



**Holy Ghost Orthodox Church**  
**714 Westmoreland Avenue**  
**PO Box 3**  
**Slickville, PA 15684-0003**  
[www.holyghostorthodoxchurch.org](http://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](mailto: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, Metropolitan Kallistos of Diokleia, Father George & Pani Lillian Hnatko, Father Jakiw Norton, Father Paul Stoll, 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, Pani-Dobrodijka Sonia Diakiw, Father Paisius McGrath, Father Michael Smolynec, Father Lawrence & Matushka Sophia Daniels, Father Joe Cervo, Father John Harrold [Saint Sylvester], 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], 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, Father Deacon 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], 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, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Denis Strittmatter, Father Joe Uzar—newly ordained, 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, David Hess, Serena, Wyatt, Makenzie, Jennifer, Carolyn Strittmatter, Barbara Shegat & Chaplain Rachelle Zazzu, Candace Irvin, Dollie Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [newborn], Elizabeth [5-year-old], Lillian Skowvron, Pani Cathy Danczak, Sue & Greg Heinen, Paul Simpson [Father Bob’s cousin, car accident], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Linda Snow, Zack Blair [Pani Gina’s nephew], Greg & Mary Lou Sheakley [Pani Gina’s cousins—COVID], the McKenna family, 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 truth of God has to be comprehended not by the mind alone but with all one's strength; by the mind and the will and the heart; one has to live according to the truth in order to come to know the truth. *Blessed Archbishop John (Maximovitch)***

**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.**

## **SERVICES IN SLICKVILLE**

**SUNDAY, October 10                      OBEDNITZA—UPSTAIRS                      10:30 AM**  
**16<sup>TH</sup> SUNDAY AFTER PENTECOST; MARTYR CALLISTRATUS & COMPANY OF 49**  
**MARTYRS OF CARTHAGE; APOSTLES MARK, ARISTARCHUS, & ZENAS OF**  
**THE 70; MARTYR EPICCHARIS OF ROME; VENERABLE IGNATIUS-ABBOT**  
*Tone 7*  
2 Corinthians 6:1-10  
Luke 5:1-11

**SUNDAY, October 17                      OBEDNITZA—UPSTAIRS                      10:30 AM**  
**17<sup>TH</sup> SUNDAY AFTER PENTECOST; HIEROMARTYR HIEROTHEUS-BISHOP OF**  
**ATHENS; MARTYRS GAIUS, FAUSTUS, EUSEBIUS, & CHAEREMON OF**  
**ALEXANDRIA; SAINT VOLODYMYR-SON OF YAROSLAV THE WISE-**  
**WONDERWORKER; SIANT HELLASIVS, ONESIMUS, & AMMON OF**  
**PERCHEVSKY LAVRA**  
*Tone 8*  
2 Corinthians 6:16-7:1  
Luke 6:31-36

**SUNDAY, October 24                      OBEDNITZA—UPSTAIRS                      10:30 AM**  
**18<sup>TH</sup> SUNDAY AFTER PENTECOST; HOLY FATHERS OF THE 7<sup>TH</sup> ECUMENICAL**  
**COUNCIL; HOLY APOSTLE PHILIP OF THE 70; VENERABLE THEOPHANES**  
**THE CONFESSOR & HYMNOGRAPER-BISHOP OF NICAEA; MARTYRS**  
**ZENAIDA & PHILONILLA OF TARSUS IN CILICIA; VENERABLE THEOPHAN**  
**THE FASTER OF PERCHEVSKY LAVRA**  
*Tone 1*  
2 Corinthians 9:6-11; Acts 8:26-39; Hebrews 13:7-16  
Luke 7:11-16; Luke 10:1-21; John 17:1-13

**BULLETIN INSERT FOR 10 OCTOBER 2021**  
**16<sup>TH</sup> SUNDAY AFTER PENTECOST; MARTYR CALLISTRATUS &**  
**COMPANY OF 49 MARTYRS OF CARTHAGE; APOSTLES MARK,**  
**ARISTARCHUS, & ZENAS OF THE 70; MARTYR EPICCHARIS OF ROME;**  
**VENERABLE IGNATIUS-ABBOT**

### **TROPARION—TONE 7**

By Thy Cross, Thou didst destroy death!  
To the thief, Thou didst open Paradise!  
For the Myrrhbearers, Thou didst change weeping into joy.  
And Thou didst command Thy disciples, O Christ God,  
To proclaim that Thou art risen, granting the world great mercy!

