



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] 956-6626 cell  
[rpopichak@alumni.cmu.edu](mailto:rpopichak@alumni.cmu.edu)

## \*\*\*\*\*DORMITION FAST\*\*\*\*\*

**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 & 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 Smolynech, 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 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 & 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.*

**You should wish for your affairs to turn out, not as you think best, but according to God's will. Then you will be undisturbed and**

**thankful in your prayer. *Evagrios the Solitary, Philokalia, Vol. 1*  
p.66**

**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 18** OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM  
**8<sup>TH</sup> SUNDAY AFTER PENTECOST; FOREFEAST OF THE TRANSFIGURATION;  
MARTYR EUSIGNIUS OF ANTIOCH; HIEROMARTYRS FABIAN & ANHERUS-  
POPE 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  
**9<sup>TH</sup> 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

**WEDNESDAY, August 28**  
**DORMITION OF THE MOST HOLY THEOTOKOS AND EVER-VIRGIN MARY**

**SUNDAY, September 01 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM**  
**10<sup>TH</sup> SUNDAY AFTER PENTECOST; AFTERFEAST OF THE DORMITION; MARTYR**  
**ANDREW STRATELATES & 2593 SOLDIERS WITH HIM IN CILICA;**  
**MARTYRS TIMOTHY, AGAPIUS, & THECLA OF PALESTINE**

*Tone 1*

1 Corinthians 4:9-16

Matthew 17:14-23

*Litany in Blessed Memory of Josephine Roman, Father John Harvey, Father  
Dragan Filipovic, Frank Gazella, Sr., Suzie Pelczar, Helen McNally, &  
Gerald Wampler—Fr. Bob*

**BULLETIN INSERT FOR 18 AUGUST 2024**

**8<sup>TH</sup> SUNDAY AFTER PENTECOST; FOREFEAST OF THE**  
**TRANSFIGURATION; MARTYR EUSIGNIUS OF ANTIOCH;**  
**HIEROMARTYRS FABIAN & ANTHERUS-POPES OF ROME; MARTYRS**  
**CANTIDIUS, CANTIDIAN, & SIBELIUS OF EGYPT**

**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!

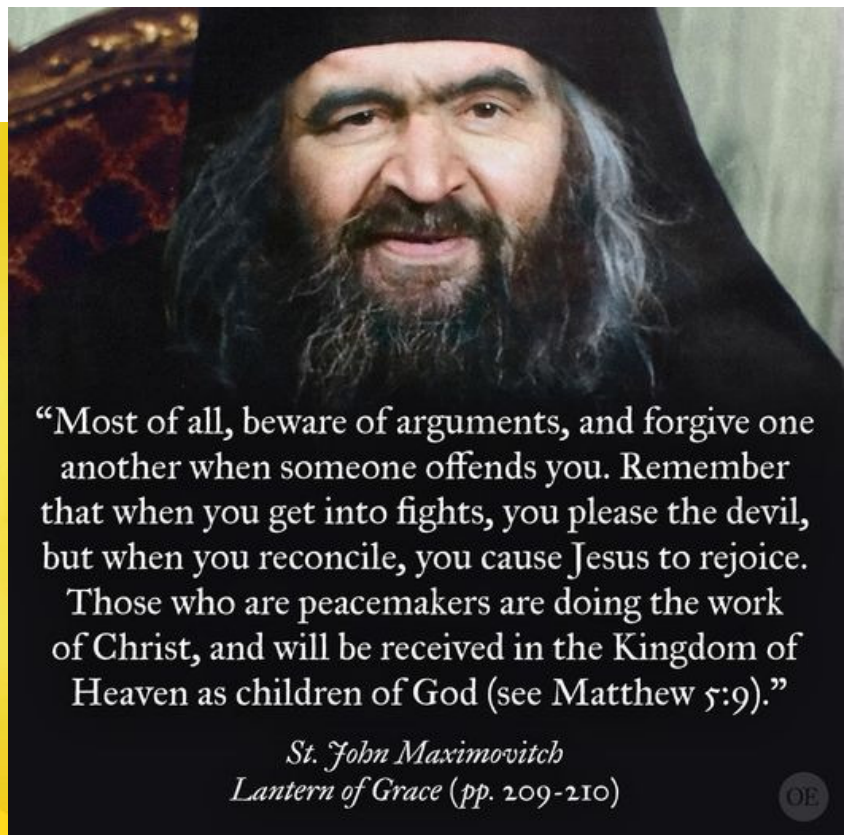
**PEOPLE:** **The Lord shall bless His people with peace!**

