

**ST. NICHOLAS BULLETIN**  
Sunday, September 30, 2018  
Tone 1 / Epistle, 2 Cor. 9:6-11 / Gospel, Luke 6:31-36  
Hieromartyr Gregory, Bishop of Armenia

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COFFEE FELLOWSHIP HOUR will be held today, following the Divine Liturgy.

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ST. NICHOLAS ETHNIC FOOD FAIR will take place on Saturday, October 20, from 11 a.m. to 5 p.m. Please spread the word to your friends and relatives. Also, please begin to bring in items for the Flea Market.

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WORK SCHEDULE before the St. Nicholas Church Ethnic Food Fair:

- Tuesday, October 16, 9 a.m. Steaming of cabbage
  - Wednesday, October 17, 9 a.m., Making of halupki and halushki
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GIFT CARDS can be ordered in the Candle Room.

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**VIGIL OFFERINGS – Sunday, September 30, 2018**

ANN O'BRIEN and MARY BEHANNA (Virgin Mary Kiot) – In memory of parents, Andy and Petrina Gernat (2)

HEATHER MOLINA – For health of father, Paul Zolak / For special intentions (2)

BOB and MARY BEHANNA – For health of daughter, Debra / For health of nephew, David (2)

OLGA BOGAN – For health of family / For health of Becky Horan / In thanksgiving to God / For health of all parishioners (4)

KEN BEHANNA – For health and welfare of our Church / Heavenly prayers for sister, Deb / Heavenly prayers for cousin, Dave / Heaving prayers for Beck Horan (4)

RANDY VESCHIO – For health of dad, Ralph / For health of mom, Dorlores (2)

SANDY KLIZAS – In memory of Stephen and Helen Drake / In memory of Frank and June Drake / For health of Fr. Igor (3)

PAULINE AITKEN – In memory of departed son, Kevin / In memory of departed grandson, Nicholas / In memory of departed husband, Lee / Special intentions (4)

DR. DIMITRI and PAULINE PETRO – God's blessings upon daughter, Kyra on her birthday / For health of daughter, Christine and granddaughter, Alexandra (2) / For health of grandson, Luke / For health of Kay Joseph / For health of Priscilla Kaluponov / For health of Becky Horan / For health of Fr. Igor / Safe travel for sister, Roselle (9)

PAULINE AITKEN – In memory of departed son, Kevin / In memory of departed grandson, Nicholas / In memory of departed husband, Lee / Special intentions (4)

VLAD KASH (3)

DR. DIMITRI and PAULINE PETRO – God's blessings upon daughter, Kyra on her birthday / For health of daughter, Christine and granddaughter, Alexandra (2) / For health of grandson, Luke / For health of Kay Joseph / For health of Priscilla Kaluponov / For health of Becky Horan / For health of Fr. Igor / Safe travel for sister, Roselle (9)

TOM and ELAINE BACKSTROM – In memory of mom and dad / Special intentions / God's healing hand upon sister, Michele / God's healing hand upon brother-in-law, Paul / God's blessings on our grandchildren, Sydney, Luke, Freddy and Madison / God's blessings on Aaron and Cara / For health of Becky Horan (7)

MICHAEL HORAN – For health of wife, Becky

JIM and VERA HAYS – For health and welfare of our parish

M/M NICK MILCHOVICH – Birthday blessings for nephew, Luke / Birthday blessings for sister, Natalie / Birthday blessings for sister, Kyra (3)

MARK SOROKA – For health of father, Fr. Igor / In memory of mother, Matushka Irene (2)

FR. IGOR SOROKA – In loving and blessed memory of departed Matushka Irene / In blessed memory of departed cousin, Zena Susko – Eternal rest in God's merciful kingdom (2)

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**Wisdom from the Saints: The Humble Man is Always at Rest**

A humble man is never rash, hasty or perturbed, never has any hot and volatile thoughts, but at all times remains calm. Even if heaven were to fall and cleave to the earth, the humble man would not be dismayed. Not every quiet man is humble, but every humble man is quiet. There is no humble man who is not self-constrained; but you will find many who are self-constrained without being humble.

This is also what our meek, humble Lord meant when He said, "Learn of Me, for I am meek and humble of heart, and ye shall find rest unto your souls." [Matt 11:29] The humble man is always at rest, because there is nothing which can agitate or shake his mind. Just as no one can frighten a mountain, so the mind of a humble man cannot be frightened. If it be permissible and not incongruous, I should say that the humble man is not of this world. For he is not troubled and altered by sorrows, nor amazed and enthused by joys, but all his gladness and his real rejoicing are in the things of his Master.

Humility is accompanied by modesty and self-collectedness: that is, chastity of the senses; a moderate voice; mean speech; self-belittlement; poor raiment; a gait that is not pompous; a gaze directed towards the earth; superabundant mercy; easily flowing tears; a solitary soul; a contrite heart; imperturbability to anger; undistributed senses; few possessions; moderation in every need; endurance; patience; fearlessness; manliness of heart born of a hatred of this temporal life; patient endurance of trials; deliberations that are ponderous, not light, extinction of thoughts; guarding of the mysteries of chastity; modesty, reverence; and above all, continually to be still and always to claim ignorance.