

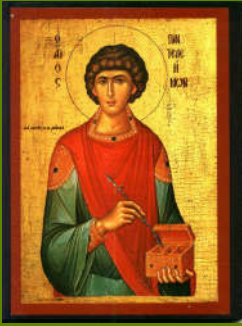
# St. Panteleimon Orthodox Church

OCA - Diocese of the Midwest

Fr. Andrew Bartek, Rector V. Rev. Anthony Spengler, Attached

Protodeacon Robert Northrup Reader James Tilghman

Parish Council President: Nicholas Cavaligos



**Sunday, July 31, 2016** **Tone 5**  
**Gospel:** St. Matthew 9:1-8 **Epistle:** Romans 12:6-14  
**6th Sunday after Pentecost**  
**Forefeast of the Procession of the Lifegiving Cross / Righteous Eudocimus**  
**St. Germanus Bp. Of Auxerre**

**August Bulletin Sponsor**  
*In Thanksgiving for the St Panteleimon Parish by Karen Pradun*

## *Liturgical & Events Schedule*

### Two-week Edition

**Sunday, July 31**  
9:10 am: Hours  
9:30 am: D.L. / 40 Day Panachida  
Noon: Annual Lamb Roast

**Tuesday, August 2**  
9:30 am: March for Life Meeting

**Wednesday, August 3**  
11:00 am: Summit Senior Luncheon  
7:00 pm: Budget Meeting

**Friday, August 5**  
7:30 pm: Great Vespers w/ Litya

**Saturday, August 6**  
9:30 am: D.L. For Feast of Transfiguration / Blessing of fruit / Breakfast Club  
6:00 pm: Great Vespers

**Sunday, August 7**  
9:10 am: Hours  
9:30 am: D.L. / 40 Day Panachhida / Social / Altar boy Meeting

**Monday, August 8**  
7:30 pm: Great Vespers w/ Litya

**Tuesday, August 9**  
9:30 am: D.L. For Feast of St Herman

**Saturday, August 13**  
6:00 pm: Great Vespers

**Sunday, August 14**  
9:10 am: Hours  
9:30 am: D.L. / 40 day Remembrance / Social followed by Great Vespers w/ Litya for the Dormition

### 40 DAYS MEMORIAL

July 31: Infant killed by alligator in FL, Thomas Stefanavich, Ronald Basala, those who lost their lives in Turkey airport terrorist attack  
August 7: Johanna Pleska, Manuel  
August 14: 5 officers & 2 bystanders killed in Dallas, Gahassan killed in Summit  
August 21: Nice, France terrorist attack, police officers killed in Baton Rouge & Kansas City  
September 4: Catholic Priest killed in France  
@ Altar

### A WEEKLY REFLECTION

What is at stake when a visitor comes to our church? This story about Metropolitan Anthony Bloom puts things into perspective...

One Sunday, Metropolitan Anthony was serving the Divine Liturgy at his parish in London. After the Gospel he came out to give the sermon. He said:

“Yesterday evening a woman came to Vespers with a child; she was in slacks and wore no head covering. One of you made a comment to her. She then left. I don't know who made this comment but I command this person to pray for this woman and her child to the end of his days, that the Lord would save them. Because of what was said to her she might never again enter the church.”

That was the entire sermon. He then turned and went back into the altar.

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### ALTAR BOY MEETING

There will be a meeting of altar boys & their parents following the social on Sunday August 7. Please plan to attend.

## **New liturgical composition by Fr. Glagolev now available from ISOCM**

A highlight of the [2016 Pan-Orthodox Music Symposium](#) held at Saint Mary's Cathedral here in June 2016 provided an opportunity to sing new liturgical compositions of the post-Communion troparia by the Archpriest Sergei Glagolev, the preeminent composer of American Orthodox Church music. The [International Society of Orthodox Church Music](#) [ISOCM] is now pleased to announce that Father Sergei's compositions are [available on the Society's web site](#), together with a recording of the symposium Divine Liturgy.

