



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 Yurij, Archbishop Jovan, Metropolitan Savas, Father Jakiw Norton, Father Paul & Pani Judy 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, Father 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, Monk Andrew, Father Dan & Matushka Myra Kovalak, Father Joe Uzar, Father Deacon James & Diakonissa Kari Rossetti, Pastor Terry Polen, Chaplain Rachelle Zazzu, Joshua Agosto and his family, 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 Zeliszczyk, 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 & 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, Stephen Popichak—Fr. Bob's brother, 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, 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, Jeff & Buschra Kerr, Margaret Sekelsky, Robert Sekelsky, Robert Rodriguez, Rita & Joe Mrvos, Alexandra & Bowen,

Katherine Kulik, Eleanor Kitt, Stacie & Gary, Maria Warholak, Stacie & Gary, Anna Sekelik, Christy, Mariruth, Rich & Judy Previc, Ben Williams, Tim—surgery, John Wakin, Olivia—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., Elizabeth, 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, the Rodrigues family, 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 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], George Lawrence, Edie McGrath, Samantha Lopez, Bob [cancer], Syble Elliott, Maria Ancevski, Krystyna, John, & Jeffrey, Dottie & family, Bonny Diver & Ashley Smock, Steve, Jill Morocco, and Lauren S. We pray that God will grant them all a speedy recovery.

When there are good thoughts in your soul you feel happy and at ease; when peace and joy are in your heart, then the spirit of good, the Holy Ghost, is within you; whilst when evil thoughts or evil motions of the heart arise within you, you feel ill at ease and oppressed when you are inwardly troubled, then the spirit of evil,

the crafty spirit, is within you. *Righteous John, Wonderworker of Kronstadt, My Life in Christ* p.37

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 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, August 11 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM
7TH SUNDAY AFTER PENTECOST; MARTYR CALLINICUS OF GANGRA IN ASIA MINOR; VIRGIN-MARTYR SERAPHIMA OF ANTIOCH; MARTYR THEODOTA & 3 SONS IN BITHYNIA; MARTYR MICHAEL

Tone 6

Romans 15:1-7

Matthew 9:27-35

WEDNESDAY, August 14

DORMITION FAST BEGINS

SUNDAY, August 18 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM
8TH SUNDAY AFTER PENTECOST; FOREFEAST OF THE TRANSFIGURATION; MARTYR EUSIGNIUS OF ANTIOCH; HIEROMARTYRS FABIAN & ANHERUS-POPES OF ROME; MARTYRS CANTIDIUS, CANTIDIAN, & SIBELIUS OF EGYPT

Tone 7

1 Corinthians 1:10-18

Matthew 14:14-22

MONDAY, August 19

FEAST OF THE TRANSFIGURATION OF OUR LORD

SUNDAY, August 25 **OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM**
9TH SUNDAY AFTER PENTECOST; AFTERFEAST OF THE TRANSFIGURATION;
MARTYRS ANICETUS & PHOTIUS OF NICOMEDIA; HIEROMARTYR
ALEXANDER-BISHOP OF COMANA; MARTYRS PAMPHILUS & CAPITO

Tone 8

1 Corinthians 3:9-17

Matthew 14:22-34

BULLETIN INSERT FOR 11 AUGUST 2024

**7TH SUNDAY AFTER PENTECOST; MARTYR CALLINICUS OF GANGRA
IN ASIA MINOR; VIRGIN-MARTYR SERAPHIMA OF ANTIOCH;
MARTYR THEODOTA & 3 SONS IN BITHYNIA; MARTYR MICHAEL**
TROPARION—TONE 6

The angelic powers were at Thy tomb; the guards became as dead men.
Mary stood by Thy grave, seeking Thy most pure body.
Thou didst capture hell, not being tempted by it.
Thou didst come to the Virgin, granting life.
O Lord who didst rise from the dead: 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 6

When Christ God, the Giver of Life,
Raised all of the dead from the valleys of misery with His mighty hand,
He bestowed resurrection on the human race.
He is the Savior of all,
The Resurrection, the Life, and the God of all!

