

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



SAINTS CONSTANTINE & HELEN
GREEK ORTHODOX
CATHEDRAL OF THE PACIFIC

50TH
Anniversary
1965-2015

November 29, 2015

13th Sunday of Luke

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November 29, 2015

13th Sunday of Luke

Commemoration of: Paramonus, Philumenus and their 370 Companion Martyrs in Bithynia; Dionysios, Bishop of Corinth; Akakios of Sinai

Apolytikia - Entrance Hymns

Tu lithu sfragisthentos (Resurrection Hymn) Tone 1

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

Kontakion

I Partheonos simeron Tone 3

*On this day the Virgin Maid * goes to the grotto to give birth * to the pre-eternal Word * in an ineffable manner. * Dance for joy, all the inhabited earth, on hearing. * Glorify along with Angels and with the shepherds * Him who willed that He appear as * a newborn Child, * the pre-eternal God.*

Epistle Reading Ephesians 5:8-19

BRETHREN, Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to learn what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light. Therefore it is said, "Awake, O sleeper, and arise from the dead, and Christ shall give you light." Look carefully then how you walk, not as unwise men but as wise, making the most of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is. And do not get drunk with wine, for that is debauchery; but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart.

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

Today, 11/29– 13th Sunday of Luke; Caroling at the Plaza at Punchbowl (next door) 11:30 a.m.; Bookstore Committee Meeting following Divine Liturgy at...

- ✘ **MON, 11/30**– St. Andrew the First-Called Apostle: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.
- ✘ **THU, 12/3**– Parish Council Seminar– 6:30 p.m. for all eligible candidates running for 4 seats on the Council in 2016. Parish Council Elections are scheduled to take place Sunday, December 6th, following services.
- ✘ **FRI, 12/4**– St. Barbara the Great Martyr: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.
- ✘ **SUN, 12/6**– 10th Sunday of Luke/St. Nicholas of Myra; Parish Council Elections; Philoptochos Holiday Luncheon; Caroling at Leahi Hospital 1 p.m.

2015 Christmas Caroling Schedule



- ☺ Sunday, November 29th, 11:30 a.m. @ The Plaza at Punchbowl, next door
- ☺ Sunday, December 6th, 1 p.m. @ Leahi Hospital, 3675 Kilauea Avenue
- ☺ Sunday, December 13th, 1:15 p.m. @ Hale Ho Aloha ICF/SNF, 2670 Pacific Heights Road
- ☺ Sunday, December 20th, 2 p.m. @ Hale Nani Rehabilitation & Nursing, 1677 Pensacola Street