"Father Sergei's contributions to the Orthodox Church go far beyond the English-speaking world," said Father Ivan Moody, ISOCM Board Chairman. "While he is justly known for his work with liturgical music in English, the fact that his compositions and arrangements have been translated into multiple languages speaks for its universality, and the way in which the music is guided not only by the text but by the liturgical action it accompanies."

The nearly 150 individuals who participated in the ISOCM-sponsored symposium had the unique opportunity to sing the settings during a liturgy for the very first time.

"It's exciting to have new compositions because they represent a maturation of Orthodoxy here in North America," said Toni Simmons, a symposium participant and member of Minneapolis' Saint Mary's Cathedral, site of the gathering. "We sing settings translated from Russian, Romanian, Serbian, and Greek, and now we have more and more settings written in English that represent our contribution to world Orthodoxy."

For Father Sergei, the compositions allowed him to participate in the symposium from afar.

"God bless you one and all for the love you have for giving to the holiness we celebrate in worship," he said. "May our loving Lord hear your singing and be pleased!"

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## **SCRIPT PROGRAM UP & RUNNING**

Who to see: Matushka Susan

When: 1<sup>st</sup> & 3<sup>rd</sup> Sundays of each month

- In order for the program to be cost effective for us, a minimum \$300 order must be placed.
- A list of participating businesses is available for your review.

This is a great way for you to do your regular shopping and it benefit your church! Try it out!

## **OCA Treasurer releases report for first half of 2016**

Melanie Ringa, Treasurer of the Orthodox Church in America, released the financial results for the first two quarters of 2016. The complete report [is available in PDF format](#).

Highlights of the report include the following.

- The balance sheet as of June 30, 2016 indicates total assets of \$2,847,991.00, total liabilities of \$237,618.00, and net assets of \$2,610,373.00—a \$63,113.00 increase year-to-date.
- Actual results show a surplus of \$63,113.00. The Unrestricted [Operating] Fund showed a new surplus of \$43,162.00 for the quarter ended March 31, 2016 and a net deficit of \$25,370.00 for the quarter ended June 30, 2016—a year-to-date operating surplus of \$17,792.00.
- Year-to-date contributions to the ["Stewards of the Orthodox Church in America"](#) totaled \$38,313.00—\$8,723.00 above the anticipated amount—while the \$39,731.00 in Departmental expenses, compared to a budget of \$51,375.00, also resulted in a positive variance of \$11,644.00.
- Income and unrealized investment gains totaled \$45,914.00 with expenses of \$4,052.00, for a net surplus of \$41,862.00.

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## **Registration opens for 2017 pilgrimage-conference cruise to Alaska**

With the blessing of His Eminence, Archbishop Benjamin of San Francisco and the West and the support of His Grace, Bishop David of Sitka and Alaska, a pilgrimage cruise and conference-at-sea will be held September 2-9, 2017.

An informational flyer [is available on-line](#).

Sailing from Seattle to explore Juneau, Sitka, Glacier Bay, and other sites on the Holland America Westerdam, participants will attend a wide variety of daily lectures, services and workshops. Bishop David will participate, together with Archpriest Michael Oleksa, a recognized authority on Alaskan history and spirituality, and Archpriest Laurent Cleenewerck, Rector of Saint Innocent Church, Eureka, CA, who is also an academic and author.

Additional information, including rates and agenda, [is available on-line](#). With only 50 "seats" available for this event, registrations will be accepted on a first-come, first-serve basis.

Dear St. Panteliemon Parishioners,

**St. Panteliemon Orthodox Church  
Membership**

As we reflect on the blessings God has bestowed upon this parish and upon ourselves, let's give Glory to God for all things, both those perceived as good and those perceived as bad. Jesus Christ came to earth to open the gates of heaven to us again if we follow His commandments and His direction. The Lord directs us to give up everything and follow Him. This is difficult for us, me included, to understand and accept.