PROKEIMENON—TONE 6

READER: O Lord, save Thy people and bless Thine inheritance.
PEOPLE: **O Lord, save Thy people and bless Thine inheritance.**
READER: To Thee, O Lord, will I call. O my God, be not silent to me.
PEOPLE: **O Lord, save Thy people and bless Thine inheritance.**
READER: O Lord, save Thy people.
PEOPLE: **And bless Thine inheritance.**

ALLELUIA VERSES—TONE 6

He who dwells in the shelter of the Most High will abide in the shadow of
the heavenly God.

He will say to the Lord: My Protector and my Refuge; my God, in whom I trust.

We need to bridle ourselves and think about how we will leave this life, which ladder we will ascend, how time is passing, and how we must prepare ourselves well. We must entreat Christ to grant us patience. **Gerondissa Makrina (Vassopoulou)**, Words of the Heart p.114

Regional Emmy and Marconi Award nominees announced

By Eric O'Brien on August 3, 2024

According to Rob Owen of The Trib, local TV stations are rich with Mid-Atlantic Regional Emmy nominations this year. Here's the breakdown:

Station	Number of Nominations
KDKA-TV	20
WPXI-TV	18
WTAE-TV	10
WQED-TV	10
Sports Net Pittsburgh	6
Other non-broadcast entities (combined)	13

WQED no longer participates in the competition as a station, but employees can still submit their own work individually. Non-broadcast entities in the competition include the Pittsburgh Penguins, The University of Pittsburgh, UPMC, and Very Local Pittsburgh which is under the HEARST umbrella with WTAE. All of the "Big 3" (KDKA, WPXI and WTAE) were nominated for station-wide categories. The awards will be presented on September 21 in Pittsburgh.

Meanwhile two local radio stations are celebrating nominations for Marconi Awards in their respective categories. Up for "CHR Station of the Year" is WBZZ (100.7 New Kensington/Pittsburgh) "Star". In "News/Talk Station of the Year" is KDKA (1020; 93.7 HD2; 100.1 W261AX). Both stations are owned by Audacy. The Marconi Awards are handed out by The National Association of Broadcasters. The awards will be announced October 9.

PROUD SLICKVILLE CONNECTION NOTE: Our own Reader Alex was nominated for TWO Emmys—in News Production and Investigative Production! Congratulations, Alex, for the recognition of your hard work at WPXI!

224- TEAM COVERAGE

"Beloved Couple Dead In House Explosion"- **WPXI-TV**

Alex Popichak, Producer; **Taylor Hall**, Content Center; **Corey Benedict**, Photographer; **John Klocko**, Manager of Content & Coverage; **Jatara**

McGee, Investigative Reporter ; **Gordon Loesch**, Anchor; **Jessica Shannon**, Digital Lead; **Rich Pierce**, Reporter; **Lauren Talotta**, Reporter; **Amy Hudak**, Reporter; **Jamie Cashdollar**, Photographer; **Taylor Spirito**, Content Center

218- INVESTIGATIVE NEWS

"Bus Patrol Ticket Investigation"- WPXI-TV

Alex Popichak, Investigative Producer; **Amy Hudak**, Investigative Reporter



Photo taken 08-02-2024...unusual cloud formation over Scott Township, PA, near Glendale Hose Company #1. Father John Charest, Father Deacon Evan O'Neil, PA Rep. Anita Kulik, District Justice Jack Kobistek, and parishioners from Saints Peter & Paul in Carnegie were gathered to bless Emergency Vehicles—police, fire, and EMS—in honor of the Feast of Saint Elias. God is Wonderful in His Saints!

The Funeral Epistle-I Thessalonians 4:13-17 (KJV)

13 But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

The Holy Apostle Paul's Epistle to the Thessalonians offers timeless hope. Believers gathered at funerals benefit from the Apostle's words of hope. The Apostle is reassuring and comforting for believers mourning the departed. The heart, mind and soul are deeply affected when a loved one departs this life. The Funeral Service gathers believers in prayer for the departed and each other.

14 For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

Believers consider their own lives and the life of the departed at the funeral. The future of the departed is considered as are the lives of all in attendance. God's reassuring loving presence is manifested in the Funeral Service. The Epistle and Gospel readings focus believers' thoughts on life lying ahead. The Epistle shines the Light of Jesus Christ eradicating death's darkness.

