



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)

**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 & Cindy 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. & Dan... We pray that God will grant them all a speedy recovery.*

**HAPPY BIRTHDAY to our October babies: Rachel Shirley on the 6<sup>th</sup>, Rich Previc on the 8<sup>th</sup>, Patrick Felice on the 9<sup>th</sup>, Mother Alexandria on the 11<sup>th</sup>, Henry Tkacik, Jr., on the 14<sup>th</sup>, Henry Tkacik on the 20<sup>th</sup>, Harley Katarina Frances Rahuba on the 24<sup>th</sup>, and Greg Luciw on the 27<sup>th</sup>. May God grant them all Many Happy, Healthy,**

**Prosperous, and Blessed Years! M'nohaya Lita! God Bless them and their families...**

**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, October 06 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM  
15<sup>TH</sup> SUNDAY AFTER PENTECOST; THE CONCEPTION OF SAINT JOHN THE BAPTIST; SAINTS XANTHIPPA & POLYXENA; VIRGIN-MARTYR IRAIS OF ALEXANDRIA; MARTYRS ANDREW, JOHN, PETER, & ANTONINUS**

*Tone 6*

2 Corinthians 4:6-15; Galatians 4:22-31

Luke 5:1-11; Luke 1:5-25

***Litany in Blessed Memory of Father Theodore Forosty, Johnathan Dorning, Catherine Behun, Mary Medich, Daniel Chicka, Mary Evaniuk, and Stancy Popichak—Fr. Bob***

**SUNDAY, October 13 OBEDNITZA—SAINT JOHN CHRYSOSTOM—UPSTAIRS 10:30 AM  
16<sup>TH</sup> SUNDAY AFTER PENTECOST; HIEROMARTYR GREGORY-BISHOP OF GREATER ARMENIA; MARTYRS RHIPSIMA, GAIANA, & COMPANIONS OF ARMENIA; SAINT MICHAEL-FIRST METROPOLITAN OF KIEV**

*Tone 7*

2 Corinthians 6:1-10; Hebrews 7:26-8:2

Luke 6:31-36; John 10:1-9

**SUNDAY, October 20**      **NO SERVICE IN SLICKVILLE**

**17<sup>TH</sup> SUNDAY AFTER PENTECOST; MARTYRS SERGIUS & BACCHUS IN SYRIA;  
MARTYRS JULIAN-PRESBYTER & CAESARIUS-DEACON AT TERRACINA;  
VIRGIN-MARTYR PELAGIA OF TARSUS; MARTYR POLYCHRONIUS OF  
GAMPHANITUS; SAINT SERGIUS THE OBEDIENT OF PERCHEVSKY LAVRA**

*Tone 8*

2 Corinthians 6:16-7:1

Luke 7:11-16

## **BULLETIN INSERT FOR 06 OCTOBER 2024**

**15<sup>TH</sup> SUNDAY AFTER PENTECOST; THE CONCEPTION OF SAINT JOHN  
THE BAPTIST; SAINTS XANTHIPPA & POLYXENA; VIRGIN-MARTYR  
IRAIIS OF ALEXANDRIA; MARTYRS ANDREW, JOHN, PETER, &  
ANTONINUS**

### **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.

**Hereafter you will consider that everything that happens to you, both great and small, is sent by God to help you in your warfare. He alone knows what is necessary for you and what you need at the moment: adversity and prosperity, temptation and fall. *Tito Colliander, Way of the Ascetics p.10***

Dear brothers and sisters,

In churches and monasteries, as well as in any Orthodox family, every meal is necessarily blessed with prayer and sprinkled with holy water.

Unfortunately, even in quite church-oriented families, people do not always understand why this is so essential. They consider it a relic of the past and religious fanaticism.

But today we will explain why this is so important and what terrible danger unblest food can pose, even if it's prepared at home. The first and perhaps most well-known reason we pray before and after meals is to thank God. The Lord gives us food and the means to purchase it. He does not allow us to starve, and although we may not know what food scarcity is like, if we simply imagine ourselves as residents of some African tribe where food is very scarce, it becomes clear why we must thank God.