To be a member of the Church we must :

- receive the Sacrament of Confession regularly
- receive the Sacrament of Holy Communion regularly.
- enjoys full benefits of participation in Parish life,
- and has the duty to sustain, strengthen, and witness to the Orthodox Faith;
- to live according to the teaching of the Church;
- to participate in the religious services;
- to fulfill acts of Christian mercy; and
- to support and help the Church.

As we enter the time of year to establish our annual budget, I ask your prayers for the board and me. As you review the pledge card below, please pray before filling it out. As you do, there are several things I would like you to consider.

- 1) Did you know...approximately fifty percent (50%) of St. Panteliemon's individual parishioners donated \$1.00/day (\$30.00/month) or less to the church.
- 2) Did you know...the first \$175.00/year of your donation goes directly to the Diocese & the National Church. If an individual sets aside \$365 a year donation (\$1.00/day or \$30.00/month), \$190 remains to steward the needs of the parish. Is that enough money for St. Panteliemon Parish's ministry needs?
- 3) Did you know...“According to a recent J.D. Power report (07/12/16), today the average monthly cell phone bill is \$73.” That is not quite 2 ½ times MORE THAN what 50% of what parishioners gave to steward the needs of our parish this past year. How much is your cell phone or house phone bill per month? Compare it to your pledge to the church. How do they measure up to one another?

A Voting Member:

- a. is a Baptized and Chrismated Orthodox Christian;
- b. is at least 18 years of age;
- c. partakes of the Sacraments of Private Confession and Communion in one's home Parish at least once a year or elsewhere with the permission of the Rector;
- d. has been a Parishioner of the Parish for at least a year; and
- e. fulfills financial obligations as established by the All-American Councils, Diocesan Assemblies, and the Parish, which obligations may be adjusted or waived by the Rector in consultation with the Parish Council.

**Challenge to the 50% who gave \$1.00/day or less:**

Prayerfully consider increasing your stewardship commitment to the church by an additional \$2.00/day. When you wake up each morning, would you commit to putting \$3.00/day in a jar and bring that offering to God each Sunday? Try it for 2 months and see if you miss it.

Dearly beloved I understand some may be on a fixed income. I include myself in that situation. Yet I pledge a percentage of my annual \$21,000 salary. It is the first check I write. And you know what? I don't miss it. This is God's blessing.

A member in good standing / voting member is like a pizza. There are many slices that make up the whole pizza. So it is with being a member in good standing. The above taken from Diocesan By-Laws of the Mid-West.

Should you have any questions or concerns about this process, please do not hesitate to call me. My door is always open.

Sincerely in Christ, *Fr. Andrew*

**CONFIDENTIAL: 2017 Family Household Giving Pledge**

(September 1, 2016-August 31, 2017 Fiscal Year)

*Return to Fr. Andrew - by Sunday, August 7, 2016*

\$ \_\_\_\_\_ (circle one) Weekly Biweekly Monthly

\$ \_\_\_\_\_ Total Annually

Signed: \_\_\_\_\_

Signed: \_\_\_\_\_

*\*\*Please remember: if unforeseen hardships change your ability to give, speak with Fr. Andrew and different arrangements will be made. Conversely, if the Lord blesses you more than you had originally foreseen, please prayerfully consider increasing your commitment as a way of giving thanks to God.\*\**

***May our Lord God bless you as you follow His commands!***

**First Annual Labor Day Young Singers' Conference**  
**September 3, 2016 - September 5, 2016**

[Holy Trinity Monastery](#) located in Jordanville, NY and [St. Tikhon's Monastery](#) in Waymart, PA have graciously opened their doors for participants in The Young Singers' Conferences to attend one or both 3-day weekends of educational courses. These Conferences allow young singers (15-40y.o) to strengthen their abilities and sing the All-Night Vigil and Divine Liturgy in a monastery setting.