15 For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep.

The Resurrected Christ broke down death's barrier and established enduring hope. Believers benefit from the message of waiting for the Lord's Second Coming. The Second Coming of Christ holds promise for believers living and departed. Jesus Christ provides hope and joy from Holy Baptism until the Second Coming. Believers immersed in Christ embrace hope and joy in the heart, mind, and soul.

16 For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

Serious believers embrace and do not doubt the power of the Resurrected Christ. Belief in the general resurrection of the dead is first professed at Holy Baptism. Believers reaffirm belief in the general resurrection at each recitation of The Creed. The promise of the general resurrection empowers believers attending the funeral. Holy Apostle Paul's message to the Thessalonians has brightened each century.

17 Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.

The Epistle speaks of the uniting of the living and departed at the Second Coming. God's Holy Church affirms living and departed believers are united in Jesus Christ. Prayers of the Church continue to reference the living and the departed each day. The Church provides the hopeful

perspective when a loved one departs this life. Joy is anticipated in the reuniting of the living and departed at the Second Coming.

Holy Martyr Emilian. Holy Martyr Hyacinth. July 18/31, 2024. Hidden Valley, Pennsylvania. Father Rodney Torbic

"More than once I had to confess people before death. In their confessions, they never lament the fact that they did not earn an extra million, did not build a luxurious house, or did not achieve success in business. But in the last hours, people lament, first of all, that they were unable to do some good, help, support their relatives, friends, even casual acquaintances. And the second thing that torments almost everyone before death is that they paid little attention to children..." +Metropolitan Tikhon (Shevkunov)

The Sixth Sunday after Pentecost Matthew 9:1-8

And he entered into a ship, and passed over, and came into his own city. And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee. And, behold, certain of the scribes said within themselves, This man blasphemeth. And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts? For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk? But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house. And he arose, and departed to his house. But when the multitudes saw it, they marvelled, and glorified God, which had given such power unto men. (KJV)

The Lord Jesus Christ's power to forgive sins is life-renewing. Unforgiven sins weigh on a person and affect personal health and wellness. Sins buried in the consciousness affect the ability to think clearly.

Hidden and unconfessed sins will destroy personal peace. The Church provides confession for believers seeking to repent of their sins. Repenting of sins is the way to be reconciled and united with Jesus Christ.

The man in the present Gospel afflicted with paralysis had his sins forgiven.

Jesus Christ gave the man mobility. Jesus gave the man freedom of movement.

Believers forgiven of their sins have new found freedom in Christ.

The Church proclaims the present Gospel to keep believers constantly aware of Jesus' power of forgiveness and of the value of forgiveness. Forgiveness offers hope to individuals dealing with despair.

Forgiveness offers individuals a road to freedom, the road to God's Kingdom and eternal life. Everyone sins. Thoughts come to mind that are contrary to the Lord's teachings.

Words come out the mouth that are harmful and often unintended. When a person sins, the individual can become depressed and feel trapped. Jesus welcomes the person turning to Him sincerely seeking forgiveness.

Jesus demonstrates His love for each person. Jesus' love actively washes away the repentant person's sins. The heart, mind and soul are energized when forgiveness occurs. The body changes when Jesus' forgives the person.

The Gospel proclaimed in the Church is always timely and relevant. The Gospel speaks to each heart, mind and soul. Believers gathered in the Church unite when attentively hearing the Gospel.

The heart, mind and soul are nourished with the Gospel's proclamation. Believers are transformed and lifted to new heights when the Gospel is proclaimed.

The man in the Gospel was freed from the prison of his paralysis by Christ. The Gospel is the key to freedom for believers imprisoned by sin. Christ enters the heart, mind and soul through the Gospel. Christ unites with believers through Confession and Communion.

Each Divine Liturgy is a freeing experience. The Divine Liturgy frees the believers of worldly cares. The Divine Liturgy lifts the believer to the heights of the glory of God.

Believers have a responsibility when being freed of sin. Believers forgiven of sins are expected to honor Christ and make a sincere effort to follow Christ's teachings. Jesus Christ is due gratitude when sins are forgiven.

