

Food for Thought

“Do not steal anything from anyone, and take nothing, and be content with what you earn by your own labors. Be diligent and avoid idleness. For as diligence is pleasing to God, so idleness on the contrary, as a source of every evil, is a sin very offensive to God.”

~ St. Tikhon of Zadonsk~

Pearls of Wisdom from the Holy Fathers

“God is a fire that warms and kindles the heart and inward parts. Hence, if we feel in our hearts the cold which comes from the devil—for the devil is cold—let us call on the Lord. He will come to warm our hearts with perfect love, not only for Him but also for our neighbor, and the cold of him who hates the good will flee before the heat of His countenance.”

~St. Seraphim of Sarov

“As the Holy Trinity, our God is One Being, although Three Persons, so, likewise, we ourselves must be one. As our God is indivisible, we also must be indivisible, as though we were one man, one mind, one will, one heart, one goodness, without the smallest admixture of malice - in a word, one pure love, as God is Love. “That they may be one, even as We are One” (John 17:22).”

~St. John of Kronstadt

“Some labor and struggle hard to earn forgiveness, but better than these is the man who forgets the wrongs done to him. Forgive quickly and you will be abundantly forgiven. To forget wrongs is to prove oneself truly repentant, but to brood on them and at the same time to imagine one is practicing repentance is to act like the man who is convinced he is running when, in fact, he is fast asleep.”

~St. John of the Ladder

Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



November 10, 2013

8th Sunday of Luke

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November 10, 2013

8th Sunday of Luke

Commemoration of: Erastos, Olympas, Herodion, Sosipatros, Quartus, Tertios,
Apostles of the 70; Arsenios & Orestes of Cappadocia

Apolytikia - Entrance Hymns

Effrenestho ta urania (Resurrection Hymn) Tone 3

Tou Stavrou Sou (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 you guard in peace forever, by the intercessions of the Theotokos, for You alone love mankind.

Kontakion

O katharotatos Tone 2

Behold the temple of the Savior, His precious bridal chamber. Behold the virginal and sacred vessel of God's glory. Today she enters into the house of the Lord, bearing within her the grace of the Holy Spirit. For this, the angels exclaim: She is indeed the heavenly tabernacle.

Epistle Reading Galatians 1:11-19

BRETHREN, I would have you know that the gospel which was preached by me is not man's gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. But when he who had set me apart before I was born, and had called me through his grace, was pleased to reveal his Son to me, in order that I might preach him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other apostles except James the Lord's brother.

Gospel Reading Luke 10:25-37

At that time, a lawyer stood up to put Jesus to the test, saying, "Teacher, what shall I do to inherit eternal life?" He said to him, "What is written in the law? How

do you read?" And he answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." And he said to him, "You have answered right; do this, and you will live."

But he, desiring to justify himself, said to Jesus, "And who is my neighbor?" Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead. Now by chance a priest was going down that road; and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion, and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him. And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.' Which of these three, do you think, proved neighbor to the man who fell among the robbers?" He said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."

Activities & Announcements

- ✘ **Artoklasia**— This morning the Pavlou Family from Australia will offer an Artoklasia in honor of St. Nektarios of Aegina.
- ✘ **Order Forms for Philoptochos Holiday Bake Sale**— Forms for purchase of baked items for the Holidays are due today. Order forms are available upstairs in the Social Hall. Please turn them in to Vicki Shiroma, Anita Higashi or Suzanne Akiona.
- ✘ **Fundraising Bake Sale**— Today we will be holding a Bake Sale to help raise funds for our youth to go to FDF. We are selling goodies that each family makes and brings. All monies earned will be split evenly among the children whose families participate.
- ✘ **Office Closed Monday, November 12**— Veteran's Day observed.
- ✘ **Feast Day of St. John Chrysostom**— Wednesday, November 13: Divine Liturgy at 9 a.m.
- ✘ **Parish Council Meeting**— Thursday, November 14, at 5:30 p.m. or Friday, November 15, at 5:30 p.m., pending Council's decision. Fr. Alex will announce the date and time today.
- ✘ **Nativity Fast Begins**— Friday, November 15.
- ✘ **Byzantine Chant**— Saturday, November 16, 5 to 6 p.m.
- ✘ **Great Vespers**— Saturday, November 16, 6:30 p.m.

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.*