The Labor Day Conference will be held at Holy Trinity Monastery in Jordanville, NY Saturday September 3rd – Monday September 5th, 2016 under the direction of **Dr. Peter Jermihov, Katya Lukianova, Dr. Irina Riazanova, Fr. Ephraim Willmarth.**

Tuition Cost: **\$475**

Preliminary Weekend Schedule:

- Friday September 2nd – Arrive in Jordanville, NY – *Nothing Mandatory*
- Saturday September 3rd – Welcome Breakfast, All Day Rehearsal, Sing Hierarchal All-Night Vigil
- Sunday September 4th – Sing Hierarchal Liturgy, Afternoon Activity/Excursion
- Monday September 5th – Sing Hierarchal Liturgy, Depart Jordanville, NY

*Limited scholarships for tuition costs are available. Airfare and travel expenses to NY excluded.*

Learn more about the cost breakdown and tuition cost [here](#)  
The Conferences are available to various ages and musical abilities. There will be an on-site manager at all times throughout the weekend. Please contact Sanya Lukianov with any questions or concerns [sanya@patraminstitute.org](mailto:sanya@patraminstitute.org). If you plan to attend both Conferences please register for each separately!

If anyone is interested please let me know. Fr. Andrew

**Why a Fast for Dormition?**

*by Daniel Manzuk  
from [The Word, June 2008](#)*

It would be a gross understatement to say that much has been written about the Feast of the Dormition of the Theotokos. Yet very little has been written about the fast that precedes it.

Every Orthodox Christian is aware and generally knows the reason behind the fasts for Pascha and Christmas. But while they may know of the Dormition Fast, few follow it, and

more than a few question why it is there, neither knowing its purpose. First, given the pervasive misunderstanding of the purpose of fasting itself, a refresher on its purpose is always a good idea. There is a perception that we should fast when we want something, as though the act of fasting somehow appeases God, and seeing us “suffer” gets Him to grant our request. Nothing can be further from the truth. It is not our fasting that pleases God, it is the fruits of our fast (provided we fast in the proper mind set, and do not merely diet) that please Him. We fast, not to get what we want, but to prepare ourselves to receive what God wants to give us. The purpose of fasting is to bring us more in line with another Mary, the sister of Lazarus, and away from their sister Martha, who in the famous passage was “anxious and troubled about many things.” Fasting is intended to bring us to the realization of “the one thing needful.” It is to help us put God first and our own desires second, if not last. As such it serves to prepare us to be instruments of God’s will, as with Moses in his flight from Egypt and on Mt. Sinai, as well as our Lord’s fast in the wilderness. Fasting turns us away from ourselves and toward God. In essence it helps us become like the Theotokos, an obedient servant of God, who heard His word and kept it better than anyone else has or could.

So why do we fast before Dormition? In a close-knit family, word that its matriarch is on her deathbed brings normal life to a halt. Otherwise important things (parties, TV, luxuries, personal desires) become unimportant; life comes to revolve around the dying matriarch. It is the same with the Orthodox family; word that our matriarch is on her deathbed, could not (or at least should not) have any different effect than the one just mentioned. The Church, through the Paraklesis Service, gives us the opportunity to come to that deathbed and eulogize and entreat the woman who bore God, the vessel of our salvation and our chief advocate at His divine throne. And as, in the earthly family, daily routines and the indulgence in personal wants should come to a halt. Fasting, in its full sense (abstaining from food and desires) accomplishes this. Less time in leisure or other pursuits leaves more time for prayer and reflection on she who gave us Christ, and became the first and greatest Christian. In reflecting on her and her incomparable life, we see a model Christian life, embodying Christ’s retort to the woman who stated that Mary was blessed because she bore Him: blessed rather are those who hear His word and keep it. Mary did this better than anyone. As Fr. Thomas Hopko has stated, she heard the word of God and kept it so well, that she of all women in history was chosen not only to hear His Word but give birth

