



Holy Ghost Orthodox Church

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ON THE MEND: Please keep the following parishioners and others in your prayers for recovery from their illnesses and injuries: Father Bob, Archbishop Daniel, Metropolitan Antony, Metropolitan Yuriy, Archbishop Jovan, Metropolitan Savas, 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, Archpriest Dionysi Vitali, Protodeacon Joseph Hotrovich, Father Paisius McGrath, Father Michael Smolynec, Father Lawrence & Matushka Sophia Daniels, Father Joe & Protinica Linda Cervo, Father John Harrold [Saint Sylvester], Igumen Patrick, Father Jim Orr, Father Rick Seilier, Panimatka Laryssa Charest, Fr. Vasyl Sendeha, Father George & Dobrodijka Oksana Bazylevsky, Father Angelo Artemas, Father John Haluszczak, Dr. Christina Nellis, Father Joshua [Anna], Father Justin (Todd) Mokhiber, Pani Cathy Danczak, Protopresbyter Gerald Ozlanski, Father James Norton, Joshua Agosto and his family, Father Dan & Matushka Myra Kovalak, Chaplain Rachelle Zazzu, Eva Malesnick, Nick Behun, Grace Holupka, Gary & Linda Mechtly, Evelyn Misko, Jeanne Boehing, Alex Drobot, Rachelle, Jane Golofski, Doug Diller, Harry Krewsun, Mary Alice Babcock, Dorie Kunkle, 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, Theresa Ditto, Mary Ann Musial, Yvonne Christy, Father Deacon Myron & Barbara Spak, Julia Duda, Lisa Pandle, Kris & Julie Hanczar, John Kennedy, 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, 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, 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, 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 Slaughaupt, Louis & Terri Berceli, Tom Nolan, Silvia Martin, Dena & George, Georgia, Lawanda [Evelyn's niece], Maureen Sams, John Kendall, Judi Danser, Darcy, 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, 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 & Jan Jennings, Tim Sams, Mike Ruzzi, Stephen Popichak—Fr. Bob's brother, Mary Kay Ludovicy, Pastor Sara Irwin, George Dilendorf, Sharon Torick, Carol Behun, Erv Frye, William Lusherand, Colin Kirton—Stage 4 pancreatic cancer, Clifford, Paul Riley, Tonee & Sydnee Turner, Annette Paluh, Theresa Paluh, Cathy Lotinsky, Monk Andrew, Jeff & Buschra Kerr, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Rita & Joe Mrvos, Alexandra & Bowen, Katherine Kulik, Pastor Terry Polen, Eleanor Kitt, Stacie & Gary, Maria Warholak, Stacie & Gary,

Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Father Joe Uzar, Tim—surgery, John Wakin, Olivia—young girl with a brain tumor, Rick & Sharon Morgan, John Stasko, John, Kris, & Kait, Kristi Wilson, Wendy LaGamba, Melissa Gross [hip replacement], Amy Forbeck, David Salazar, Kitty Mary, Dr. Paul Riley, David Hess, Serena, Wyatt, Makenzie, Jennifer, Alexandra Roberts, Candace Irvin, Carol Muschick, Grace Love [knee replacement], Stacie Riley, Joseph Paul Cervo, Jr. [infant], Elizabeth [5-year-old], Lillian Skowvron, Sue & Greg Heinen, Paul Simpson [Father Bob's cousin], Sharon Curtis Rivas, Kathy Milcic, Lisa Bolan, David G. [cancer], Donna [dementia] & Darla, Adam Snow, the McKenna family, David Gazella, Brian & Michele Cannone, Robert Rodrigues & family, Father Deacon James & Diakonissa Kari Rossetti, Michael Welsh, Nick Solominsky, Samantha & Lisa Houser, Sarah Stepanovich Clark, Julia Baloga, Brett Crosby, Randy Lapuh, Henry Tkacik, Diane & Arthur Chaklis, Denny Mader, Zoe Oswalt—Fr. Bob's cousin [cancer], Barbette [cancer] & Scott, Kristin [cancer], Erm Hartmann, Barbara Bookser [cancer], Bob Mazzuca [cancer], Marko, Taylor, Terri Crosby-Vega [knee replacement], Christine Mohamed & family, Sue Demko, Tammy Marsico, Terry & David Hartnett, Jamie Ball, Kay Williams, Hannah Stewart, Jim Wyko—Alex's friend, Dan Losego, Lisa Bruce, Yvette, Barry Bender, Scott McDougall, Andrew Zelleznick, Byron & Cecilia Scott, Vespina, Michelle Russo, Julie Tripodi, Alby Oxenreiter, Debbie—HTUCC [knee], Jackie May, Barbara Morvay, David Salsar, N&O, Randy & Adrienne Kuny, Vince Berardinelli, Mason Martin [Karns City HS QB] & family, Martin Mrvos, Jeff McCoy, Lauren & Sloane Valentina Persico, Alexis & baby Colton Rosati, Jessica Shirley, Mark [kidney cancer], Steve Milcic, Wilbert Wagner, Bob Wojciechowski, Ashley, Beth Skowvron, Sharon Svitek, Laura, Christopher, & Baby Jane Dickson, Luke D, Diane Murphy, Kristin Vaughn [Harry's daughter], George Petronsky, Doug & Darcie Burkholder, Michael, Jeane, and Katie Byerly, Acolyte Photios & family [Joanne, Richard, Heather, Keith, James, Debbie, James, Sophia, Zachary, Tabitha, Arqynios, Barbara, Aristotle, Alexander, Kalev, Nina, Elias, Elijah, Jessica], Richard & Daniel Scharba [Metropolitan Antony's brothers], Edie McGrath, Samantha Lopez, Bob [cancer], Syble Elliott, Maria Ancevski, Krystyna, John, & Jeffrey, Dottie & family, and Jill Morocco. We pray that God will grant them all a speedy recovery.

Pray to Him that He may give you strength to love everyone. And when your thoughts become quiet and peaceful, you will see how things change around you. Elder Thaddeus(Strabulovich) of Vitovnica, Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica p.78

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] 956-6626.

SERVICES IN SLICKVILLE

SUNDAY, July 14 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM
3RD SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS OF GALICIA & ODESSA; HOLY & WONDERWORKING UNMERCENARIES COSMOS & DAMIAN; MARTYR PHOTIOS; VENERABLE PETER THE PATRICIAN; SAINT ANGELINA-DESPOTINA OF SERBIA

Tone 2

Romans 5:1-10; Galatians 5:22-6:2

Matthew 6:22-33; Luke 6:17-23

SUNDAY, July 21 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM
4TH SUNDAY AFTER PENTECOST; HOLY GREAT-MARTYR PROCOPIUS OF CAESAREA IN PALESTINE; NEW MARTYR ANASTASIOS AT CONSTANTINOPLE; MARTYR THEODOSIA-MOTHER OF GREAT-MARTYR PROCOPIUS

Tone 3

Romans 6:18-23; 2 Timothy 2:1-10

Matthew 8:5-13; John 15:17-16:2

SUNDAY, July 28 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM
5TH SUNDAY AFTER PENTECOST; HOLY FATHERS OF 1ST 6 ECUMENICAL COUNCILS; BAPTISM OF RUS-UKRAINE; HOLY EQUAL-TO-THE-APOSTLES

**GREAT PRINCE VOLODYMYR—ENLIGHTENER OF KYIV-RUS; MARTYRS
CYRICUS & MOTHER JULITTA; MARTYR ABUDIMUS**

Tone 4

Romans 10:1-10; Galatians 1:11-19
Matthew 8:28-9:1; John 10:1-9

BULLETIN INSERT FOR 14 JULY 2024

**3RD SUNDAY AFTER PENTECOST; SUNDAY OF ALL SAINTS OF
GALICIA & ODESSA; HOLY & WONDERWORKING UNMERCENARIES
COSMOS & DAMIAN; MARTYR PHOTIOS; VENERABLE PETER THE
PATRICIAN; SAINT ANGELINA-DESPOTINA OF SERBIA**

TROPARION—TONE 2

**When Thou didst descend to death, O Life Immortal,
Thou didst slay hell with the splendor of Thy Godhead!
And when from the depths Thou didst raise the dead,
All the powers of heaven cried out:
O Giver of Life! Christ our God! Glory to Thee!**