**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!

**Faith doesn't always  
take you out of the  
problem, Faith takes you  
through the problem.  
Faith doesn't always  
take away the pain,  
Faith gives you the ability  
to handle the pain.  
Faith doesn't always  
take you out of  
the storm, Faith calms  
you in the midst  
the storm.  
Amen**



**When the intellect is pure, sometimes God Himself approaches and teaches it; and sometimes the angelic powers, or the nature of the created things that it contemplates, suggests holy things to it.  
*St. Maximos the Confessor***

**The Gospel for the Funeral Service- John 5:24-30**

***24 Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.***

The Gospel reading in the Funeral Service reassures believers departed this life. Family members and friends of the beloved are comforted by the Gospel reading. Everlasting life is the outcome for believers attentive to the Lord Jesus Christ. The Funeral Service serves to benefit the departed loved one and all in attendance. All attending the funeral service are collectively impacted by the service content. Death can come suddenly, when least expected and is no respecter of age.

***25 Verily, verily, I say unto you, The hour is coming, and now is, when the dead shall hear the voice of the Son of God: and they that hear shall live.***

The Gospel reading unites with the departed and says those hearing shall live. God exceeds full human comprehension and the Gospel is to be received in faith. Jesus Christ conquered death and has the power to affect the dead of all ages. The Gospel has accounts of Jesus raising the dead including Christ's Resurrection. Jesus Christ's Resurrection is primary in understanding daily life in every century. While most people live long lives, some are taken from this life much younger.

***26 For as the Father hath life in himself; so hath he given to the Son to have life in himself;***

Life emanates from the Lord God and is dependent on the Lord God to continue. It is valuable to remember Jesus said He was the way, the truth and the life. (Jn 14:6) Life and the Lord God are inseparable on earth and beyond the grave in eternity. The Church helps believers to understand God and God's relationship with life. The Church remembers and cares for believers from conception to life in eternity. Believers learn about the life in Christ by faithfully being a part of the Church. The Gospel read at funerals gives believers vital lessons for life from Jesus Christ.

***27 And hath given him authority to execute judgment also, because he is the Son of man.***

Believers learn about the Great and Final Judgment regularly in God's Church. The Gospel teaches about the Second Coming when each person faces judgment. Funerals call to mind the final judgment each person will eventually face. Each day is an opportunity to prepare well for the final day of judgement. Jesus has the power to judge and to exercise that judgment at the appropriate time. Being attentive to the Gospel reading holds immeasurable value for life.

***28 Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear his voice,***

Funerals are important in the lives of believers and encourage personal reflection. The contents of the Funeral Service are rich and instructive for living attendees. Believers at the funeral benefit when considering their own departure from life. Funerals are an opportunity to assess personal life

and redirect life when necessary. Christ welcomes believers turning to Him in faith seeking sincere repentance. Jesus Christ desires each person to repent and gives ample opportunities to repent.