Believers taking the life in Christ seriously demonstrate faithfulness to Christ in daily actions. Gratitude to Jesus Christ becomes a daily effort for believers cherishing forgiveness,

The Church nourishes and guides believers seeking to avoid committing further sins. The healed man in the current Gospel had the opportunity to begin life anew.

Persons healed of sins prove their gratefulness to Christ by the way they live.

Newness in Christ transforms believers. Behavior changes for the better. Vocabulary changes. Demeanor is different. Joy replaces gloom and negativity.

The body moves more freely when a person's sins are forgiven.

Each Divine Liturgy affects the participants collectively. Communities improve with each celebration of the Divine Liturgy. Believers exit the

Church renewed and go to their homes and occupations with increased strength.

Jesus broke down the barrier of death when He rose from the grave. Jesus destroys the paralysis of sin by forgiveness. Jesus brings Light to the darkest moments of life.

Each Divine Liturgy brings with it the expectation that believers in attendance will be fully attentive to the content. Individuals attending the Divine Liturgy have a responsibility to be fully immersed in the service.

The heart, mind and soul have an active part in the Divine Liturgy. The believer controls his or her degree of attentiveness and participation. Each person determines the degree he or she actively participates in the Liturgy.

The Divine Liturgy enters time and transports believers to a foretaste of God's Kingdom. Jesus Christ entered the paralyzed man's life and lifted the man to newness of life.

Each heart, mind and soul open to Christ has the opportunity to experience the heavenly heights. Believers open to Jesus Christ experience immeasurable joy. Peace and freedom enter the lives of the forgiven in Christ.

Holy Myrrh-bearer and Equal to the Apostles Mary Magdalene. Hieromartyr Phocas. July 22/August 4, 2924, Hidden Valley, Pennsylvania. Father Rodney Torbic.

Call upon God's Name more often. You have some understanding of good and evil. The Lord now expects you to cleave to Him and to His holy commandments, to use them as guides in life, and not the demon's suggestions and your own fallen nature which is infected by sin. The choice is yours. The Lord is looking at you to see in which direction your will is inclined. Abbot Nikon Vorobiev, Abbot Nikon Letters to Spiritual Children p.148

Blind obedience, silence, prayer, humility, and self-control—in our words, our behavior, our movements, and everything—are the joy and exultation of the monastics. **Gerondissa Makrina (Vassopoulou)**, Words of the Heart p.92

The fathers recognize that the thoughts, like man himself, belong to two worlds—biological and spiritual. A person's thoughts are on the one hand grounded in physiology, sensations, and memories, and on the other hand influenced by positive and negative spiritual forces. These two factors, the biological and the spiritual, can never be fully separated, for as a human being is a

unity composed of body and soul, so the thoughts issue forth from that unity, rather than from the body or the soul in isolation. *Bishop Alexis (Trader), Ancient Christian Wisdom and Aaron Beck's Cognitive Therapy: A Meeting of Minds p.64*

Thus it also is in the spiritual life—we cannot sit idly and wait for God to do everything for us. God very much desires to help us and truly does help us, but we receive the aid of His grace only when we apply our own efforts, our self-restraint, and self-compulsion. *Archbishop Averky (Taushev), The Struggle for Virtue: Asceticism in a Modern Secular Society p.122*

What more can we, as men, wish for than to be one with our God, our Father? For this, we must learn how to approach Him in the brief time of our lives that we have been given. As we have no strength of our own whatsoever, we must approach Him as innocent, openhearted children, from the heart. We must beg Him to teach us how to be good, how to love Him as much as the Most Holy Mother of God, the angels, and the saints do. *Elder Thaddeus(Strabulovich) of Vitovnica, Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica p.186*



There is no wrong way to pray. Do it in church. Do it at home. Do it kneeling. Or standing. Do it out loud. Or In silence. Do it alone. Do it with others. Do it however you want. Just do it. Amen if you believe!

...God comes into our lives when we invite Him with all our being, opening the gates of our heart from the inside. He will not come uninvited... The moment you are willing to give over your whole self to God- surrendering your life, your loved ones, your health, your victories, and defeats— He will come to you and help you in ways you never dreamed possible. *Fr. Vojislav Dosenovich*