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

KONTAKION—TONE 2

**Hell became afraid, O Almighty Savior,
Seeing the miracle of Thy Resurrection from the tomb!
The dead arose! Creation, with Adam,
Beheld this and rejoiced with Thee!
And the world, O my Savior, praises Thee forever!**

PROKEIMENON—TONE 2

**READER: The Lord is my strength and my song. He has become my
salvation.**

**PEOPLE: The Lord is my strength and my song. He has become my
salvation.**

**READER: The Lord has chastened me sorely, but he has not given
me over to death.**

**PEOPLE: The Lord is my strength and my song. He has become my
salvation.**

READER: The Lord is my strength and my song.

PEOPLE: He has become my salvation.

ALLELUIA VERSES—TONE 2

The Lord answer you in the day of trouble! The name of the God of Jacob protect you!

Save the king, O Lord, and hear us on the day we call!

THE CROSS OF CHURCH-AUTHORITY (Saturday, June 29)

"For I think that God has exhibited us apostles as last of all, like men sentenced to death; because we have become a spectacle to the world, to angels, and to men. We are fools for Christ's sake, but you are wise in Christ. We are weak, but you are strong. You are held in honor, but we in disrepute. To the present hour we hunger and thirst, we are ill-clad and buffeted and homeless, and we labor, working with our own hands. When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate; we have become, and are now, as the refuse of the world, the offscouring of all things. I do not write this to make you ashamed, but to admonish you as my beloved children. For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel. I urge you, then, be imitators of me." (1 Cor 4: 9-16)

Church-"fathers" often get a bad rap, not only outside the Church but also within it, - even "the good ones." I'm thinking about this today, when in my church (the ROCOR) we celebrate St. John of Shanghai, and in NC-churches we celebrate Sts. Peter and Paul. St. John was considered *difficult* by most of his fellow-bishops in his time, and some people even filed a lawsuit against him, for the alleged mishandling of finances related to the construction of the cathedral in San Francisco.

