

**From “Counsels from the Holy Mountain: Selected from the
Letters and Homilies of Elder Ephraim”
(Florence, Arizona: St. Anthony’s Greek Orthodox Monas-
tery, 1999)
(from pages 304-305)**

My children, I beg you, for the love of God, do not stop saying the prayer of our Christ,* not even for a moment. Your lips should continuously murmur the name of Jesus Who destroys the devil and all his plots. Cry out incessantly to our Christ, and at once He will hasten wholeheartedly to help us.

Just as iron cannot be grabbed or even be approached when it is red-hot, the same thing happens with the soul of him who says the prayer with the fervor of Christ. The demons do not approach it—and how could they? For if they draw near it, they will be burned by the divine fire which the divine name contains.

Whoever prays is enlightened, and whoever does not pray is darkened. Prayer is the provider of divine light. This is why everyone who prays well becomes all radiant, and the Spirit of God dwells in him. If despondency, indifference, listlessness, etc., approach us, let us pray with fear, pain, and great noetic vigilance, and we will immediately experience the miracle of consolation and joy by the grace of God. It is not possible for a person who prays to hold a grudge against someone or to refuse to forgive him for any fault whatsoever. Everything is reduced to ashes when it comes near the fire of the Jesus prayer.

So, my children, struggle in the salvific and sanctifying prayer of our Christ, so that you may become radiant and holy. Pray also for me, the indolent sinner, so that God may be merciful on the multitude of my sins, as well as on my countless liabilities.

**Note: The prayer refers to the Jesus Prayer: “Lord Jesus Christ, Son of God, have mercy on me, the sinner.”*

SS CONSTANTINE & HELEN

GREEK ORTHODOX CATHEDRAL OF THE PACIFIC



OCTOBER 9, 2016

3RD SUNDAY OF LUKE

930 Lunalilo Street, Honolulu, HI 96822
(808) 521-7220 www.greekorthodoxhawaii.org
Office: office@greekorthodoxhawaii.org
Fr. Alexander Leong: fralexanderleong@yahoo.com

OCTOBER 9, 2016

SUNDAY OF THE 7TH ECUMENICAL COUNCIL

COMMEMORATION OF: James the Apostle, son of Alphaeus; Abraham the Righteous & his nephew Lot; Andronicos & Athanasia of Egypt; Poplia of

APOLYTIKIA - ENTRANCE HYMNS

Katelisas to Stavro (Resurrection Hymn) Tone 7

Apostole Ayie (St. James the Apostle) Tone 3

O holy Apostle James, make intercession to our merciful God, that He grant our souls forgiveness of offenses.

Tu Stavru 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

2 Corinthians 6:1-10

BRETHREN, working together with him, then, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

GOSPEL READING

Luke 7:11-16

At that time, Jesus went to a city called Nain, and his disciples and a great crowd went with him. As he drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, he had compassion on her and said to her, "Do not weep." And he came and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, arise." And the dead man sat up, and began to speak. And he gave him to his mother. Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited his people!"

ACTIVITIES & ANNOUNCEMENTS

TODAY

3RD SUNDAY OF LUKE; PHILOPTOCHOS MEETING 12 P.M.

THIS WEEK

MON. 10/10 - GREEK LANGUAGE CLASS 5 PM

THU, 10/13 - PARISH COUNCIL MEETING 5:30 P.M.

THU, 10/13 - BEGINNER GREEK LANGUAGE CLASS CANCELLED

FRI. 10/14 - ALOHA YOUTH CHOIR IN SOCIAL HALL 6 PM

SUN, 10/16 - HOLY FATHERS OF THE 7TH ECUMENICAL COUNCIL; YOUTH SUNDAY

✘ *We are in need of a volunteer to manage our new church Wordpress site. Please contact pc@greekorthodoxhawaii.org.*

Wisdom of the Holy Fathers

"Strictness toward our neighbor is dangerous. The strict can progress to a certain point only, and they remain merely at the level of physical abstinence. One must be kind, meek, and merciful in one's relationships with people."

~Elder Thaddeus of Vitovnica

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.*