Because we do not know what will happen to us tomorrow. What trials await us? There are many cases where successful, quite wealthy people end up on the streets, becoming beggars. Thus, what we have on our table is a gift from God; it is His mercy, and we must thank Him for everything He gives us and appreciate it.

The second reason we must pray is related to spiritual laws and the dangers that await us if we do not seek God's help and protection. In short, the Lord created the entire world. Now imagine the power of a bad, evil word.

We buy bread, dairy, and meat products and prepare meals for our loved ones, children, and guests. But can you be sure of the people who processed, cut, packaged, and arranged the meat on the store shelves? Are you sure that they bring only good and love with their words and thoughts? That they did not curse, quarrel, insult one another, or curse anyone while handling the food?

Such negative behavior and anger around your kitchen or in a cafe turn the food into poison. As the holy fathers wrote, from such food, one can even become ill. In books describing the lives of ancient monasteries, you may find stories about how even the slightest conflict among monks

during meal preparation would lead the abbot to prohibit that food from being served, calling it poison and instructing them to cook again.

Just a small conflict already carries a spirit of contention. Now imagine what is happening with our food today when curses, insults, and hatred toward one's neighbors have become the norm. Picture the terrible influence this has on the products we buy and use to cook at home.

How do we remove this influence from our food? Very simply. When we bring groceries from the store or market, be sure to cross-sprinkle them with holy water while praying in the name of the Father, the Son, and the Holy Spirit. Amen.

Also, always pray before meals. In your prayer, ask the Lord to bless and cleanse the food. Furthermore, prayer helps us eat mindfully. We should not behave like animals, indiscriminately consuming everything to fill our stomachs without prayer.

We must refrain from food that is not beneficial, controlling our passionate appetites. In general, the holy fathers emphasize that food should be taken like medicine. We should not seek excessive pleasure in food, looking for exotic dishes or extraordinary ingredients, etc.

Food should be simple, healthy, and satisfying. Then we will not fall into sin by overeating or seeking out expensive restaurants to taste some exotic dish, treating food as something extraordinary or special.

In such cases, food becomes poison for both the body and the soul. It becomes an idol for us because it is no longer healthy but a sinful passion. We eat not for pleasure but to have the strength to work and live. Everything else is our passion for tasty, sweet, or exotic food—essentially, a sinful addiction.

That's why it's important to pray before meals, asking the Lord to guard our hearts and minds from demonic passions regarding food. At the same time, it is crucial that the prayer is conscious, not just recited like some mantra. We must understand what and who we are asking for when we pray. The Lord is alive; He sees our hearts and thoughts.

So if you truly want your food not to be poison for you and your loved ones, pray attentively and consciously, with gratitude to God and reverence. Such a prayer will cleanse your meal from demonic influence and help you relate to food properly, so as not to harm your body or soul.

This is why it is so important to do everything with prayer, including eating. This is not just a tradition or religious fanaticism but a necessity. Our grandparents always knew this, which is why they worked and ate with prayer, waking and falling asleep with prayer.

This is a spiritual law: if the Lord and His commandments are at the center of your life and daily affairs, everything will go well and for the good.

If, however, we rely on ourselves and our strength, the devil easily breaks our lives apart, destroys families, corrupts children, and leads us into sin and passions. For we cannot achieve anything worthwhile without God, and until we understand this, we will repeatedly fall and make mistakes.

This also applies to food: pray before meals, sprinkle your food with holy water, and eat with gratitude to God, and such food will never be poison for you, neither for your body nor for your soul.

**Yulia Kvitka**

### **Immersed in Truth**

***John 3:21-But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God. (KJV)***

Truth is the fundamental and essential foundation for society's functioning. Relationships based in truth reflect mutual respect and honor among participants. Interactions guided by truth reveal openness and trust for all to see and understand. Participants encountering truth are free to act with openness and with trust. Believers need not be wary of relationships that are honest and filled with truth. Each person knows where each is based when truth governs personal relationships.