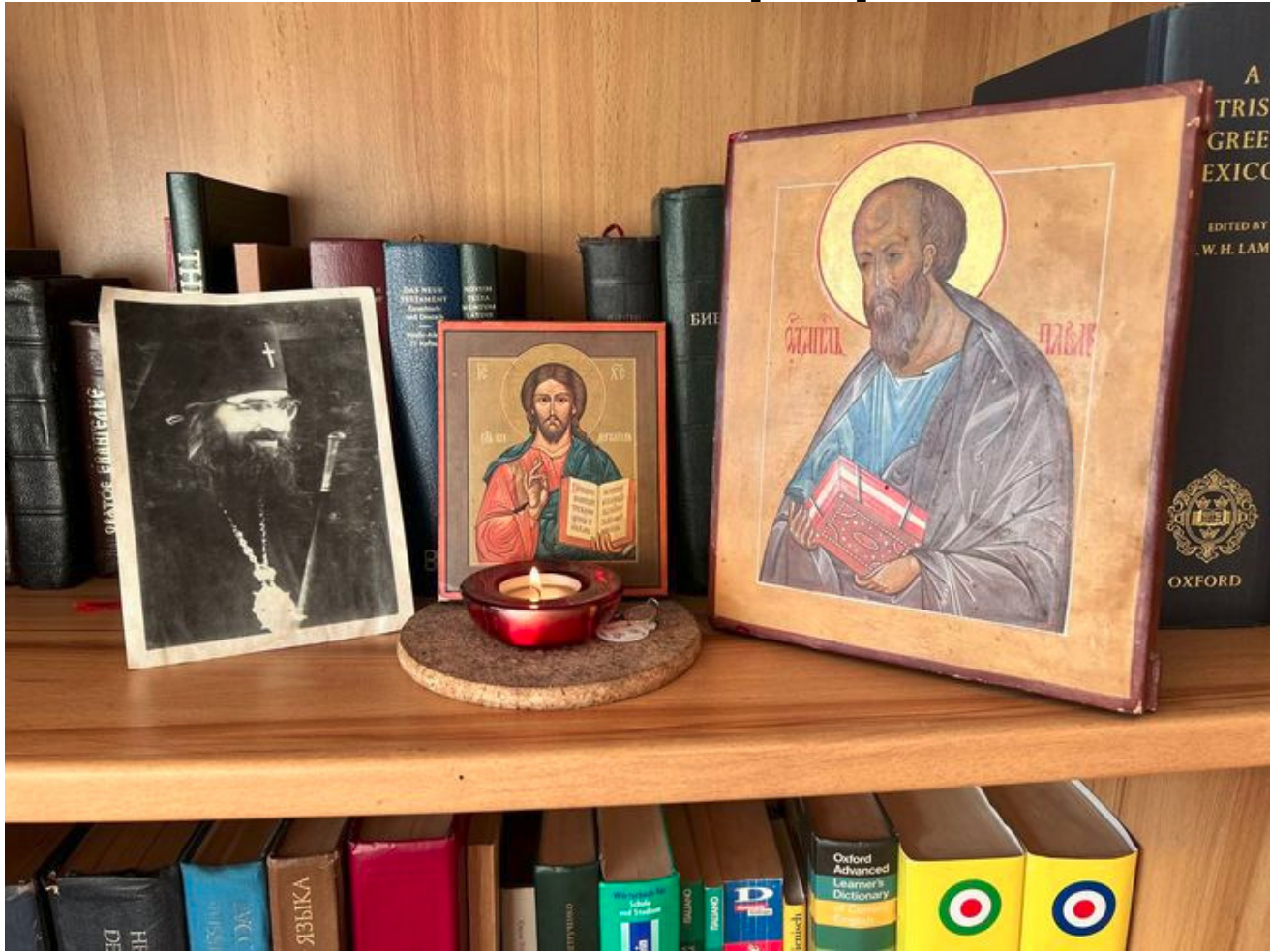
The great St. Paul tells us how it felt, already in his time, to be a church-leader, as one of the Apostles of Jesus Christ: "I think that God has exhibited us apostles as the last of all," he writes, "...we have become a spectacle to the world, to angels and to men..." It appears that, regardless of the strengths or weaknesses of a church-leader, his apostolic ministry brings with it the kind of exposure that is more infamy than fame. Perhaps this is so because the "bar" is so high, in an occupation modeled after the example of Christ Himself. As St. Paul says elsewhere, in 1 Cor 11: 1: "Be imitators of me, as I am of Christ." (Were St. Paul to be one of our bishops or priests in our hyper-critical day, I'll note parenthetically, we would not neglect to criticize him for calling himself "father" in the above-quoted passage, even while Christ said in Mt 23:9, "Do not call anyone on earth your father...")

This morning I'm grateful for this "cross" of our church-leaders, who are indeed "exhibited" to everyone in ways that their flocks are not. Thus, we pray for them "first," as in the commemorations at the end of the

Anaphora of Divine Liturgy: “Among the first remember, Lord...” (Ἐν πρώτοις μνήσθητι, Κύριε... / В первых помяни, Господи...) I’m also thinking about St. Paul’s appeal to all of us, humbly to share in the “scandal” of this Cross, whenever we are called to be “exposed” as followers of Jesus Christ. And that means, “When reviled, we bless; when persecuted, we endure; when slandered, we try to conciliate,” and so on.

Holy Apostles, and St. John of Shanghai, pray to God for us!

From Sister Vassa [Larin]

