisions. Attentive listeners take the Gospel message to heart and adhere to the teachings. The spread of the Gospel message through the centuries is absolutely amazing. Unending gratitude is due to the bearers of the Gospel in every nation and century.

Matthew 28:20- Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen. (KJV)

The Lord Jesus Christ's abiding presence until the end of the world is reassuring. Jesus Christ is within reach and is accessible to each person having clarity of mind. Joy exists in bearing the message of the Gospel with the Lord God's blessings. The Lord provides the strength, words and actions required to spread the Gospel. Thanks be to Jesus Christ for His reassuring presence and the commission to teach.

Martyr Longinus. October 16/29, 2020. Hidden Valley, Pennsylvania. Father Rodney Torbic

Metropolitan Savas, GOC, Pittsburgh:

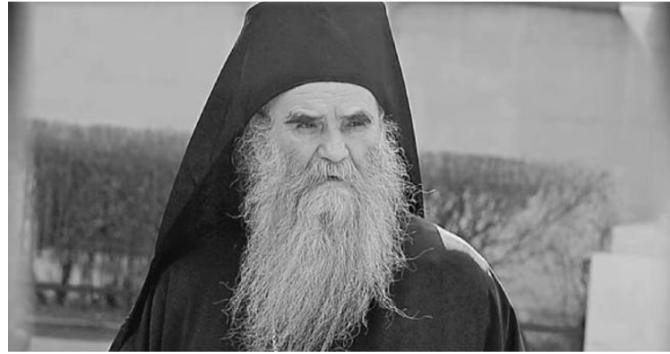
His Eminence Metropolitan AMFILOHIJE of Montenegro and the Littoral passed away this morning due to the consequences of the corona virus.

He was born as Risto Radović, the son of Ćiro and Mileva Radović, on Christmas Day, January 7, 1938, in Bare Radovića in Donja Morača. He graduated from the Theological Seminary of Saint Sava in Belgrade. He graduated from the Theological Faculty of the Serbian Orthodox Church in Belgrade in 1962. In addition to theological sciences, he studied classical philology at the Faculty of Philosophy in Belgrade. He continued his postgraduate studies in Bern and Rome, and from there he moved to Athens where during his seven-year stay, in addition to his daily parish service, he received his doctorate. After a year on the Holy Mountain, he was invited to teach at the Russian Orthodox Institute "St. Sergius" in Paris from 1974 to 1976, where, in addition to the other five languages he mastered, he also perfected the French language.

Amfilohije became a monk in 1967 in Greece, where he later became a hieromonk on July 21, 1968. Upon his return to Belgrade, he was elected dean of the Faculty of Theology and associate professor, and at the end of 1985 he was ordained bishop of Banat based in Vršac, from where he came to Cetinje on Christmas Eve 1991 when he was enthroned as Metropolitan of Montenegro, Skenderija and Primorje, and Exarch of the Peć throne,

taking over the title used by Bishop Vasilije before him. In 1992, he started the newspaper "Svetigora", as well as a wide publishing activity. During 1998, he also founded Radio Svetigora. He taught at the Faculty of Theology, University of Belgrade from 1980 to 2005, when he retired due to obligations. In addition to theology and philosophy, he was engaged in essay writing and translation, encouraged the renovation and construction of a large number of churches and monasteries.

May God grant him rest with the saints, and may his memory be eternal!



Father Sava Janjić

The one who lived for Christ and testified him as our Metropolitan, can never die.

To rejoice eternally in the light of the Savior, to whom he has served his whole earthly life so devotedly and devotedly.

Let us thank the Lord who dignified us to grow spiritually with the equal apostle saint of our times.

Eternal remembrance, Metropolitan Amfilohije! !!!

55 Maxims Fr. Thomas Hopko

[Shamelessly stolen from Father Tom Soroka's Facebook post—Fr. Bob]

01. Be always with Christ, and trust God in everything
02. Pray as you can, not as you think you must.

03. Have a keepable rule of prayer, done by discipline.
04. Say the Lord's Prayer several times each day.
05. Repeat a short prayer when your mind is not occupied.
06. Make some prostrations when you pray.
07. Eat good foods in moderation, and fast on fasting days.
08. Practice silence: inner, and outer.
09. Sit in silence 20 to 30 minutes each day.
10. Do acts of mercy in secret.
11. Go to liturgical services regularly.
12. Go to confession, and holy communion regularly.
13. Do not engage intrusive thoughts, and feelings.
14. Reveal your thoughts, and feelings to someone regularly.
15. Read the scriptures regularly.
16. Read good books, a little at a time.
17. Cultivate communion with the saints.
18. Be an ordinary person, one of the human race.
19. Be polite with everyone, first of all with family members.
20. Maintain cleanliness, and order in your home.
21. Have a healthy, wholesome hobby.
22. Exercise regularly.
23. Live a day, even a part of a day, at a time.
24. Be totally honest, first of all with yourself.
25. Be faithful in little things.
26. Do your work, then forget it.
27. Do the most difficult, and painful things first.
28. Face reality.
29. Be grateful.
30. Be cheerful.
31. Be simple, hidden, quiet, and small.
32. Never bring attention to yourself.
33. Listen when people talk to you.
34. Be awake, and attentive, fully present where you are.
35. Think, and talk about things no more than necessary.
36. Speak simply, clearly, firmly, directly.
37. Flee imagination, fantasy, analysis, figuring things out.
38. Flee carnal, sexual things at their first appearance.
39. Don't complain, grumble, murmur, or whine.
40. Don't seek, or expect pity, or praise.
41. Don't compare yourself with anyone.
42. Don't judge anyone for anything.
43. Don't try to convince anyone of anything.
44. Don't defend, or justify yourself.

45. Be defined, and bound by God, not by people.
46. Accept criticism gracefully, and test it carefully.
47. Give advice only when asked, or when it is your duty.
48. Do nothing for people that they can, and should, do for themselves.
49. Have a daily schedule of activities, avoiding whim, and caprice.
50. Be merciful with yourself, and with others.
51. Have no expectations, except to be fiercely tempted until your last breath.
52. Focus exclusively on God, and light, and never on darkness, temptation, and sin.
53. Patiently endure your faults, and sins peacefully, under God's mercy.
54. When you fall, get up immediately, and start over.
55. Get help when you need it, without fear, or shame.

As I write this bulletin Monday afternoon, I just talked to Henry after his doctor's appointment. He feels fine, but needs to have more tests. Please keep him and his family in your prayers! Lord, Have Mercy! Stay SAFE!!! God Bless! Fr. Bob

A timely quote given the anger found in society today. "The unreasonable are angry because God does not govern the world according to their reason, and the reasonable are constantly struggling to enter God's reason." *St. Nikolai Velimirovich*