***John 1:18- If we say that we have no sin, we deceive ourselves, and the truth is not in us. (KJV)***

The Lord Jesus Christ embodies truth and guides His faithful followers. (Jn.14:6) Faithful believers rejoice in the truth and diligently seek to practice the truth. Lies, deception and distortions are firmly rejected in the lives of faithful believers. Practitioners of truth emit an essence of purity emanating from their interactions. Truthful interactions connote openness and foster growth of healthy relationships. Believers abhor the presence of untruths in their journey to God's Kingdom.

***John 1:2- For the truth's sake, which dwelleth in us, and shall be with us forever. (KJV)***

Serious believers make every effort to act in complete truth in all relationships. Truth and love are interrelated and inseparable in the serious Christian life. Only with Christ's help, guidance, and grace, do truth and love remain inseparable. Having Jesus Christ foremost in heart, mind and soul keeps love and truth united. Evil is present in society and vigilance is required to practice truth with love. Believers need to nourish the heart, mind and soul to combat the presence of evil.

***John 1:4- I have no greater joy than to hear that my children walk in truth. (KJV)***

The journey from the baptismal font to departure from this life can be very long. Pitfalls exist along life's road that are perilous to the soul rooted



in Jesus Christ. Parents have a responsibility to their children to teach truth with love. The home is where truth with love in Jesus Christ can be practiced daily. The life in Christ is strengthened when truth in love abounds at home. Parents rejoice when their sons and daughters embrace truth with love.

*Apodasis of the Nativity of the Theotokos. Holy Hieromonk Autonomus.  
September 12/25, 2024. Hidden Valley, Pennsylvania. Father Rodney  
Torbic*

**The Fourteenth Sunday after Pentecost** Matthew 22:1-14

*And Jesus answered and spake unto them again by parables, and said, The kingdom of heaven is like unto a certain king, which made a marriage for his son, And sent forth his servants to call them that were bidden to the wedding: and they would not come. Again, he sent forth other servants, saying, Tell them which are bidden, Behold, I have prepared my dinner: my oxen and my fatlings are killed, and all things are ready: come unto the marriage. But they made light of it, and went their ways, one to his farm, another to his merchandise: And the remnant took his servants, and entreated them spitefully, and slew them. But when the king heard thereof, he was wroth: and he sent forth his armies, and destroyed those murderers, and burned up their city. Then saith he to his servants, The wedding is ready, but they which were bidden were not worthy. Go ye therefore into the highways, and as many as ye shall find, bid to the marriage. So those servants went out into the highways, and gathered together all as many as they found, both bad and good: and the wedding was furnished with guests. And when the king came in to see the guests, he saw there a man which had not on a wedding garment: And he saith unto him, Friend, how camest thou in hither not having a wedding garment? And he was speechless. Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness, there shall be weeping and gnashing of teeth. For many are called, but few are chosen. (KJV)*

**Sunday after the Exaltation of the Precious Life-giving Cross** Mark  
8:34-9:1

*When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. For what will it profit a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul? For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His*

*Father with the holy angels. And He said to them, "Assuredly, I say to you that there are some standing here who will not taste death till they see the kingdom of God present with power. (KJV)*

God's Holy Church is celebrating the Feast of the Exaltation of the Precious Life-giving Cross. This celebration will continue until Friday. The Cross deserves to be in the forefront of each believer's heart, mind and soul.

Jesus' love for each person of each century was demonstrated and validated when He voluntarily went to the Cross. Jesus defeated death and rose from the Tomb. His Resurrection is the enduring hope for all circumstances in life.

Each person is expected to follow Jesus Christ in picking up his or her personal cross in life. Each person is to responsibly meet the difficulties in life with help and strength from Jesus Christ.

Jesus Christ died voluntarily on the Cross. He defeated death. He gave believers reason to place their hope and trust in Him. Jesus Christ points the way to the Kingdom and eternal life.

Each person is invited to the feast at each Divine Liturgy. At the Divine Liturgy, believers unite with and experience Jesus Christ by partaking of His Precious Body and Blood.