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

### **KONTAKION—TONE 7**

The dominion of death can no longer hold men captive,  
For Christ descended, shattering and destroying its powers!  
Hell is bound, while the prophets rejoice and cry:  
The Savior has come to those in faith!  
Enter, you faithful, into the Resurrection!

### **PROKEIMENON—TONE 7**

**READER:** The Lord shall give strength to His people! The Lord shall bless His people with peace!

**PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!**

**READER:** Offer to the Lord, O you sons of God! Offer young rams to the Lord!

**PEOPLE: The Lord shall give strength to His people! The Lord shall bless His people with peace!**

**READER:** The Lord shall give strength to His people!

**PEOPLE: The Lord shall bless His people with peace!**

### **ALLELUIA VERSES—TONE 7**

It is good to give thanks to the Lord, to sing praises to Thy name, O Most High!

To declare Thy mercy in the morning, and Thy truth by night!



*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.*

For what seemed like the better part of my elementary school life, I remember this one specific poster that found its way into every one of my classrooms.

It was the picture of a cat, hanging on to a stick, with a “this isn’t going to end well” look on its face. It’s the famous “Hang in there, baby” motivational poster, with the photo taken by Victor Baldwin in 1971. The picture, consistently posterized for 50 years, has appeared in classrooms, doctors, and dentist offices alike. Getting a root canal? Hang in there, baby!

To this day, I look at that poster and I don’t look at the quote associated with it. I understand the meaning, we all do. The cat, struggling to hang on, is meant to motivate us to keep going, to hang on, through difficult circumstances.

I just can’t get past the look on the cat’s face.



That cat is horrified, and brutally honest about how it feels about its own circumstances. Even in 6<sup>th</sup> grade, I knew, and to this day, I knew the cat knew that this was not an ideal situation to be in.

Toxic Positivity is a real thing. Health experts from The Psychology Group out of Florida define toxic positivity as the overgeneralization of a happy, optimistic state that results in the denial, minimization, and invalidation of the authentic human emotional experience. Basically, in non-medical terms, it’s looking at things through rose-colored glasses.

This is not to be confused with being optimistic. We should be optimistic. Positive thinking can reduce stress levels, build a stronger immune system, and lead to a longer life. Positivity becomes toxic when it begins to cloud our emotions, decision making, and begins to trivialize other’s emotions.

As licensed clinical psychologist Jamie Long puts it, “By disallowing the existence of certain feelings, we fall into a state of denial and repressed emotions.”

Clinical health psychologist Natalie Dattilo, with Brigham and Women's Hospital in Boston, told *Washington Post's* Allyson Chiu that it's like eating too much ice cream. "It's really good and it makes us feel better, but you can overdo it. Then, it makes us sick," adding that it can also look like "shoving ice cream into somebody's face when they don't feel like having ice cream. That's not really going to make them feel better."

Toxic positivity is all around us, and we may not even realize it. Sometimes, it's cloaked in a gesture, like when management throws that pizza party during performance review time. It could be the canned motivational posters in the break room telling us to "keep your head up!" It's not so much the gesture itself, it's the meaning behind it.

Unfortunately, management may not realize that the act they perceive as kind is just hardening negative emotions co-workers may be feeling.

"You should feel good about where you work," says management.

"But I don't," says employee, "and now I feel left out because I don't."

