

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



December 1, 2013

14th Sunday of Luke

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December 1, 2013

14th Sunday of Luke

Commemoration of: Nahum the Prophet; Philaret the Merciful of Amnia; Ananias the Persian

Apolytikia - Entrance Hymns

Angelike thinamis (Resurrection Hymn) Tone 6

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

I Parthenos simeron Tone 3

Today the Virgin goes forth, making her way to a cave where from her, ineffably, God the eternal Word will be born. Let the world be filled with joy, hearing these tidings. Joining the angels and shepherds let us give glory to Him who is God from all ages, yet wills to be seen as a little child.

Epistle Reading

Ephesians 2:4-10

BRETHREN, God who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ (by grace you have been saved), and raised us up with him, and made us sit with him in the heavenly places in Christ Jesus, that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith; and this is not your own doing, it is the gift of God: not because of works, lest any man should boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Gospel Reading

Luke 18:35-43

At that time, as Jesus drew near to Jericho, a blind man was sitting by the roadside begging; and hearing a multitude going by, he inquired what this meant. They told him, "Jesus of Nazareth is passing by." And he cried, "Jesus, Son of David, have mercy on me!" And those who were in front rebuked him, telling him to be silent; but he cried out all the more, "Son of David, have mercy on me!" And Jesus stopped, and commanded him to be brought to him; and when he came near, he asked him, "What do you want me to do for you?" He said, "Lord, let me receive my sight." And Jesus said to him, "Receive your sight; your faith has made you well." And immediately he received his sight and followed him, glorifying God; and all the people, when they saw it, gave praise to God.

Activities & Announcements

- ✘ **Adult Religious Education**–
- ✘ **Choir News**–
- ✘ **Parish Council Seminar**– Tuesday, December 3, 6:30 p.m., for all eligible candidates running for 4 seats on the Council in 2014 who could not come last Tuesday, November 26. Parish Council Elections are scheduled to take place next Sunday, December 8th, following services.
- ✘ **St. Barbara the Great Martyr**– Saturday, December 4: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.
- ✘ **St. Nicholas the Wonderworker**– Friday, December 6: 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 Dodekaimeroi 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
(MR. AVDALAS WILL BE HERE ONLY FROM NOV 30-DEC 7)