*Con't Page 5*

## Prayer List

**Prizsts:** Anthony Spenglar, John Kuchta, Fr. James Gleason (*Fr.'s spiritual father*), \***Ted Bobosh**, \***Moses Berry**, \***John Magramm**, John Duranko, Dean, Archimandrite Vladimir, \***Joseph Gibson**, \***Yves Babich**

**Matushka:** \***Carol Janacek**, \***Christina Kolenda**, \***Barbara Matusiak**, Pani Patricia Duranko,

**Parishioners:** Karen Muzyka, Ronald Stachowiak, Rebecca Eggers, Sonja Harris, Pauline, Marilyn, Jason Kimbauer

**Parishioner's Friends / Family:** Donna Parhas (*Nick's Cousin*), Ron (*Mark's Friend*), Mary Ann Magerko, John Magerko, Stephen Holly & Walter Litzie (*Fr.'s cousin*), George Cavaligos (*Nick's brother*), Christos Parhas (*Nick's cousin*), Constantine Cavaligos (*Nick's dad*), John Hartel (*Joann's Step-dad*), Sandra (*Karen's sister*), Erika Northrup, Mark Svava, Mary Northrup, Dianne Northrup, Raymond Northrup, Joey Krush, Carol Bregin (*Friend of Lynn*), Jan Kost, (*Linda's sister*) Ann Lazo (*Friend of Lynn*), George Lazo (*Friend of Lynn*), Bruce (*Fr. Kurt's brother*), Daniel Tiani (*friend of Beccy Eggers*), Vivian (*friend of Beccy Eggers*), Julianna (*Hruban Family*), June, James (*Hruban Family*), Tommy, Jimmy, **Jacob, Emilian, Joyce, John, Robert, William & Dana, Mark, Eve** (*Spengler Family*), Tony (*Marcia's Brother*), Lauren (*Fr. Andrew's cousin*), Eddie (*Fr. Andrew's cousin*), Roger Seglem, Chris Rios

**Other Requests:** Lucille (*Duke*), Dianne (*Bill Rudolph*), Elizabeth Lilos, Jemsey Pradun, Mae Joanna Bass, Hermenegil (*Neighbor*), Lidiya (*Neighbor*), Cathleen Rebollar, \***John Sedor**, \* **Daria Petrykowski**, Emily & Scott preparing for marriage \***Cynthia Koranda**, Adrianna & her newborn Janiah, Rebecca & her unborn baby, Janet Nickolaou

**Military:** Fr. Herman, Fr. Gregory, Amber, Caleb, Nicholas, David, Timothy, Robert, Kristen, Matthew, Brian, Daniel, Joseph, Antonio

**Captives:** Metropolitan Paul (*Orthodox Archdiocese of Aleppo*), Archbishop John (*Syriac Archdiocese of Aleppo*)

For the UN & IOCC humanitarian aid workers in & around Syria / Those suffering persecution in Iraq, Syria, Israel, Egypt, Ukraine and throughout the world / Those held captive throughout the world.

Additions or removals from the list? Please notify Fr. Andrew. (\***Bishop Request**)

### ***Dormition Fast con't***

to it (Him). So while we fast in contemplation of her life, we are simultaneously preparing ourselves to live a life in imitation of her. That is the purpose of the Dormition Fast.

*When the assumption of thine undefiled body was being prepared, the Apostles gazed on thy bed, viewing thee with trembling. Some contemplated thy body and were dazzled, but Peter cried out to thee in tears, saying, I see thee clearly, O Virgin, stretched out, O life of all, and I am astonished. O thou undefiled one, in whom the bliss of future life dwelt, beseech thy Son and God to preserve thy people unimpaired.*

*(Sticheron after the Gospel, Orthros)*

### **DORMITION FAST AUGUST 1- 14**

### **Self-Governing And Our Capacity to Reject the Will of God**

*Abbot Tryphon*

According to Saint Gregory Palamas, God has given us lordship over all the earth because of our capacity for sovereignty. With this sovereignty comes the responsibility to be good stewards of that which God has given us. Saint Gregory wrote, "There is within our soul's nature a governing and ruling faculty, and there is also that which is naturally subservient and obedient, namely, will, appetite, sense-perception, and in general everything that is sequent to the intellect and that was created by God together with the intellect."