Or, when a co-worker tells their team that a loved one passed away and we respond with "Tomorrow is another day" or "Things will get better" it's easy to forget that, for that person, it doesn't. And it might not. And that their life might have just changed forever, and tomorrow is not just another day, and that the horse we need to get back up on just bucked us off and broke our heart and head. It's easy for us to say that. It is not easy for us to live that.

There are ways to combat Toxic Positivity.

If work is the issue, management can encourage folks to disconnect, instead of connecting in what is perceived in a positive way. Leave work at work. Work 40 hours, no more, no less.

Another way is being honest with yourself. The National Education Association calls this the "yes, and" strategy. For example, "I love my job as an emergency manager, and it stresses me out beyond comprehension some days." Sometimes, just admitting that this job is both amazing and maddening can release tension. A dichotomy of emotions is OK, and normal, and freeing. It allows our mind and body to attack those very normal feeling with the appropriate coping mechanism.

Gabriele Oettingen is a professor of psychology at NYU and the University of Hamburg and author of "Rethinking Positive Thinking: Inside the New Science of Motivation," She penned in the *New York Times*, in 2014, that a combination of emotions is a better way.

"What does work better is a hybrid approach that combines positive thinking with 'realism.' Here's how it works. Think of a wish. For a few minutes, imagine the wish coming true, letting your mind wander and drift where it will. Then shift gears. Spend a few more minutes imagining the obstacles that stand in the way of realizing your wish. When participants

have performed mental contrasting with reasonable, potentially attainable wishes, they have come away more energized and achieved better results compared with participants who either positively fantasized or dwelt on the obstacles.”

It's easy to say “buck up” just as easy as it is to say “you’ll be OK” but splitting the middle is the best route. Listen to your co-workers and staff and be realistic. Even if you can’t understand what they are going through fully (and you won’t), recognize that they are going through something hard. Sometimes, that’s all we can do and, sometimes, that’s all someone wants.

In other words, there are times when we can look at the cat in the poster and say “hang in there, baby” but, more likely, the best thing we can say to the cat is “I understand. Brace yourself.”

Portions of this weeks Jawn were written via excerpts from the following article:  
<https://www.nea.org/advocating-for-change/new-from-nea/when-too-much-good-attitude-becomes-toxic>

**John DiSpaldo**—Teracore—Federal Emergency Management Agency—Region III

### ***The story from Metropolitan Anthony of Sourozh:***

***While still hegumen, he was at a dinner in the same house. After dinner he offered to help and washed the dishes. Years passed; he became a metropolitan. Once he dined with the same family. And again, after dinner he offered to wash the dishes. The hostess was embarrassed—after all he is the Metropolitan, and she would wash the dishes—and protested violently. "What, did I wash badly the last time?" asked Anthony of Sourozh***

### **Always Remember The Cross!**

***I Corinthians 1:18-For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God. (KJV)***

The Lord Jesus Christ’s Cross merits a place in believers’ minds at all times. Believers benefit by thinking deeply about the Lord Jesus Christ on the Cross. Thinking about Christ on the Cross reveals Christ’s love and power of The Cross. The Resurrection would not have occurred if Jesus Christ did not die on The Cross. Incorporating the meaning of the Cross in our lives is a challenge for believers. Earthly life is empty and meaningless without understanding Jesus on The Cross.

***Galatians 6:14-But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world. (KJV)***



The Lord Jesus Christ's humility was demonstrated when He went to The Cross. Jesus on The Cross stands through the centuries to captive hearts, minds and souls. Each believer struggles through life learning the full value of Christ on The Cross. God's Holy Church offers teachings and miracles about the power of The Cross. Coming to fully understand The Cross is best undertaken in God's Holy Church. Believers are enriched in body, mind and soul when focusing on Christ's Cross.

***Philippians 2:8-And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. (KIV)***

The suffering Jesus experienced on The Cross is documented in the Holy Gospel. The Holy Apostle Paul preaches about the power and miracles of The Cross. Contemporary life often pushes the image and message of The Cross out of sight. Dealing with sin through The Cross is not in the forefront of today's world. Believers seeking redemption come to know The Cross is central to the journey. Dealing with personal crosses becomes manageable through Christ on The Cross.