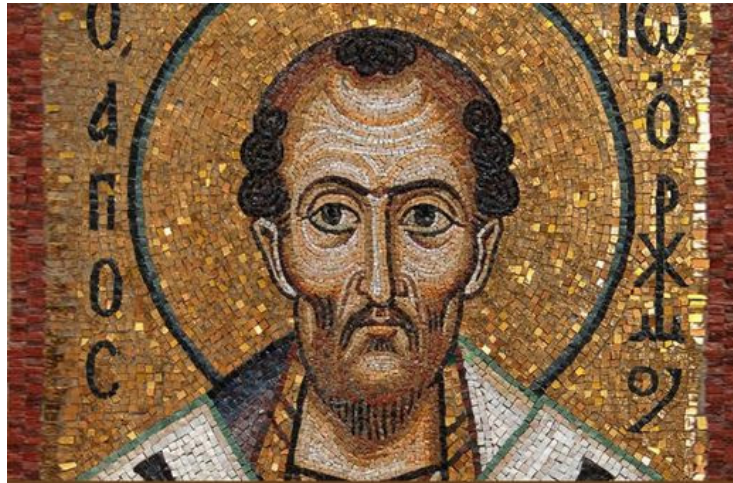


God is kind by nature and always provides for our good and, when we ask Him for something, He will provide it, as long as it is for our good. Whatever is necessary for the salvation of our soul and for the maintenance of our physical existence, God will provide it in abundance, and we’ll have His blessing. Whatever He deprives us of, either to test us or to protect us, we accept with joy as well as with thoughtfulness, as it is for our benefit.

Saint Paisios of Mount Athos, Spiritual Counsels Vol. II Spiritual Awakening p.318

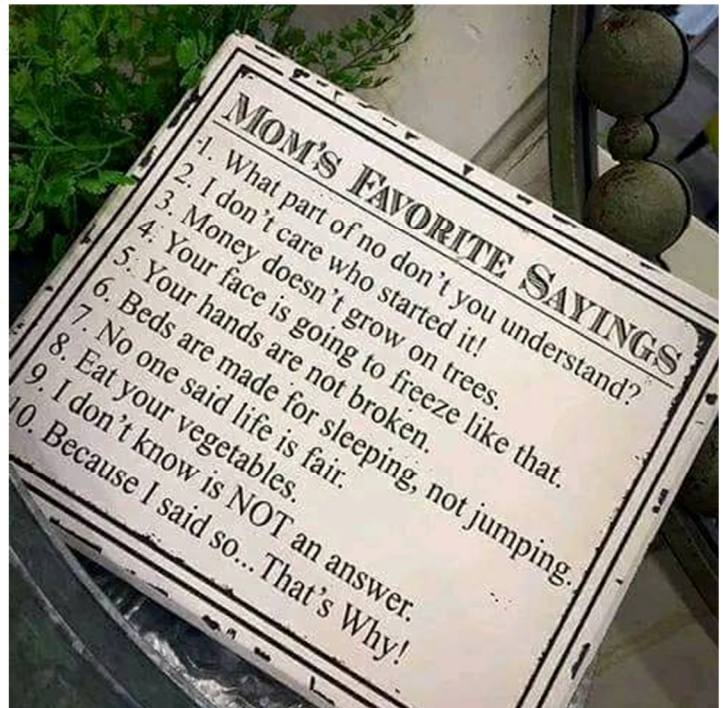
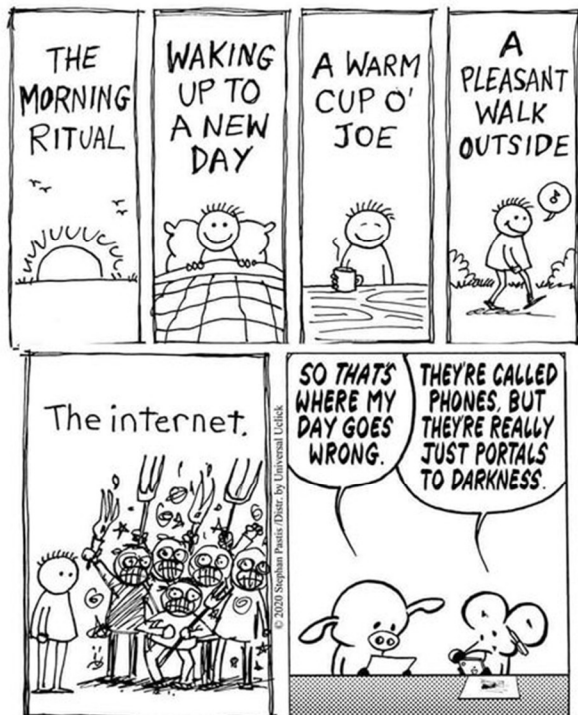
But also another very important indicator of our spiritual progress is the presence of grace on Sundays, and on all the big feast-days. If one does

