

## Pearls of Wisdom from the Holy Fathers

### “What Some of the Fathers of the Church say about Holy Communion”

*“This Sacrament is above all other sacraments and helps us tremendously towards our salvation.”*

~Mogila, Bishop of Kiev

*“This Communion unites us with Christ, the True Hierarch, and truly we receive His Body and His Blood.”*

~Patriarch Jeremiah of Constantinople

*“We believe that in the Divine Liturgy we receive the Lord Jesus, not formally or figuratively, nor by exceeding (surpassing) grace, as in the rest of the sacraments, but truly and really.”*

~Patriarch Dionisios of Jerusalem

*“The Holy Communion is our union with God, our deification, sanctification, receiving God’s grace, illumination, obstacle on any adversary, the giver of every good.”*

~Simeon, Archbishop of Tesselonica

*“The Eucharist is the spiritual food of the Christian which gives life to the soul and brings the human being in an immediate communion with the Savior Christ, because the participant, as he receives the bread and wine, receives the very Body and Blood of the Lord Jesus Christ and mystically becomes One. -The Holy Eucharist becomes to man— joy, health of soul and body, forgiveness of sins and Life Eternal.”*

~St. Nektarios of Aegina

*“When a man partakes of Holy Communion he receives power and is enlightened, his horizons widen, and he feels joy. **Each person experiences something different, analogous to his disposition and the flame of his soul.** One person feels joy and rest, another peace, another a spirit of devotion and another an inexpressible sympathy towards all things. Personally I have often felt tired, but after Holy Communion I felt myself completely renewed.”*

~Elder Amphilochios of Patmos, +1970

### 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.*

## Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



November 24, 2013

13th Sunday of Luke

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November 24, 2013

13th Sunday of Luke

**Commemoration of:** Our Holy Father Clement, Pope of Rome; Peter, Archbishop of Alexandria; Hermogenes the Martyr

Apolytikia - Entrance Hymns

*Simeron tis evthokias* (Presentation of Theotokos) Tone 4 (before Entrance)

*Today is the prelude of God's generosity, the herald of the coming of salvation for all mankind. In the temple of God the Virgin is revealed to all, her presence foretelling the coming of Christ. With all our hearts let us, therefore, cry out to her. Rejoice, O Fulfillment of the Creator's plan.*

*Ton sinanarhon Logon* (Resurrection Hymn) Tone 5 (after Entrance)

*Simeron tis evthokias* (Presentation of Theotokos) Tone 4

*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 6:11-18

BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of

our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel Reading

Luke 18:18-27

At that time, a ruler came to Jesus and asked him, "Good Teacher, what shall I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good but God alone. You know the commandments: 'Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honor your father and mother.' " And he said, "All these I have observed from my youth." And when Jesus heard it, he said to him, "One thing you still lack. Sell all that you have and distribute it to the poor, and you will have treasure in heaven; and come, follow me." But when he heard this he became sad, for he was very rich. Jesus looking at him said, "How hard it is for those who have riches to enter the kingdom of God! For it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." Those who heard it said, "Then who can be saved?" But he said, "What is impossible with men is possible with God."

#### Activities & Announcements

- ✘ **Adult Religious Education**– We will have class, tentatively, in the Book Store after a brief coffee hour. Our topic is "Church Etiquette– Forms of Addresses and Salutations for Orthodox Clergy."
- ✘ **St. Katherine the Great Martyr**– Monday, November 25: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.
- ✘ **Parish Council Seminars**– Tuesday, November 26, 6:30 p.m. and Tuesday, December 3, 6:30 p.m., for all eligible candidates running for 4 seats on the Council in 2014. Parish Council Elections are scheduled to take place Sunday, December 8th, following services. If candidates selected are unable to attend the Seminar on November 26, or December 3, individual candidates are asked to schedule a meeting with Fr. Alex before December 1st.
- ✘ **St. Andrew the First-Called Apostle**– Saturday, November 30: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.
- ✘ **Christmas Pageant Rehearsal Dates**– Our students will soon be getting ready for our upcoming Christmas Pageant which will take place Sunday, December 15th. We have committed to two Saturday Rehearsals on December 7th and December 14th, from 2 p.m. to 4 p.m.
- ✘ **Konstantine Avdalas**- Konstantine "Dean" Avdalas has been dancing and directing at FDF for 30 years. His passion and love for Greek culture has grown over this time leading him to develop exemplary skills as dancer, director, choreographer, and researcher. His main areas of research and interest include Epiros, Sarakatsan villages, and Megalo Monastiri (refugees residing in Neo Monastiri, Domokou, Thessalia). Specifically, he has presented groundbreaking work with the Albanian border villages of Northern Epiros and the customs of the Dodekaimerou in Neo Monastiri. His knowledge of Greek folk culture encompasses dances, songs, customs, and costuming. Over this time, he has been involved with FDF, he has amassed a vast collection of field research and music from all areas of Greece. He served as judge at the HDF in the Metropolis of Atlanta in 2011 and at the FDF in the Metropolis of San Francisco (2013). His greatest source of inspiration and drive for Greek dance excellence and preservation are his mother and father (may his memory be eternal). He has come to help us with our FDF Greek Dance Suites.  
GREEK DANCE WORKSHOP OPEN TO PARISHONERS AND THE PUBLIC  
FRIDAY DECEMBER 6, 2013  
7 PM-9 PM  
\$10.00 PER PERSON (CHILDREN FREE) Come learn some Greek Dances.  
CHURCH HALL