***29 And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation.***

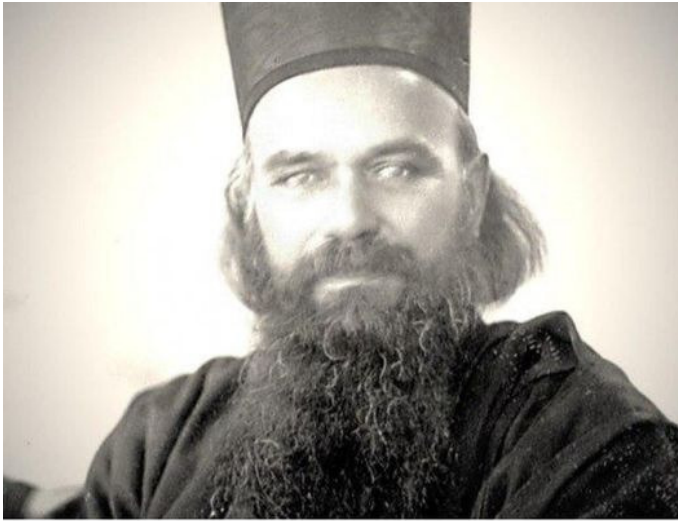
St. John's Gospel is read on Pascha when Jesus' Resurrection is greatly celebrated. Believers greatly enrich their lives when using the Resurrection as their guide. Jesus created enduring hope when He destroyed death and rose from the grave. Belief in the general resurrection is professed at Baptism and each Divine Liturgy. Fundamental belief in the general resurrection distinctly influences daily living. Jesus welcomes believers seeking to prepare for the Great and Final Judgment.

***30 I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me.***

At the Great and Final Judgment each person will appear before Jesus Christ. Jesus assures each person that His judgment will be just for those before Him. Standing before Jesus Christ for judgment affects where a person spends eternity. Funeral services while a believer is living serve as a strong reminder to prepare. John the Baptist and Jesus both preached and advocated for individuals to repent. Jesus' Resurrection is life's treasure to embrace and be the guide of daily life.

*Holy Nun-Martyr Paraskeva of Rome; St Sava III of Serbia. July 26/August 8, 2024. Hidden Valley, Pennsylvania. Father Rodney Torbic*





When you lie, you lie to God; when you steal, you steal from God; when you have hatred for someone, you have hatred for God; when you don't honor your parents, you don't honor God; when you are jealous, you are jealous of God; when you begrudge alms to the poor, you begrudge recompense to God; when you plot evil, you plot it against God; when you work evil, you work evil against God.

St. Nikolaj Velimirovic

## 7 SAINT SILOUAN THE ATHONITE LESSONS FOR PURE PRAYER

- 1 Be humble
- 2 Practice self-control
- 3 Confess sincerely
- 4 Be obedient
- 5 Be thankful for everything
- 6 Don't despise your neighbour
- 7 Love your enemies

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### **The Seventh Sunday after Pentecost** Matthew 9:27-35

*And when Jesus departed thence, two blind men followed Him, crying, and saying, Thou son of David, have mercy on us. And when He was come into the house, the blind men came to Him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto Him, Yea, Lord. Then touched He their eyes, saying, According to your faith be it unto you. And their eyes were opened; and Jesus straitly charged them, saying, See that no man know it. But they, when they were departed, spread abroad His fame in all that country. As they went out, behold, they brought to Him a dumb man possessed with a devil. And when the devil was cast out, the dumb spake: and the multitudes marvelled, saying, It was never so seen in Israel. But the Pharisees said, He casteth out devils through the prince of the devils. And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. (KJV)*

God's Holy Church is where believers confidently enter seeking healing for the soul and body. Every soul requires healing, Every person sins. The nature of the sinfulness affects the healing required.

Bodily afflictions are directly intertwined with personal sinfulness. The sins of a person impact the health of the body. Persons repenting of sins and living a life pleasing to God face bodily ailments with strength.

The present Gospel illustrates Jesus' ability to heal physical ailments. Jesus' ability to heal is verified in many places in the Gospel. Two blind men had their sight restored by Jesus in the current Gospel.

In the present Gospel Jesus removed the influence of the devil from the mute man. Jesus gave him the ability to speak. The Gospel describes Jesus healing every sickness. Today's Gospel offers hope for every suffering person.

Believers blind to seeing the world through the eyes of the Church and mute in the face of worldly happenings benefit by turning to Jesus in hope. Jesus Christ offers the perspective to see the world as God's Creation.

Jesus Christ gives believers the words to speak when worldly ways conflict with the Lord's intentions. Travesties of justice, abuse of the environment, and greed need corrected in the present world.

Jesus Christ guides believers to address malignancies in the present world. Jesus Christ is the Healer for the world's ills. The Church puts daily life in perspective.

