

Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific

What Happened on the Cross by *John of Damascus (c. 675-749)*

By nothing else except the cross of our Lord Jesus Christ has death been brought low:

The sin of our first parent destroyed,
hell plundered,
resurrection bestowed,
the power given us to despise the things of this world,
even death itself,
the road back to the former blessedness made smooth,
the gates of paradise opened,
our nature seated at the right hand of God,
and we made children and heirs of God.

By the cross all these things have been set aright...

It is a seal that the destroyer may not strike us,
a raising up of those who lie fallen,
a support for those who stand,
a staff for the infirm,
a crook for the shepherded,
a guide for the wandering,
a perfecting of the advanced,
salvation for soul and body,
a deflector of all evils,
a cause of all goods,
a destruction of sin,
a plant of resurrection,
and a tree of eternal life.



September 9, 2018

Sunday Before the Elevation of the Holy Cross

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Sunday Before the Elevation of the Holy Cross

Commemoration of: The Holy & Righteous Ancestors of God, Joachim and Anna; Severianos the Martyr of Sebaste; Theophanes the Confessor

Apolytikia - Entrance Hymns

I genesis su Theotoke (Nativity of the Theotokos) Tone 4
Your Nativity, O Theotokos, imparted joy to the entire earth, for out of you has risen the Sun of Righteousness, Christ our God. He nullified the curse and instead gave His blessing; and causing death to be neutralized, He granted us eternal life.
(Translation from AgesInitiatives.com)

Angelike thinamis (Hymn of the Day) Tone 6
When the angelic powers appeared at Your tomb, and those who guarded it became still as dead, and standing by Your grave was Mary seeking Your most pure and sacred Body. For You did vanquish Hades and uncorrupted by its touch, You came unto the Virgin (woman), bestowing the gift of life. You who have risen from the dead, Lord glory to You.

I genesis su Theotoke (Nativity of the Theotokos) Tone 4

Ton thikeon Thepatoron (Ancestors of God) Tone 2
As we celebrate the memory of Your righteous Ancestors, through them we importune You, O Lord, that You save our souls. (Translation from AgesInitiatives.com)

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 forever you guard in peace, by the intercessions of the Theotokos, for You alone are the lover mankind.

Kontakion Tone 4

Ioakim ke Anna
Both Joachim and Anna from their sterility's stigma, and Adam and Eve from their mortality's ruin have been set free, O immaculate Maid, by your holy nativity. For this do your people hold celebration, redeemed from the guilt of transgression as they cry to you, "The barren one bears the Theotokos, the nourisher of our Life." (Translation from AgesInitiatives.com)

Epistle Reading

Galatians 6:11-18

BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from

me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel Reading

John 3:13-17

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.

Today

✘ SUN, 9/9– *Sunday before the Holy Cross; 1 Year Memorial for Savas Mojarrad; 25 Year Memorial for Artemis Anastasopoulos; Memorial for Julia Anastasopoulos Church School Blessing of the Waters;*

This Week

- ✘ TUE, 9/11– *Parish Council Meeting 5:30 p.m.*
- ✘ THU, 9/13– *Great Vespers 6:30 p.m.*
- ✘ FRI, 9/14– *Elevation of the Holy Cross: Orthros 8:30 a.m.; Liturgy 9:30 a.m. ***strict fast day****
- ✘ SUN, 9/16– *Sunday after the Holy Cross; 1st day of Sunday School; Philoptochos Meeting 12 p.m. in the Conference Room*
- ✘ **Live Call-In with Dr. Jeannie Constantinou, "Search the Scripture"**– Via Ancient Faith Radio beginning Sunday, September 9th, time to be announced
- ✘ **Bible Studies Series on Gospel According to St. Mark**– Beginning on Tuesday, September 18th, 5 to 6:30 p.m. Stay tune for more details!
- ✘ **Sunday School Fun Party**– Saturday, September 22nd
- ✘ **2018 Greek Festival**– rescheduled for October 27th & 28th at McCoy Pavilion!
- ✘ Join the 2019 Budget Committee, or email pc@greekorthodoxhawaii.org with any suggestions. The proposed budget will be presented at the Parish Assembly on November 4, 2018.

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.