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PENTECOST—DESCENT OF THE HOLY SPIRIT—OUR PARISH NAME'S DAY

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, Metropolitan Kallistos of Diokleia, 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, Father Steve Hutnick [COVID-19], Father Victor Wronskyj [COVID-19], Father George & Dobrodijka Oksana Bazylevsky, Fr. Volodymyr Muzychka [COVID-19], Diakonissa Mary Ann Cherkas, Father Harry Linsinbigler [COVID-19], Archimandrite Raphael [COVID-19], 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, 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], 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 Slaugenhaupt, 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, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Andy Torick, Carol Behun, Erv Frye, William Lusherand, 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, 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 & Judy Previc, Ben Williams, Denis Strittmatter, Deacon Joe Uzar—vocations, Tim—surgery, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko [triple by-pass], John, Kris & Kait, Jeff & Mary Jane Double [COVID-19], Terri Crosby-Vega [COVID-19], Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Mike, Amy, Nathan, & Ben Forbeck [COVID-19], David Salazar, Ann Zurasky [knee replacement], James Mary, Barb Bookser, Dr. Paul Riley, Serena, Wyatt, Makenzie, Jennifer, Carolyn Strittmatter, Barbara Shegat & Chaplain Rachelle Zazzu, Joyce [stroke], Candace Irvin, Dollie Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [newborn], 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.

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.

It happened that the Apostle Carpus lost his patience and began to pray that God would send down death upon two sinful men: one a pagan and the other an apostate from the Faith. Then the Lord Christ Himself appeared to Carpus and said: "Strike me; I am prepared to be crucified again for the salvation of mankind."

Eyes to See

Mathew 13:16-But blessed are your eyes, for they see: and your ears, for they hear. (KJV)

The Lord gives believers the ability to see and hear the necessities for eternal life. Seeing and hearing necessities for eternal life involves the heart, mind and soul. God reveals the way seeing and hearing are to be understood for each individual. The path to eternal life is individualized for each person in God's Holy Church. The Church offers the nourishment and instruction for the journey to the Kingdom. God is due gratitude for blessing each person with the opportunity for salvation.

Romans 1:20- For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse. (KJV)

Daily life experiences offer observant believers the opportunity to see God at work. The Lord's presence and actions are revealed in daily life in many different ways. Visible occurrences and actions in life reveal the reality of the invisible Lord God. God gives each person the means to perceive and understand the Divine presence. Seeing and hearing are to be understood in the Lord's terms and not human terms. Believers learn from the Lord the best application of the senses to seek eternal life.

Hebrews 12:14-Follow peace with all men, and holiness, without which no man shall see the Lord. (KJV)

The Lord God affords each person with the faculties to follow the path of peace. Consistent wisdom from the Lord is necessary for exercising the senses in faith. Believers do well to look to the Lord for guidance in achieving personal peace. God helps believers to face and manage life's burdens, trials, and relationships. The Lord's mercy, love, and willingness to benefit believers are inexhaustible. Believers are transformed by remaining united with the Lord in daily pursuits.

2 Peter 3:14-Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless. (KJV)

Focusing attention on the path to peace and eternal life involves constant prayer. Repentance and the firm rejection of sin keep the person at peace with the Lord. The attentive believer eventually realizes the Lord God's innumerable blessings. Living in complete peace and holiness requires loving the Lord God and neighbor. Love and appreciation for the Lord grows as a person steadily matures in Christ. The need to be ever grateful increases when viewing God at work in daily life.

Holy Equal to the Apostles Emperor Constantine and Helen. Venerable Helen of Decani. May 21/June 3, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic

Father George L Livanos

Do not help the devil spread his Kingdom...

You see very clearly that it is extremely difficult, and without God's grace and your own fervent prayer and abstinence, impossible, for you to change for the better. You feel within yourself the action of a multitude of passions: of pride, malice, envy, greediness, the love of money, despondency, slothfulness, fornication, impatience, and disobedience; and yet you remain in them, are often bound by them, whilst the long-suffering Lord bears with you, awaiting your return and amendment; and still bestows upon you all the gifts of His mercy.

Be then indulgent, patient, and loving to those who live with you, and who also suffer from many passions; conquer every evil by good, and, above all, pray to God for them, that He may correct them—that He may turn their hearts to Himself, the source of holiness.