The Church defines the worldview for believers to embrace.

Each Divine Liturgy offers healing. Each Divine Liturgy unites participating believers with the Lord Jesus Christ. The heart, mind, and soul are nourished in the Divine Liturgy.

Believers are never alone. The Holy Apostle was clear about the constant presence of God. The Apostle said: "He be not far from every one of us: For in him we live, and move, and have our being." (Acts 17:27-28)

Jesus is within reach of every believer. Believers unite with Jesus Christ by exercising the power of their minds, the actions of their hearts and the readiness of their souls. Believers determine their access and unity with the Lord God.

God is always present. The person controls the degree of participation in the world as created by God. Too often believers seek to participate in an ungodly polluted world.

Blindness to the way of the Lord and muteness in the face of corruption occur when the person is overcome with sin. Abuse of the body, judging others, and being unkind distorts the ability to see and speak.

The present Gospel is a challenge for believers to engage in careful self examination. The Gospel challenges believers to personally assess their world view. Believers are to examine their actions toward the self and others.

Believers are responsible for care of the self. The body is the temple of the Holy Spirit necessitating great care. (I Cor. 6:19) The body is not to be abused or used in unhealthy ways.

Similarly, believers are to demonstrate love to others. When love does not characterize personal interactions, relationships are distorted and life unravels.

Jesus Christ made clear love is paramount in relationships. (Mk.12:31)

Growing in the Lord is a life-long process. From Baptism until departure from this life believers are expected to refine and develop their world view to conform to the ways of the Lord.

The believer's vision of life and the person's communications will be measured by the Lord at the Great and Second Coming. Each person will stand before the Lord for the Great and Final Judgment.

Personal daily actions grow out of personal thoughts. Thoughts and actions accrue and form the evidence Jesus will use at the time of judgment. Great care is needed for the believers not to travel the road leading to personal peril to the soul.

Repentance is always timely and proper for believers. Constant corrections on the path of life keep the believer on the narrow path to the Heavenly Kingdom and Eternal Life.

*The Seventh Sunday after Pentecost. Holy Martyr Callinicus. Holy Martyr Seraphima. July 29/August 11, 2024. Hidden Valley, Pennsylvania. Father Rodney Torbic*

He who accepts present afflictions in the expectation of future blessings has found knowledge of the truth, and he will easily be freed from anger and remorse. **St Mark the Ascetic**, Philokalia, Vol. 1 p.139

Let us make our nous Heaven, our heart the throne of God, and our mouth a church that we may use to hymn God. **Gerondissa Makrina (Vassopoulou)**, Words of the Heart p.411

While the Christian may often acknowledge the Kingdom, may even speak of its attainment and its nature, how rarely today does an orientation of all life and living around and toward this Kingdom actually manifest itself, even among the baptized. **Bishop Irenei Steenberg**, The Beginnings of a Life of Prayer p.22

For over-indulgence in foods and delicacies excites the passions of vice in men, whereas restraint of the belly humbles these passions and saves the soul. **Venerable and Godbearing Father Anthony the Great**, Philokalia, Vol. 1 p.347



**One of the greatest treasures of the Orthodox Church:  
THE MARRIED PRIESTHOOD!  
God Bless every Pani Matka, Khoria, Presvytera, Matushka,  
Papadija, Protinica, Diakonissa, and all clergy wives!  
PLEASE PRAY FOR THEM!!!**

**All this requires patience—for just as a city is not built in a day, we cannot expect to gain inner peace in a day. Achieving inner peace means building a house for the God of peace, a tabernacle for the Almighty—in this way becoming a temple of God. *Fr. Jack Sparks, Victory in the Unseen Warfare p.94***

**Double your efforts to conduct yourself as irreproachably as possible in all circumstances of your life. *Metropolitan Gregory (Postnikov) of St. Petersburg, How to Live a Holy Life p.57***

ALWAYS FIND A  
REASON TO LAUGH. IT  
MAY NOT ADD YEARS  
TO YOUR LIFE BUT  
WILL SURELY ADD  
LIFE TO YOUR YEARS.