Our fallen nature has also given us the capacity to reject the will of God and to misuse our sovereignty, refusing to use our freedom in a God pleasing way. We overindulge ourselves with food and drink, overgraze our lands, destroy our rain forests, saturate our oceans and atmosphere with carbon based fuels, pave over our food producing farmlands and pump chemicals and other pollutants into our rivers and streams. As though that were not enough, we squander our mental faculties with endless hours before our computers, TVs, and ipods. As creatures who were created to commune with God we waste our time in mindless pursuits, giving little thought to things that are spiritual and of eternal value. We battle against not only the all-ruling God but also against the ruling power inherent in our nature.

## AUGUST

BIRTHDAY	NAMES DAY	ANNIVERSARY
8-Joann Cavaligos 12-Cecelia Boswell 20- Katerina Cavaligos 28-Aaron Stachowiak	9- Retired Metropolitan Herman & Reired Bishop Matthias 13- Retired Bishop Tihkon of the West 21- Arch bishop Irenee of Ottawa & all of Canada 23- His Grace Bishop Irineu of Dearborn Heights 26- Natalie Northrup 30- His Grace Bishop Alexander of the South	8-22-64 Archpriest Anthony & Matushka Spengler 8-24-00 Chris & Julie Walker 8-11: John & Alice Sutko

*If there are those names to be added or removed, please contact Fr. Andrew. He would like to list all members of your family Orthodox and non-Orthodox.*

## In blessed repose: A U G U S T

3- Mary Cronin (03) 4- Anastasia "Stacy" Brongiel (10) 7- Proskovia Sonopol (95) 15- Olga Nemic (12) 19- Roman Davik (86) 22- Ann Stevens (92)	22- Phyllis Howard-Harvey (14) 23- Helen Lisowski (87) 24- Dolores (Artisuk) Howard (98) 24- Walter Leonchik (09) 25- Olga Gritzuk (00)	1952: Michael Yarmoluk          Nikolai Fissiuk Filimon Lodik  1953: Ipolit Demsky      Mefodiy (Moses) Rotan Michael Rizdy          Stephan Mazur Olga Panasiuk          Steve Koutis
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*Remember those who have gone before us in prayer. If there is a name missing from the above list, please speak to Fr. Andrew to have them added.*

### Matthew 9:1-8 (Gospel)

So He got into a boat, crossed over, and came to His own city. Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you." And at once some of the scribes said within themselves, "This Man blasphemes!" But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? But that you may know that the Son of Man has power on earth to forgive sins – then He said to the paralytic, "Arise, take up your bed, and go to your house." And he arose and departed to his house. Now when the multitudes saw it, they marveled and glorified God, who had given such power to men.



### Romans 12:6-14 (Epistle)

Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; not lagging in diligence, fervent in spirit, serving the Lord; rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; distributing to the needs of the saints, given to hospitality. Bless those who persecute you; bless and do not curse.

## Righteous Eudocimus of Cappadocia

Commemorated on [July 31](#)

Saint Eudocimus, a native of Cappadocia (Asia Minor), lived during the ninth century during the reign of Emperor Theophilus (829-842). He was the son of the pious Christians Basil and Eudokia, an illustrious family known to the emperor. They raised their son “in discipline and admonition of the Lord” (Eph. 6: 4), planting in his soul a sincere faith and holy virtues.


The righteous life of St Eudocimus was devoted to pleasing God and serving his neighbor. Having given a vow to remain unmarried and chaste, he avoided conversation with women and did not look at them. He would speak only with his own mother, whom he greatly respected. The emperor valued his virtue and talents, so he appointed St Eudocimus as governor of Chorziene, Armenia. Fulfilling his duty as a servant of God, St Eudocimus governed the people justly and with kindness. He concerned himself with the unfortunate, and with orphans and widows, and he was a defender of the common people. His personal Christian exploits which he did in secret, were known only to God.