Do not help the Devil to spread his kingdom. Hallow the name of your Heavenly Father by your actions; help Him to spread His Kingdom on earth. 'For we are laborers together with God.'

Be zealous of the fulfillment of His will on earth, as it is in heaven. Forgive them that trespass against you with joy, as a good son rejoices when he has a chance of fulfilling the will of his beloved father.

+Saint John of Kronstadt, My Life in Christ

Care in Personal Judgment

Matthew 7:2- For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. (KJV)

Great care is required in making personal judgments because of the consequences. Personal judgments made in the course of life have a cumulative and lasting effect. The person making judgments can expect

the same type of judgments for the self. Believers do well to think about the far-reaching effects of judgments being made. God's view of judgments is a factor for believers to weigh and carefully consider.

John 5:22-For the Father judgeth no man, but hath committed all judgment unto the Son: (KJV)

The Lord Jesus Christ will be the Great and Final Judge at the Second Coming. Every moment is an opportunity to prepare for the end of life and final judgment. A person never knows when the last breath will occur and earthly life will end. The present moments of life are to be valued and used with the greatest of wisdom. Being quick and harsh to judge others puts a person in a very precarious position.

Romans 14:10-But why dost thou judge thy brother? or why dost thou set at nought thy brother? for we shall all stand before the judgment seat of Christ. (KJV)

Many events and occurrences in earthly life are deeply disconcerting to believers. Focusing on personal sinfulness and the need to repent is enough for each believer. God knows what occurs in each person and outward behavior is not the full story. Inward repentance may exist in others that is known only to God but not to others. Love, mercy, and forgiveness have a primary place in interpersonal relationships.

2 Corinthians 5:10-For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad. (KJV)

Every person faces the Final Judgment, and every moment of life is on the record. Repentance continuously throughout life puts a believer in a better ending position. Delaying repentance is perilous for the believer's soul and the Last Judgment. The Lord is good and merciful and always gives believers opportunities to repent. Good and bad hidden actions are known to the All-Knowing and All-Seeing God.

Philippians 1:9-And this I pray, that your love may abound yet more and more in knowledge and in all judgment; (KJV)

Healthy fear and love of God have a place in the Christian's development in life. The Christian life is an on-going growth process in Christ until the very end of life. Believers have to work through the temptations and trials of life to grow in Christ. Maturing in love and making love real in personal relationships takes hard work. Being a serious Christian requires the believer to always keep Christ in mind.

*Holy Hieromartyr Therapontes of Sardis. Apodasis of Pascha. May 27/June 9, 2021.
Hidden Valley, Pennsylvania. Father Rodney Torbic*



Jawn, pronounced \ˈjɑn\, is the Philadelphia all-purpose noun. It can refer to a single thing, or a collection or class of things, or a situation, or a person.

What's in a beignet?

Literally, its flour, milk, and sugar. Then oil, for deep frying. Then, powdered sugar topping. The beignet is a New Orleans breakfast staple, but as a vessel, it can be stuffed with your favorite protein and the like. It was brought to Louisiana by its French colonists in the 18th century and is typically served at breakfast, but if you've ever had the pleasure of eating a beignet stuffed with Blue Crab, then you'll know its potential as a "more than just breakfast" treat.

Mentally, a beignet is much more than dough and powdered sugar, served piping hot.

As I sat with my family at Café Beignet this past week in New Orleans, I had realized just how much I missed not only this tasty breakfast, but everything that goes into eating one. For one thing, it is a communal practice, one best served with a group. Coming in an order of three, your inner National Geographic takes over as you stalk your tablemates paper bowls for leftovers. In the case of my daughter, that meant staking claim to the leftover powdered sugar at the bottom of the bowl. No spoon needed, as the delicious grease on her fingers made for a fine silverware substitute. The best part? No one looks at you funny.

Then, there's the people watching. As we sat there on Decatur Street in New Orleans' French Quarter, we took in the sights. There's the Steamboat Natchez docked in the Mississippi River. There's Jackson Square just down the street where the Louisiana Purchase was signed and is gathering place for artists and musicians alike. St. Louis Cathedral buttresses Jackson Square with its beauty and size. The area brings all kinds; tourists fancying a view of what they've seen only in books and on television, locals out for a stroll, and the man betting you that he knew where you got your shoes (the answer: your feet).

