

An Answer to a Common Statement:
“Frequent Communion is bad for you.”

An Excerpt from OCA.org



Many of us have heard: “Frequent Communion is bad for you.”

This statement must be qualified. While the point of our lives as Christians is to enter into and grow in our common union—“communion”—with God and with His People, the reception of Holy Communion should not be approached casually. St. John Chrysostom tells us that, while the Eucharist is indeed the fountain of new life, it can also be for those who receive it casually or without proper preparation a fire which can condemn us. Hence, such a statement must be understood in light of the spirit in which the statement is made: that the reception of Holy Communion without proper preparation—without repentance, without a genuine desire to turn our lives around, without seeking God’s forgiveness, without prayer and reflection on the course of our lives—can indeed be spiritually harmful and can, as St. John Chrysostom asserts, ultimately condemn us. It is not “frequent Communion” per se that is “bad” for us but, rather, receiving Communion without appropriate preparation and repentance that is “bad” for us. There are many instances in which people receive Communion frequently without proper preparation simply because, in many places especially in North America, everyone is expected to commune at every Liturgy. While St. John Chrysostom once complained “that the sacrifice is offered, yet no one approaches the Lord’s table,” one must approach the chalice “in faith and love,” with humility, in a spirit of repentance, and without holding grudges or anger against others. Scripture itself reminds us that, if we have something against our brother, we should leave our gift at the altar, seek reconciliation with our brother, and then return to offer our gift (see Mt 5:23). Here we are clearly reminded of the importance of proper preparation for the reception of Communion.

✦ ANNOUNCEMENTS ✦

- ✦ We are in need of a volunteer to manage our new Wordpress church website. If you are interested, please contact pc@greekorthodoxhawaii.org.
- ✦ The *Blueprints for the Little Church* books have been ordered. As soon as they arrive, we will schedule dates and times for Adult Religious Training.

SS CONSTANTINE & HELEN

GREEK ORTHODOX CATHEDRAL OF THE PACIFIC



OCTOBER 2, 2016

2ND SUNDAY OF LUKE

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OCTOBER 2, 2016

2ND SUNDAY OF LUKE

COMMEMORATION OF: Cyprian the Holy Martyr; Justina the Virgin-martyr of Nicomedeia; Theophilus the Confessor

APOLYTIKIA - ENTRANCE HYMNS

Angelike thinamis (Resurrection Hymn) Tone 6

Ke tropon metohos (St. Cyprian) Tone 4
Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Cyprian. Intercede with Christ our God, beseeching that our souls be saved.

Tu Stavrou 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 love mankind.

KONTAKION

Prostasia ton Hristianon Tone 2
O Protection of Christians unshamable, mediation with the Creator immovable, we sinners beg you, do not despise the voices of our prayers, but anticipate, since you are good, and swiftly come unto our aid as we cry out to you with faith: Hurry to intercession, and hasten to supplication, O Theotokos who defend now and ever those who honor you.

EPISTLE READING

2nd Corinthians 4:6-15

BRETHREN, it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ.

But we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For while we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you.

Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believed, and so we speak, knowing that He who raised the Lord Jesus will raise us also with Jesus and bring us with you into His presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

GOSPEL READING

Luke 6:31-36

The Lord said, "And as you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

ACTIVITIES

TODAY

SUN, 10/2- 2ND SUNDAY OF LUKE; ST. ROMANOS THE MELODIST— CHOIR SUNDAY: FATHER WILL OFFER A PRAYER FOR ALL CHOIR MEMBERS FOLLOWED BY A MEMORIAL FOR ALL CHOIR MEMBERS AND SUPPORTERS OF THE CHOIR WHO HAVE "FALLEN ASLEEP IN THE HOPE OF THE RESURRECTION;" SUNDAY SCHOOL MEETING; BENJAMIN NICHOLAS LOZYSKY BAPTISM 1:30 P.M.

THIS COMING WEEK

SUN, 10/9- SUNDAY OF THE 7TH ECUMENICAL COUNCIL; PHILOPTOCHOS MEETING 12 P.M.

A Prayer for Church Musicians on National Church Music Sunday

O Heavenly Father, on this day proclaimed National Church Music Ministry Sunday by our Archdiocese, our Cathedral recognizes the women, men and children who give their time and musical talent in service to You, our Lord, and to Your Church.

Bless them, O Lord, as they sing praises to You, and glorify Your Name. Let their music be a witness to Your majesty and love, and remind us all of Your presence in our lives.

Wisdom of the Holy Fathers

"When God created man, He planted something divine into him — a certain conception — a spark that has both light and warmth. The conception that enlightens the mind and indicates what is right and what is wrong is called conscience. Conscience is a natural law. Living in times before any written law, patriarchs and saints pleased God by following the voice of their conscience. "

~ **Abba Dorotheos of Gaza**

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.*