***Colossians 1:20-And, having made peace through the blood of his cross, by him to reconcile all things unto himself; by him, I say, whether they be things in earth, or things in heaven. (KJV)***

Focusing on The Cross is necessary in making the journey to God's Kingdom. The Cross revealed Jesus Christ's divinity and Jesus' ultimate power over death. Going to The Cross was a purely voluntary undertaking by the Lord Jesus Christ. Believers are challenged in comprehending Jesus' willingness to die on The Cross. Focusing on The Cross reveals the narrow path for believers to follow in life. Christ on The Cross is the pathway to peace and joy through the Resurrection.

*Afterfeast of the Exaltation of the Cross. September 16/29. Hidden Valley, Pennsylvania. Father Rodney Torbic*

***Posted by Dr. David Ford:***

Protopresbyter Artemy Vladimirov, a contemporary priest in Russia in an interview printed in Road to Emmaus (Spring, 2018), p. 33:

"We are to be aware of the significance of serving the Holy Liturgy, to believe that heaven and earth are united, and that our little parish is the first step to paradise. When you partake of Holy Communion, you as a priest become one of the many-eyed cherubim and six-winged seraphim praising God. You become a lamp shining upon and warming the darkness of this world, so that even the wild beasts and birds, trees, mountains, and oceans tremble with awe when you pronounce the words, 'Holy things are for the holy.'

"You are to believe at this moment that your little church has become the absolute center of the universe—not only of the earth, but of innumerable galaxies above you, and that the Milky Way rejoices when you take the Holy Gifts in your hands. This is one of the main reasons why our Lord postpones His Second Coming. He visits this land in His sacraments."

*Via Proto Stevo Rocknage*

**First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a quiet and peaceable life, godly and respectful in every way. This is good, and it is acceptable in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth. *St. Paul, 1st Letter to Timothy 2:1-4***

**"Wherefore I choke with grief, that when so many blessings are laid before us, we are slothful, and despise them; we use every exertion to have splendid houses here, but how to gain in heaven so much as a little resting place, we care not, we think not." *St. John Chrysostom***

**The Fifteenth Sunday after Pentecost Matthew 22:35-46**

*Then one of them, which was a lawyer, asked Him a question, tempting Him, and saying, Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets. While the Pharisees were gathered together, Jesus asked them, Saying, What think ye of Christ? whose son is he? They say unto him, The son of David. He saith unto them, How then doth David in spirit call him Lord, saying, The Lord said unto my Lord, Sit thou on my right hand, till I make thine enemies thy footstool? If David then call him Lord, how is he his son? And no man was able to answer Him a word, neither durst any man from that day forth ask Him any more questions. (KJV)*

**The Sunday after the Exaltation of the Precious and Life-giving**

**Cross Mk.8:34-9:1**

*For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it. For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul? Whosoever therefore shall be ashamed of me and of my words in this adulterous and sinful generation; of him also shall the Son of man be ashamed, when he cometh in the glory of his Father with the holy angels. And he said unto them, Verily I say unto you, That there be some of them that stand here, which shall not taste of death, till they have seen the kingdom of God come with power. (KJV)*

Believers gather today in God's Holy Church to worship and glorify God.

Believers come to church in search of salvation and personal peace. Healing of soul and body are of interest to believers in attendance.

Personal relationships in the home, at work or in the community will be on the minds and in the hearts of believers. God's Holy Church is where to come in search of peace and salvation.

The Gospel for the Fifteenth Sunday after Pentecost describes the relationships expected with God and with neighbor. God is to be loved with all the heart, mind, and soul.

A believer's neighbor is to be loved as the believer love's him or herself.

The Church is where to figure out how to bring into daily reality complete love of God and love of neighbor.

Every person commits sins in the relationship with God. Every person commits sins against his or her neighbor, family member or friend. Learning to drive sin from the self is a life-long undertaking.