Finally, if you're a non-local like me, there's the process of just getting to New Orleans and a local cafe to taste that delicious beignet. The packing, the flight, the airport, navigating the Crescent City and its suburbs. Parking, walking, avoiding/embracing panhandlers. Bourbon Street and the French Quarter as a whole. If you visit the more famous

beignet joint, Café du Monde, then just stalking your prey (waiting for a table) can be a skirmish. The juice is worth the squeeze, even if the resulting sensory overload and famed New Orleans heat and humidity require a late morning nap.

The payoff, though. The payoff.

That first bite takes you to a different place. The crispy outside. The doughy, soft inside. That powdered sugar topping. The Café Au Lait (steamed milk and strong coffee) to wash it down. It's divine.

But this beignet was different. This beignet was my first beignet since COVID-19. To me, it signaled a return to normalcy. Just the idea of going to an airport and getting on a plane was weird. I didn't want it to be, but it was. Sitting in a closed café without a mask was weird. I didn't want it to be, but it was. Direct engagement with humans in the French Quarter, where I didn't feel like I had to keep a mask on guard or walk to the other side of the street was weird. I didn't want it to be, but it was.

And that's OK. A year and a half of our lives lost to a pandemic has affected most of us in ways we'll likely never fully understand. For instance, I wonder how my soon-to-be 5-year-old will react when I tell her she doesn't have to wear a mask anymore, even though she has for a quarter of her life. My guess is that she won't care either way because she's 5 and resilient, but it will be fun to explain all those mask pictures to her in ten years.

For those of us fully vaccinated, it is time, both medically and mentally, to return to normal. It's OK. It's safe. You are safe. More than safe, it's important for your mental health to return to the things you love. Continue to practice good hygiene. Continue to be careful around those in your family or household who are not fully vaccinated. Be understanding to one another and respect that we're not all on the same timeline. But, frankly, you've *earned* a return to normal. If you are fully vaccinated, it's time to move on.

The payoff on a return to normal differs for all of us. There's no playbook to explain to you or me what normal is but, from personal experience, I can tell you this: normal for me was a morning in a café with my family, grinning at a 5-year-old girl covered in powdered sugar, and already planning when I can do it again.

John DiSpaldo, Teracore, Federal Emergency Management Agency- Region III

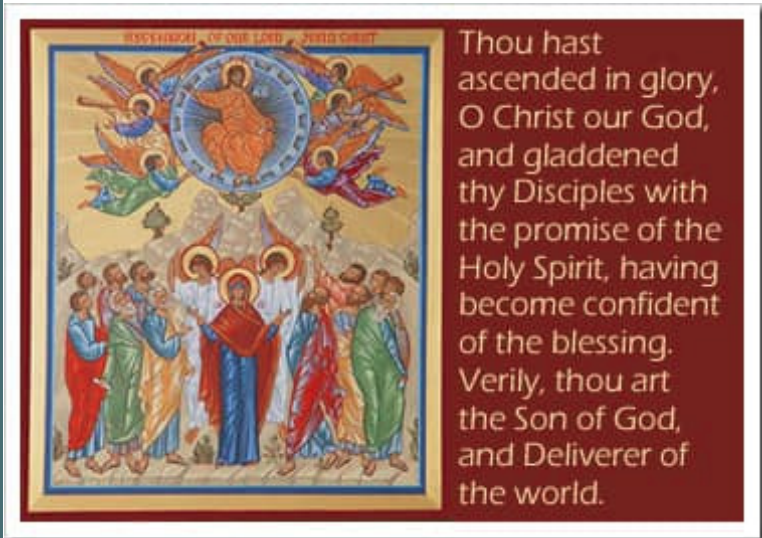
Via Father Theophan Kenyon Mackey

One day Abba Isaac went to a monastery. He saw a brother committing a sin and he condemned him. When he returned to the desert, an angel of the Lord came and stood in front of the door of his cell, and said, "I will not let you enter." But he persisted saying, "What is the

matter?" And the angel replied, "God has sent me to ask you where you want to throw the guilty brother whom you have condemned." Immediately he repented and said, "I have sinned, forgive me." Then the angel said, "Get up, God has forgiven you. But from now on, be careful not to judge someone before God has done so." (*Sayings of the Desert Fathers*)

