

### Keeping It Clean

Please help us keep our church and social hall clean. As a reminder, never bring food or drink into the church. Please watch so that children do not stand on the pews. Gum chewing is not allowed and gum should never be deposited under the pews.

Please *honor the house of the Lord* by keeping it clean and tidy!

### Gehenna - the Torment of God's Love

*St. Isaac the Syrian*

✘ “In love did God bring the world into existence; in love is God going to bring it to that wondrous transformed state, and in love will the world be swallowed up in the great mystery of the One who has performed all these things; in love will the whole course of the governance of creation be finally comprised.”

✘ “God’s recompense to sinners is that, instead of a just recompense, God rewards them with resurrection.”

✘ “If zeal had been appropriate for putting humanity right, why did God the Word clothe himself in the body, using gentleness and humility in order to bring the world back to his Father?”

✘ “Let us not be in doubt, O fellow humanity, concerning the hope of our salvation, seeing that the One who bore sufferings for our sakes is very concerned about our salvation; God’s mercifulness is far more extensive than we can conceive, God’s grace is greater than what we ask for.”

✘ “Sin, Gehenna, and Death do not exist at all with God, for they are effects, not substances. Sin is the fruit of free will. There was a time when sin did not exist, and there will be a time when it will not exist. Gehenna is the fruit of sin...”

from “Ascetical Homilies,” 27

### 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



February 14, 2016

Sunday of the Canaanite Woman

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February 14, 2016

## Sunday of the Canaanite Woman

Commemoration of: Cyril, Equal-to-the-Apostles & Teacher of the Slavs;  
Nicholas the New Martyr of Corinth

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### Apolytikia - Entrance Hymns

*To fethron tis anastaseos* (Hymn of the Day) Tone 4

*Tis erimu politis* (Hymn of the Saint) Tone 1

*As a citizen of the desert and an angel incarnate \* and a wonder-worker you shone forth, O Auxentios, our God-bearing father. \* Since you received the spiritual gifts \* by fasting and vigilance and prayer, \* you can cure those who are ailing and heal the souls \* of those who run to you with faith. \* Glory to Him who gave His might to you; \* glory to Him who placed a crown on you; \* glory to Him who operates through you, providing cures to all.*

*Tou 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 are the lover mankind.*

### Kontakion

*Prostasia ton Hristianon* Tone 2

*Champion of Christians not put to shame, advocate before the Maker always steadfast, do not spurn sinners' voices raised in prayer. In your goodness respond to bring help to us who devoutly petition you. Hasten your intercession and urgently make entreaty; for you unfailingly defend, O Theotokos, those who honor you.*

### Epistle Reading

II Corinthians 6:16-18; 7:1

BRETHREN, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty."

Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

### Gospel Reading

Matthew 15:21-28

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O

Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

### Today

✘ SUN, 2/14– Happy Valentine's Day!; Sunday of the Canaanite Woman; Adult Religious Education: "Taming the Passions" 12 to 12:40 p.m. in the Bookstore

### This Week

✘ MON, 2/15– Offices closed in observance of President's Day  
✘ SUN, 2/21– Sunday of the Publican and the Pharisee (Triodion begins); Adult Religious Education: A Series on Keeping the Faith- "Is Jesus both God and man? Were two natures of Christ blended? The Third and Fourth Ecumenical Councils" with Dr. Robert Arakaki 12 to 12:40 p.m. in the Bookstore

### Announcements

- ✘ **Adult Religious Education**– Dr. Robert Arakaki has graciously offered his talent, as a gifted professor and scholar, a 4 part series on **Keeping the Faith**– *Orthodoxy from the First to Seventh Ecumenical Councils*. We completed the first in the series last Sunday. Please feel free to attend the upcoming classes on Sundays, February 21st, 28th and March 13th.
- ✘ **Best Wishes**– We pray that our Nisiotes Dancers and Aloha Youth Choir are having a wonderful time at FDF being held this weekend in Anaheim, California. We also wish them safe travels as they return home.
- ✘ **Food and Pastries for Sale**– Philoptochos has items available for purchase. Please see details posted on the kitchen door as you reach the top of the social hall stairs.
- ✘ **Moms and the Orthodox Family**- Moms and Grandmothers are welcome to join us for fellowship every Tuesday, 10 a.m. to Noon, unless services are scheduled.