Being nourished by God's teachings, the Holy Scriptures and the wisdom proclaimed in the experience of the Church helps believers to improve the relationship with God, neighbors, family members and friends.

Actively attending the Divine services of the Church leads to transformation of believers. Being serious about the Holy Mysteries of the Church leads to growth in Christ and actions pleasing to Christ.

Honesty with the self through personal examination will lead to repentance and personal change. Strong faith and trust in God's goodness and mercy makes a difference in personal life.

Inwardly, the believer must be firmly committed to loving God and desiring to please God for change and growth to occur. The world is full of temptations, perils and attractions that will devastate the soul and relationships.

Guarding the heart, mind and soul is essential at all times for purity in life to be achieved. Being a God-pleasing Christian takes work throughout life. Enjoying the fullness of the life in Christ requires initiative and on-going effort.

Believers need to reject thoughts of sin and temptations. Perilous attractions need to be avoided. Forgiveness in personal relationships has a place at all times and in all circumstances.

Love is the paramount guide in the relationship with God, neighbors, family members and friends. Love takes work. Love involves being humble and considerate.

To grow in Christ, believers need to look to Christ for direction and guidance, nourishment and hope. Only with the help of Christ does personal life become pleasing to Christ.

Help from Christ is required to combat sin. Christ's help is needed for healthy relationships with family members, friends, and neighbors. A heart, mind and soul firmly dedicated to God will yield love of God.

Believers are expected to grow and mature in Christ with the passage of time. The Church commonly baptizes infants. As a person matures in age, the person is to mature in relationships with God, neighbor, family member and friend.

Life's journey from birth to death involves the relationships with God and with the humans as part of daily life. The Holy Gospel guides believers in forming and developing these relationships.

Gratitude has a place with God and in daily personal relationships. Grateful believers take time to thank God and the people in daily life. Greed, hate, and selfishness have no place in the Christian life.

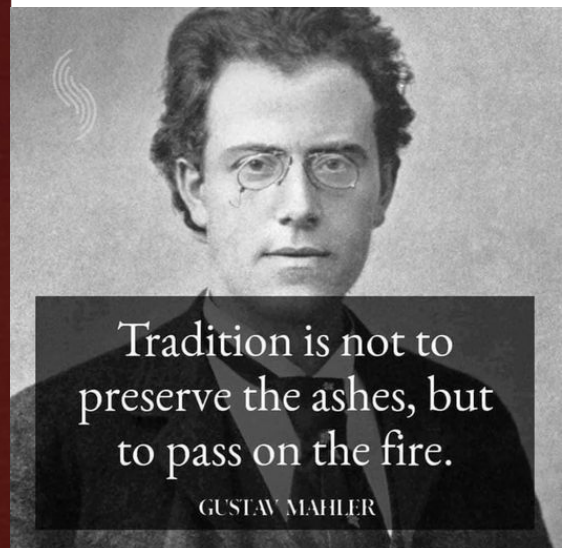
The Gospel lessons for today are challenging. The Cross of Christ and Resurrection of Christ give hope and direction for believers. Always remain hopeful in Christ and in personal relationships. Communicate love and hope.

*The Fifteenth Sunday after Pentecost. The Sunday after the Exaltation of the Cross. Holy Great Martyr Eustatius. September 20/October 3, 2021. Hidden Valley, Pennsylvania. Father Rodney Torbic*



**“TO REPENT IS NOT TO LOOK  
DOWNWARDS AT MY OWN  
SHORTCOMINGS, BUT UPWARDS AT  
GOD’S LOVE, IT IS NOT TO LOOK  
BACKWARDS WITH SELF-REPROACH  
BUT FORWARD WITH  
TRUSTFULNESS, IT IS TO SEE NOT  
WHAT I HAVE FAILED TO BE, BUT  
WHAT BY THE GRACE OF CHRIST I  
MIGHT YET BECOME.”**

*St John Climacus*



Tradition is not to  
preserve the ashes, but  
to pass on the fire.

GUSTAV MAHLER