Eudocimus pleased God by his blameless life, and the Lord called him at age 33. Lying on his deathbed, St Eudocimus gave final instructions to place him in the grave in those clothes in which he would meet death. Then he sent everyone out of the room and entreated the Lord that no one would see his end, just as no one saw his secret efforts during life. His attendants buried him as he had instructed them. Right after the death of St Eudocimus miracles took place at his grave. Many sick people were healed, and the news of the miraculous healings spread.

After 18 months, the mother of St Eudocimus came from Constantinople to venerate his relics. She gave orders to remove the stone, dig up the ground, and open the grave. Everyone beheld the face of the saint, bright as if alive, altogether untouched by decay. A great fragrance came from him. They took up the coffin with the relics from the earth, and they dressed the saint in new clothes. His mother wanted to take the relics of her son to Constantinople, but the Kharsian people would not clear a path for their holy one. After a certain time the hieromonk Joseph, having lived and served at the grave of the saint, transported the relics of St Eudocimus to

Constantinople. There they were placed in a silver reliquary in the church of the Most Holy Theotokos, built by the parents of the saint.


St Eudocimus is considered by the Russian Church to be one of the special protectors and intercessors before God of the family hearth. He was, as his name implies, truly successful in every virtue.



## OCCHY QUIZ

**Cocaine causes** adverse health effects, including which of the following?

- A. Constricted blood vessels
- B. Dilated pupils
- C. Tremors and muscle twitches
- D. Restlessness
- E. All of these



**Answer E!** Cocaine also causes nausea and raised body temperature and blood pressure! Long-term effects include loss of sense of smell, nosebleeds, frequent runny nose, and problems swallowing.

Source: [www.drugabuse.gov/publications/drugfacts/cocaine](http://www.drugabuse.gov/publications/drugfacts/cocaine)

Like us on Facebook at <https://www.facebook.com/OCCHYChicago>

### THE FATHERS SPEAK

Every physical and spiritual task which does not involve pain and, toil and trouble never bears fruit for the person who engages in it, for the Kingdom of Heaven is taken by violence and the violent lay hold of it.

~ St. Ignatius Brianchaninov ~



### SAVE THE DATE: 22<sup>nd</sup> Annual Synergy's Symposium

When: Saturday October 15, 2016

Time: 9:00am-2:00pm

Where: St. George Antiochian Orthodox Church, 1220 S. 60<sup>th</sup> Court, Cicero, IL

Topic: Holiness in Contemporary Culture

Speaker: Hieromonk Father Alexil, Archangel Michael & All Saints Serbian Orthodox Monastery, Cameron, MO

For info & to register: visit [www.chicagosynergy.org](http://www.chicagosynergy.org)



# 2<sup>nd</sup> Annual Community Picnic

## 1<sup>st</sup> Annual Block Party

### Saturday, August 27

### 1:00 pm - 6:00 pm

**EVERYONE IS WELCOME!!**



**Ethnic Dancers**  
**Local DJ-Music**  
**Raffles**

**Slip 'n Slide: Slide all day for \$1.00 (age doesn't matter!)**  
**Dunkin' Booth: 3 throws-\$1.00**  
**Dunk the Mayor, Padre & other local officials**

**Beer Tent ~~~ Bake Sale**

Foods	
Hot Dog, Chips	\$2.00
Hamburger, Chips (Cheese available)	\$3.00
Beverages	\$1.00

**Tours of the church!**  
**Fire Truck / Firemen visit**  
**Volleyball**

#### WHERE?

**St. Panteleimon Orthodox Church**  
7549 West 61st Place / Summit, IL. 60501  
Fr. Andrew Bartek: 708-552-5276

<http://saintpanteleimon.org/>

**Games For Big & Little Kids**  
\$1.00 / game

**Bean-Bag Toss**

**Face Painting**

**Other games**

