

Our Annual Spiritual “Check-up”

Medical authorities stress that it is important for all of us to have an annual physical examination— in fact, many companies require this of their employees. While this isn't anything that any of us truly enjoy, we cannot dispute the fact that our very lives may depend on this periodic check-up, which will allow us to see if we need to improve our health by making changes in the way we are living.

In like manner, the Church has long taught that we need a similar examination of our spiritual well-being every year. We refer to this check-up as the Great Fast. In this 40-day period, we will be called upon to pray more fervently and fast more severely. We will be implored to do good works and to receive the Body and Blood of Christ in the Sacrament of the Holy Eucharist. We will be urged to cleanse our souls by confessing our sins. But most importantly, during Lent we will be asked to take an honest look at our lives and evaluate the condition of our heart and soul. Just as it is unwise not to be truthful with our doctor, it is equally foolish for us to try to deceive the Great Physician— our Lord and Savior Jesus Christ. Are we in “good shape” spiritually? Are we showing complete and total love for God in all that we do? Do we really love our neighbor as we love ourselves? Are we harboring any hatred or hard feelings towards anyone? Are we willing to forgive those who may have wronged us as we have been instructed to do by Christ in today's Gospel lesson: “For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses?” (Matthew 6:14-15) Is it time for your check-up?

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



March 2, 2014

Cheese-Fare/Forgiveness Sunday

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March 2, 2014

Cheese-Fare/Forgiveness Sunday

Commemoration of: Hesychios the Martyr; Nicholas of Plana; Andronikos & Athanasia the Martyrs; Theodotos, Martyr of Cyrenia

Apolytikia - Entrance Hymns

Effrenestho ta urania (Hymn of the Day) Tone 3

Tou Stavrou Sou (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

Tis sofias Odige Tone 6

O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "O Merciful One, have mercy on my who have fallen."

Epistle Reading Romans 13:11

BRETHREN, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel Reading Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break

in and steal. For where your treasure is, there will your heart be also."

This Week

Today-

This Week

- ✘ MON, 3/3 - Clean Monday - *Great Compline* - 6:30 pm
- ✘ WED, 3/5 - *Pre-Sanctified Liturgy* - 6:00 PM (PLEASE NOTE TIME IS EARLIER THAN MONDAY'S AND FRIDAY'S SERVICES).
- ✘ THU, 3/6- PARISH COUNCIL MEETING 5:30 PM
- ✘ FRI, 3/7 - *Salutations to the Theotokos* - 6:30 PM
- ✘ SAT, 3/8 - Saturday of Souls
Orthros 8:30 a.m., Divine Liturgy - 9:30 a.m.
Prayer sheets are available in the Narthex.

Saturday of the Souls

The Saturday of the Souls are Saturdays in which we commemorate our beloved departed. The Saturday of the Souls will be celebrated with Orthros at 8:30 a.m., Divine Liturgy at 9:30 a.m., followed by the Memorial Service on March 8th. If you wish to have your deceased loved ones commemorated, please fill out a commemoration slip which can be found in the Narthex. Please write the first names only for those who are departed. The names you give for commemoration will be kept for remembrance at all 3 Memorial Saturdays.

Volunteers Needed for Agape Picnic 4/20/2014

We are looking for volunteers interested in helping with the Agape Picnic which is held annually on Pascha. We will need volunteers who are interested in helping with either food preparation, serving lunch, setup and clean up and ticket sales. Those who are interested may contact Anita Higashi at 358-8127 or Tina Dimitrion at 375-2151. Thank you!!!

Reminder - According to Sacred Tradition, beginning tomorrow (Clean Monday) all able-bodied adults begin fasting from meat (including chicken) and dairy products (milk, cheese, butter, eggs) and fish. Shellfish may be eaten. Also, we fast from wine, beer and all alcoholic beverages.

On Saturday and Sundays during Great Lent, oil and wine may be consumed, as well as on the Feast of the Annunciation and Palm Sunday.

Those with health concerns or dietary restrictions should seek the advice of their Spiritual Father or Fr. Alexander.