

From "Counsels from the Holy Mountain: Selected from the Letters and Homilies of Elder Ephraim"
(Florence, Arizona: St. Anthony's Greek Orthodox Monastery, 1999)
(from page 307)

Compel yourselves in the Jesus prayer;* this will become everything for you--food and drink and clothing and light and consolation and spiritual life. This prayer becomes everything for him who possess it. Without it, the emptiness of the soul cannot be satisfied. Do you want to love Christ? Long for the prayer and embrace humility, and then you will realize that the Kingdom of God is within us.

Do not let evil thoughts rule over you; drive them out immediately with the prayer. Oh, this prayer--what miracles it performs! Cry out the prayer, and your guardian angel will send you spiritual fragrance! The angels greatly rejoice when a person prays with the prayer of our sweetest Jesus. May Jesus be the delight of your soul.

Cry out the prayer without ceasing. May God grant you a blessed beginning! May it not abandon you, or rather, may you not abandon the prayer--the life of the soul, the breath of the heart, the sweet-scented springtime which creates a spiritual spring in the struggling soul.

My children, prayer and humility are the all-powerful weapons which we must keep continuously in our hands with sleepless attentiveness, because these, with God's help, will give us the victory over the demons.

* The Jesus Prayer is as follows: "Lord Jesus Christ, Son of God, have mercy on me"

Parish Christmas Card

If you wish to be listed on our Parish Christmas Card, please print your name below and return to the church office by December 4th. Please consider including a donation to offset the cost of printing and postage for the card. *Maha lo!*

Please print. Your name will appear as written here.

Ss Constantine & Helen Greek Orthodox Cathedral of the Pacific



October 29, 2017
7th Sunday of Luke

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October 29, 2017

7th Sunday of Luke

Commemoration of: Anastasia the Martyr of Rome; Avramios the Recluse and his niece, Maria of Mesopotamia

Apolytikia - Entrance Hymns

To fethron (Resurrection Hymn) Tone 4

Having learned the joyous news of the angel of Your resurrection, the disciple women of the Lord, and having rejected the ancestral judgment to the Apostles with boasting did they proclaim, death is despoiled Christ our God has risen granting to the world the great mercy. (Translation as sung by the Choir)

Tu Stavru Su (Hymn of the Church) Tone 8

Having seen in the sky the form of Your Cross and, like Paul, having received his calling not from men, Your apostle among Kings, Lord, placed his reigning city in Your hand, which forever you guard in peace, by the intercessions of the Theotokos, for You alone are the lover of mankind. (Translation as sung by the Choir)

Kontakion

Prostasia ton Hristianon Tone 2

O protection of Christians that can not be put to shame, mediation to the Creator immovable. Do not over look, the pleading voices of those in sin, but be in time as a kind one to our help, who in faith cry out to You: Hasten to intercede and be quick to beseech. You who always protect, Theotokos, those who honor You. (Translation as sung by the Choir)

Epistle Reading Galatians 2:16-20

BRETHREN, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Gospel Reading Luke 8:41-56

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had spent all her living upon physicians and could not be healed by anyone, came up

behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter and those who were with him said, "Master, the multitudes surround you and press upon you!" But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, "Daughter, your faith has made you well; go in peace." While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, "Child, arise." And her spirit returned, and she got up at once; and he directed that something should be given her to eat. And her parents were amazed; but he charged them to tell no one what had happened.

Activities & Announcements

Today

7th Sunday of Luke; Adult Religious Education: "Hot Potatoes Issues– Orthodox Perspective on Universal Salvation" 12 p.m.; Slide Presentation of Mount Athos; Make a Difference Day; Dance Practice: Nisiopeda 12 to 1 p.m., Nisiotes 1 to 3 p.m.

This Week

WED, 11/1– Cosmas & Damian the Holy Unmercenaries: Orthros 8:30 a.m., Liturgy 9:30 a.m.

THU, 11/2– Parish Council Meeting 5:30 p.m.

SUN, 11/5– 5th Sunday of Luke; Dance Practice: Nisiopeda 12 to 1 p.m., Nisiotes 1 to 3 p.m.

- ✘ **Budget Committee**– If you are interested in being on the 2018 Budget Committee or have suggestions, please email the Parish Council at: pc@greekorthodoxhawaii.org. A copy of the 2017 budget is posted upstairs.
- ✘ Volunteers are needed to make Kourambiethes on Thursday, November 2 at 9:30 a.m. Please bring your own lunch. RSVP to Vicki Shiroma, if you can join us.

To Our Visitors:

We are pleased that you have chosen to worship with us. Just a reminder, however: the Sacrament of Holy Communion is a manifestation of the *unity of the Body of Christ*. As such, only those who are members in spiritual good standing of the Orthodox Church – and who have prepared themselves for the Sacrament – may partake of the Holy Chalice. However, *everyone* is welcome to come up with our people at the end of the service to receive blessed bread. *Please be sure to join us at Coffee Hour following Services.*