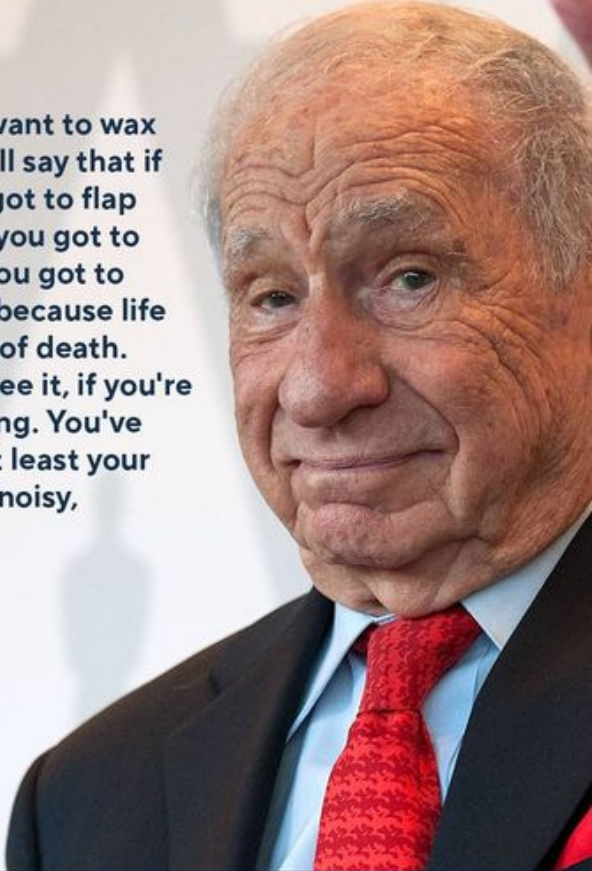
not notice a doubling of grace on these days, then something is not going well. **Monk Joseph Dionysiatis**, Elder Arsenios the Cave-dweller (1886-1983) p.82



If you've come to church to find holy people, you've made a mistake. If you came to find God, you chose correctly.

St. John Chrysostom





Look, I really don't want to wax philosophic, but I will say that if you're alive, you've got to flap your arms and legs, you got to jump around a lot, you got to make a lot of noise, because life is the very opposite of death. And therefore, as I see it, if you're quiet, you're not living. You've got to be noisy, or at least your thoughts should be noisy, colorful and lively.

- Mel Brooks

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We Cannot Thank the Lord Enough

Psalm 30:12-To the end that my glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee forever. (KJV)

Believers cannot thank the Lord God enough for the blessings received in life. Life, itself, is a blessing of God requiring God's blessings for life to continue. Each breath, each heartbeat, and the ability to move come from the Lord God. God gives the believer the ability to think, to touch and to experience pain. Experiencing the aromas in the air occurs by the blessings of the Lord God.

Psalm 92:1- It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O Most High: (KJV)

The Divine services of God's Holy Church incorporate and express thanks to God. The believer has the responsibility to take the initiative to thank God each day. Believers having enough food to eat and water to drink have reasons to thank God. Having the opportunity to attend church freely without fear is reason to thank God. Knowing a believer can pray to God at any time certainly is reason to give thanks.

Psalm 106:47-Save us, O LORD our God, and gather us from

among the heathen, to give thanks unto thy holy name, and to triumph in thy praise. (KJV)

The Psalms offer direction and a historical foundation for believers to thank God. The Holy Scriptures help believers realize the multitude of blessings from God. Believers carefully studying the Holy Scriptures learn the great debt owed to God. God's goodness, mercy, and love motivate attentive believers to be very grateful. Believers repenting of sins and being forgiven have a responsibility to thank God.

