

## Pearls of Wisdom from the Holy Fathers

*"You cannot be too gentle, too kind. Shun even to appear harsh in your treatment of each other. Joy, radiant joy, streams from the face of him who gives and kindles joy in the heart of him who receives. All condemnation is from the devil. Never condemn each other. We condemn others only because we shun knowing ourselves. When we gaze at our own failings, we see such a swamp that nothing in another can equal it. That is why we turn away, and make much of the faults of others. Instead of condemning others, strive to reach inner peace. Keep silent, refrain from judgment. This will raise you above the deadly arrows of slander, insult and outrage and will shield your glowing hearts against all evil."*

~St Seraphim of Sarov

*"The soul that loves God has its rest in God and in God alone. In all the paths that men walk in the world, they do not attain peace until they draw nigh to hope in God."*

~St. Isaac the Syrian

*"How mistaken are those people who seek happiness outside of themselves, in foreign lands and journeys, in riches and glory, in great possessions and pleasures, in diversions and vain things, which have a bitter end! In the same thing to construct the tower of happiness outside of ourselves as it is to build a house in a place that is consistently shaken by earthquakes. Happiness is found within ourselves, and blessed is the man who has understood this. Happiness is a pure heart, for such a heart becomes the throne of God. Thus says Christ of those who have pure hearts: "I will visit them, and will walk in them, and I will be a God to them, and they will be my people." (II Cor. 6:16) What can be lacking to them? Nothing, nothing at all! For they have the greatest good in their hearts: God Himself!"*

~St. Nektarios of Aegina

*"God loves us more than a father, mother, friend, or any else could love, and even more than we are able to love ourselves."*

~St. John Chrysostom

## Ss Constantine & Helen

### Greek Orthodox Cathedral of the Pacific



July 3, 2016

2nd Sunday of Matthew

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July 3, 2016

## 2nd Sunday of Matthew

Commemoration of: Hyacinth, Martyr of Caesarea; Theodotos and Theodota the Martyrs; Anatolios, Pat. of Con.

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Apolytikia - Entrance Hymns

*Tu lithu sfragisthentos* (Hymn of the Day) Tone 1  
*The stone had been secured with a seal by the Judeans, and a guard of soldiers was watching Your immaculate body. You rose on the third day, O Lord and Savior, granting life unto the world. And therefore the powers of heaven cried to You, O Giver-of-Life: Glory to Your resurrection, O Christ; glory to Your kingdom; glory to Your dispensation, only One who loves mankind.*

*Tu Stavru su ton tipon* (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 Tone 2  
*Prostasia ton Hristianon*  
*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 Romans 2:10-16  
BRETHREN, glory and honor and peace for every one who does good, the Jew first and also the Greek. For God shows no partiality. All who have sinned without the law will also perish without the law, and all who have sinned under the law will be judged by the law. For it is not the hearers of the law who are righteous before God, but the doers of the law who will be justified. When Gentiles who have not the law do by nature what the law requires, they are a law to themselves, even though they do not have the law. They show that what the law requires is written on their hearts, while their conscience also bears witness and their conflicting thoughts accuse or perhaps excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus.

Gospel Reading Matthew 4:18-23  
At that time, as Jesus walked by the Sea of Galilee, he saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And he said to them, "Follow me, and I will

make you fishers of men." Immediately they left their nets and followed him. And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. Immediately they left their boat and their father, and followed him. And he went about all Galilee, teaching in their synagogues and preaching the gospel of the kingdom and healing every disease and every infirmity among the people.

### Announcements

Today

- ✘ SUN, 7/3– 2nd Sunday of Matthew; Fr. Alexander departs for the 43rd Biennial Clergy-Laity Congress in Nashville, Tennessee

This Week.

- ✘ MON, 7/4– Offices closed in observance of Independence Day (4th of July)
- ✘ SUN, 7/10– 3rd Sunday of Matthew

More Announcements

- ✘ BENEFIT GUITAR CONCERT FOR ALOHA YOUTH CHOIR & DANCE GROUP BY TASO COMANESCU (Dina/John's grandson)  
SUN., JULY 10 AT 2 PM CHIRGOTIS HALL  
TICKETS \$15 AND CHILDREN 5-12 YRS \$5  
SEE DIANNA GRAVES
- ✘ "Neochoros" Needed– Fr. Alexander is looking for a gentleman in our Cathedral to assist in maintaining, keeping order and prepping the Church for the various services. This ministry includes: trimming and preparing the oil lamps for services, changing altar cloths as needed, ordering supplies as approved by Father, etc. Fr. Alexander is willing to train the candidate as needed. If you are interested, please speak to Father.

\*\*\*Fr. Alexander will be away from the Cathedral July 4th to July 8th, for the Clergy-Laity Congress in Nashville. In the event of a pastoral emergency while Father is away, please call Fr. Anatole Lyovyn at (808) 947-9093.

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### 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.*