Many individuals decline the invitation to participate in the feast at each Divine Liturgy. Excuses are often rendered as to why church is not attended. Reasons are fabricated to not participate in Communion.

Jesus' love and patience are immeasurable and enduring. Jesus continues to invite individuals in each century. Jesus Christ continues to be alive in God's Holy Church.

Jesus welcomes individuals seeking to repent of their sins. Believers that once opposed the Church are welcome to repent and return. The Church is not only for people facing an emergency in their personal circumstances.

The Church is for life, all of life, from conception to eternal life. Life's meaning is defined and understood within Jesus Christ. Jesus Christ is the way to the Divine Kingdom and eternal life.

The passing centuries has not resulted in the cancelling of the invitation to draw near to Jesus Christ. Jesus' arms are outstretched to welcome each person courageous enough to answer "yes" to the invitation to draw near.

The hunger in the soul is authentically nourished in Christ. The Gospel and the Precious Body and Blood of Christ nourish the heart, mind, and soul. The Church offers each person all that is needed in life.

Efforts to feed the soul on other than Jesus Christ leads to dissatisfaction. Worldly efforts to feed the soul are artificial substitutes. They are inadequate and are soon exposed.

In Christ believers find certainty and peace. In Christ believers experience love and hope. In Christ believers realize they are at home. The Church welcomes each life from conception. The Church celebrates and honors the life in Christ forever.

Be thankful today for Christ's invitation to draw near and participate in the feast offered at each Divine Liturgy. Thank God for always having a standing invitation to draw near.

Show gratitude by saying "yes" to Christ at every moment of life. Say 'no' to the perils to the soul. Embrace Jesus Christ with all the strength of the heart, mind, and soul.

*The Fourteenth Sunday after Pentecost. Afterfeast of the Elevation of the Exaltation of the Precious Life-giving Cross. Holy Great martyr Euphemia. Venerable Hermit Dorotheus. St. Cyprian of Kiev. September 16/29, 2024. Hidden Valley, Pennsylvania. Father Rodney Torbic*

**Whoever gains the ability to see his own sinfulness sees not individual sins, but the complete distortion of his soul, which constantly exudes all manner of evil. What's more, he sees that even his good deeds are saturated with the poison of sin. When a man sees this clearly, and likewise becomes convinced after a thousand incidents that he cannot heal the leprosy of his soul on his own, then he will genuinely (not artificially) humble himself, will stop judging others, and no longer take offense when his feelings are hurt. *Abbot Nikon Vorobiev, Abbot Nikon Letters to Spiritual Children p.61***



The Lord's Divine and life-giving Mysteries are an evident proof that He sees all things and is always with us. In them He allows us to touch Him, to thrust our spiritual hands into His side, and to put our fingers into the print of the nails. *Righteous John, Wonderworker of Kronstadt, My Life in Christ p.484*

**St Nicholas Serbian Orthodox Church Johnstown:**

We should go to the Liturgy even if we stand there like logs. Someone might say: "I'm not what I should be, I don't understand anything there, I can't concentrate." But go as you are. An elder says: "When you enter a perfumery and then leave, your clothes will smell nice, even if you didn't want them to, even if you didn't buy anything." He says the same thing happens when you go to the Liturgy.

Maybe you couldn't do anything spiritual, but it's already something that you went, that you stood there like a log. So tell yourself: "I am going as I am—an unpolished log. Because God can work with an unpolished log." And if you don't go because you say,

**"I can't concentrate," things will get worse and worse, and you will never improve.**

***Metropolitan Athanasios of Limassol***

**"My grandpa always told me, "when you're going through something hard and you keep wondering where God is, remember: Teachers never talk during a test."**

***Heating Oil Appeal—Part 2***

**Hi, Everyone! I wanted to say thank you to all who have contributed to our heating oil refill furnace inspection costs. We would love to have a few more kind folks donate if possible—ever dollar helps our tiny parish continue! You**

**may send checks to:**

**Holy Ghost Orthodox Church**

**Heating Oil Fund**

**PO Box 0003**

**Slickville, PA 15684-0003**

**Thank you and God Bless! Fr. Bob**