

**St. Nicholas**

MAIN STREET  
JACOBS CREEK, PA.



**Orthodox Church**

SIXTH STREET  
MONONGAHELA, PA.

WWW. ORTHODOXMON.ORG

VERY REV. EDWARD PEHANICH

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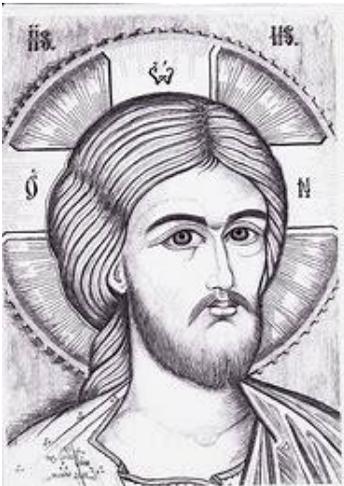
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**October 28, 2018**

*22<sup>nd</sup> Sunday after Pentecost*

*Commemoration of the Hieromartyr Lucian, priest of Antioch (312 A.D.)*

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**Christmas candy** order forms are now available in the vestibule. Please support this fundraiser for our youth.

**ACRY News** Booster and memorial listings are now being accepted for the 2019 ACRY Annual Yearbook. See the sign-up list on the bulletin board in each church.

2019-2020 ACRY calendar ticket money is due.

*Deadline for all is Sunday, Nov. 18*

**Jr. ACRY** will meet on Sunday, Nov. 18 to elect officers and plan activities for the coming year. This youth organization of our Diocese is open to all students up to 18.

**Anger is an emotion** that can carry us away so easily. Back when I was in seminary, in the 1970s, pastoral theology students were taught that it was important for people to express their anger. Don't repress it! Let it out! When counseling parishioners, that's what they were trained to say.

Then a few years later, some revised wisdom appeared. It was that this was actually very bad advice. They had found that, when anger is expressed, it gets stronger. Getting angry makes people more angry. As disruptive an emotion as it is, it is also in some ways pleasurable, because it wipes out any feeling of responsibility for wrong. It wipes out repentance, and the subtle reminders of conscience. Anger proposes that only one person is to blame in a situation, and it wasn't you. Any more-subtle understanding of the circumstances is shouted down.

And it feels good. Like lust, it feels important and undeniable. It feels like it would be both wrong and impossible to restrain it. And once you express it, the emotional thrill is addictive, and you want more and more.

This is why, I believe, there is so much in early Christian and Orthodox writings about anger. I think there are more cautions about anger than there are about sexual sin. So pay attention to your thoughts. Notice the signs that you are getting angry. Cry out to the Lord for help to turn away, to keep your mind under your own control, and to keep your eyes open to what is really happening in a situation rather than replaying the bad guy movie in your mind.

Watch out for anger. Don't let it get a foothold. It takes over your entire mind.

*Frederica Matthews-Green*



Our Ladies Guild is undertaking a project to provide needed items for patients at the Mon Valley Hospital.

Next **Sunday, November 4**, they will be making fleece blankets and scarves with a goal to craft 25 blankets.

Also, the hospital staff listed items especially needed by the poor patients they serve:

*Bibles books reading glasses  
magazines shawls  
bed jackets warm socks  
crayons coloring books  
sweaters hats gloves  
jogging pants (all sizes)  
shirts*

They prefer items that are clean and in good condition with no advertisements for beer or other alcoholic drinks.

There will be a collection box in the vestibule for your donation.