"Be still, and know that I am God."
Ps 46:10

Stop talking Switch off your phone Stop commenting Listen Stop arguing Stop questioning Stop moaning	Stop doubting Be sure Have faith No second opinion	God is Almighty God is in control God is love God is King God is my hope, rock, fortress God is ever-present, a help in times of trouble. God is my Father God is my shepherd- He will lead me, nourish me, protect me & restore me.
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Substance and Shadow: The Light of Christ Does Not Cast a Shadow

A shadow is an area where direct light from a source, such as the Sun, cannot reach due to obstruction by an object. It occupies all of the space behind an object with light in front of it. "Substance" on the other hand is that which is solid and practical in character, quality, or importance.

Icons used in worship by the Orthodox Church have no shadows cast from the images. The light comes not from the Sun, but from Our Lord, Who is the Son of Righteousness. The light comes from within and represents the Light of Christ Who dwells in His saints and whose sanctity and love do not obscure this Light.

As Christians we must live in such a way that the Light of Christ shines through us and does not cast a shadow. If we live our lives in humility and repentance, the Lord's love and light are not obscured but shine forth with substance the Christ that is in us. This very Christ Jesus is therefore seen by others and spreads the love of God throughout the whole of the cosmos.

With love in Christ, Abbot Tryphon

Patriarch of Romania explains the bright cloud on which Christ ascended Bucharest, June 11, 2021



Photo: basilica.ro

“Although ascended to Heaven, Christ is present in the Church by the grace of the Holy Spirit,” His Beatitude Patriarch Daniel of Romania said during his homily on the feast of the Ascension yesterday.

Speaking of the role of the Holy Spirit in the Church, explaining why the Fathers call Him the “throne of glory” of Christ, the Patriarch identified Him as the bright cloud upon which Christ ascended to Heaven, reports the [Basilica News Agency](#).

The Gospel of the feast “shows us that Jesus Christ, risen from the dead, strengthens the Disciples and shows them that the promise of the Father means the coming of the Holy Spirit upon the Disciples in the form of tongues of fire.

It is not enough to know the Gospel theoretically, the Romanian primate said, but the Disciples also had to come to know the power of the Holy Spirit, to “be moved by the power of the Holy Spirit, the sanctifying one, Who proceeds from the Father and rests in the Son.”

The very place of the Ascension of the Lord, the Mount of Olives symbolizes “the mystery of the Church, which exists and works through the blessing of Christ,” His Beatitude said. And it was at the foot of the mountain, in the Garden of Gethsemane, where the Savior prayed before His Passion. As the Patriarch explained, “Gethsemane” means “olive press.” And “olive oil was also used for blessing. It is a symbol of the blessing of the Holy Spirit,” Pat. Daniel said.

And in the Epistle reading for the feast, we read that the Lord ascended into Heaven on a bright cloud, His Beatitude noted.

“The Holy Fathers of the Church say that the cloud that appeared at the Ascension of the Lord is the same as the cloud that showed itself at His Transfiguration, when the voice of the Father said from the cloud: *This is My Beloved Son*—the same words that the Father said at the Baptism of the Lord,” the Patriarch commented.

St. John Chrysostom calls this cloud the “King’s throne,” His Beatitude noted.

“St. Ambrose of Milan said that the throne of God is the Person of the Holy Spirit, and God—the Father and the Son—rests on the throne of Glory, which is the Holy Spirit, the One Who confesses, or confirms, the Father’s love for the Son and the Son’s love for the Father. So the Divine throne symbolized by the cloud is the Holy Spirit,” he continued.

And this comes full circle on the feast of Pentecost, when the Holy Spirit descends upon the Disciples in the form of tongues of fire, Pat. Daniel said. “Therefore, in the Church of Christ, Christ is present until the end of the ages. Although ascended to Heaven, He is present in the Church by the grace of the Holy Spirit.”

“Thus, we understand why all the works of the Church are done by the invocation of the Holy Spirit. For through the grace of the Holy Spirit, the love of the Father, the Son, and the Holy Spirit is present in the Church; the whole Holy Trinity is present,” His Beatitude concluded.

**The First Ecumenical Council
Icon via Metropolitan Savas of Pittsburgh:**