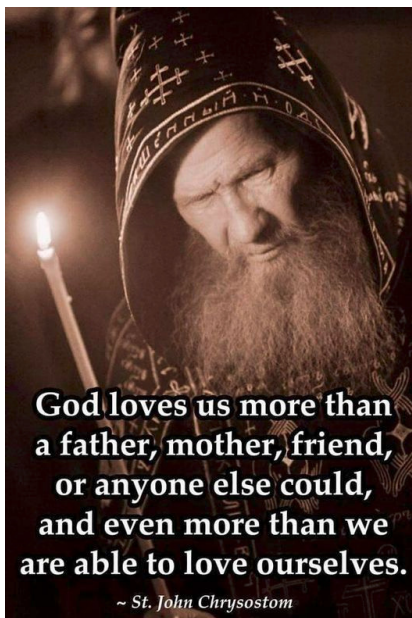
Psalm 122:4- Whither the tribes go up, the tribes of the LORD, unto the testimony of Israel, to give thanks unto the name of the LORD (KJV)

Husbands and wives faithful to each other owe abundant thanks to the Lord God. Children having caring and loving parents are wise to joyfully thank God. Giving thanks to the Lord God for good health is a responsible Christian action. Thanking God for recovery from illness or surgery is a sign of due appreciation. Giving thanks to God is authentic when it comes deep from within the heart.

PSALM 136:3- O give thanks to the Lord of lords: for his mercy endureth forever. (KJV)

Having one or more good friends in life is an excellent reason to thank God. Children having parents who are good examples in life do well to be thankful. Finding a job in life that brings joy to the heart is motivation to thank the Lord. Thanking God for good weather is a sign of maturity and appreciation for God. When the heart, mind and soul find peace in life, it is truly time to thank God.

*Holy Hieromartyr Methodius, Bishop of Patar; Venerable Naum of Ochrid.
June 20/July 3, 2024. Hidden Valley, Pennsylvania. Father Rodney Torbic*



God loves us more than a father, mother, friend, or anyone else could, and even more than we are able to love ourselves.

~ St. John Chrysostom



The thief who received the kingdom of heaven, though not as the reward of virtue, is a true witness to the fact that salvation is ours through the grace and mercy of God.

St. John Cassian

Friday, July 5—Sister Vassa [Larin]



JESUS WEPT

***"Then Mary, when she came where Jesus was and saw him, fell at his feet, saying to him, 'Lord, if you had been here, my brother would not have died.' When Jesus saw her weeping, and the Jews who came with her also weeping, he was deeply moved in spirit and troubled; and he said, 'Where have you laid him?' They said to him, 'Lord, come and see.' Jesus wept."* (Jn 11: 32-35)**

On this Friday, on which my dad just passed away in the early hours of the morning, I am thinking about how the Lord shares our human grief over the death of a loved one, when we share it with Him. When Lazarus's sister Mary fell before Him in tears, surrounded by friends who are also in tears, Jesus allowed Himself to be so "*deeply moved in spirit and troubled*" that He wept with them. Even though He knew that He was about to raise Lazarus from the dead, He wept, because He knew their grief was real, within real time, in which human beings experience profound pain at the physical death and separation from a loved one. He also allowed Himself to be led, by the mourners, to Lazarus's tomb (as if He didn't know where it was), thus leading the grief-stricken to participate in the healing He was bringing them.

Thank You, Lord, for weeping with us. Let me let myself be led by You, through the grieving process, in which You participated with us, even as You lead us and a departed loved one to new life. "*Lord, I have cried unto You, hear me!*" (Ps 140: 1a)

Orthodox Quote of the Day

Just as the presence of spiritual warmth in the heart is sweet, its absence is correspondingly bitter, wearisome, and frightening. We have already noted that it goes away when the attention and the heart stray from the things of the spirit, turning toward things not of the spirit. We are not referring here to sinful things; a person who has had a taste of spiritual warmth is no longer attracted by sin. We simply mean anything belonging to the soul-body realm—anything pointless, earthly, created. *Fr. Jack Sparks, Victory in the Unseen Warfare p.73*

It is a fearful thing to hate whom God hath loved. To look upon another-his weaknesses, his sins, his faults, his defects is to look upon one who is suffering. He is suffering from negative passions, from the same sinful human corruption from which you yourself suffer. This is very important: do not look upon him with judgmental eyes of comparison, noting the sins you assume you'd never commit. Rather, see him as a fellow sufferer, a fellow human being who is in need of the very healing of which you are in need. Help him, love him, pray for him do unto him as you would have him do unto you.

St. Tikhon of Zadonsk