

## Announcements

### Today

- ✦ SUN, 5/24– *7th Sunday of Pascha: Holy Fathers of the 1st Ecumenical Council; Memorial for George Bukes, Deacon Demetrius Diakos (1 Year), All Veterans who have “fallen asleep” in the Hope of the Resurrection and Commemoration of Beloved through our Sunday School students.*
- ✦ *The Philoptochos will be selling pastries today in the Social Hall.*

### This Week

- ✦ MON, 5/25– *Offices closed in Observance of Memorial Day; Fr. Alexander available upon your request to go to the cemeteries. Please see sign up sheet in the Social Hall.*
- ✦ TUE, 5/26– *Book Club cancelled due to conflict in scheduling*
- ✦ THU, 5/28– **Learn Greek Dances**- Expert Joe Graziosi from the mainland is offering a 2 Hour Workshop in the Social Hall this Thursday, May 28th, 6:30 pm-8:30 pm. Cost is \$20 for the workshop. Parishioners/Non parishioners are welcome. This is a Fundraiser for our Dance Group.
- ✦ SAT, 5/30– *Saturday of Souls: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m. Memorials. Commemoration Slips are available in the narthex.*
- ✦ SUN, 5/31– *8th Sunday of Pascha: Pentecost; Sunday School Promotion and Graduation*

### A Few Beneficial Quotes from the Holy Fathers

*If you see your neighbor sinning, take care not to dwell exclusively on his faults. Try to think of the many good things he has done and continues to do. Many times when we do this, we come to the conclusion that our neighbor is a far better person than we are.”*

~St. Basil the Great

*Our wickedness shall not overpower the unspeakable goodness and mercy of God; our dullness shall not overpower God's wisdom, nor our infirmity God's omnipotence.”*

~St. John of Kronstadt

*“Examine yourself and strive to adorn yourself with love, humility, compassion and hope. Seek the regeneration of your soul, enlightened by the voice of the Gospel and helped by God. With fear and love for the Heavenly Father, proceed to sow the seeds of God's word on good soil. Cultivate the talent given by Christ for the salvation of your soul.”*

~ St. Raphael of Lesbos

## Ss Constantine & Helen

### Greek Orthodox Cathedral of the Pacific



SAINTS CONSTANTINE & HELEN  
GREEK ORTHODOX  
CATHEDRAL OF THE PACIFIC

50<sup>TH</sup>  
Anniversary  
1965-2015



May 24, 2015

7th Sunday of Pascha: Fathers of the 1st Ec. Council

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May 24, 2015

7th Sunday of Pascha— Holy Fathers of the 1st Ec. Council  
Commemoration of: Symeon, Stylite of the Mountain; Meletios the  
Commander and his Companion Martyrs

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Apolytikia - Entrance Hymns

*Anelifthis en thoxi* (Ascension) Tone 4  
*You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world.*

*Angelike thinamis* (Res. Hymn of the Day) Tone 6  
*When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.*

*Iper thethoxamenos i* (Holy Fathers) Tone 8  
*Supremely blessed are You, O Christ our God. You established the holy Fathers upon the earth as beacons, and through them You have guided us all to the true Faith, O greatly merciful One, glory be to You.*

*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  
*Tin iper imon plirosas* Tone 8  
*When You had fulfilled the dispensation for our sake, \* and united things on earth with the things in heaven, \* You were taken up thither in glory, O Christ our God, \* going not away from any place, \* but continuing inseparable, \* and to them that love You crying out: \* I am with you, and there is, therefore, none against you."*

Epistle Reading Acts 20:16-18, 28-36

IN THOSE DAYS, Paul had decided to sail past Ephesos, so that he might not have to spend time in Asia; for he was hastening to be at Jerusalem, if possible, on the day of Pentecost. And from Miletos he sent to Ephesos and called to him the elders of the church. And when they came to him, he said to them: "Take heed to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God which he obtained with the blood of his own Son. I know that after my departure fierce wolves will come in among you, not sparing the flock; and from among your own selves will arise men speaking perverse things, to draw away the disciples after them. Therefore be alert, remembering that for three years I did not cease

night or day to admonish every one with tears. And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. I coveted no one's silver or gold or apparel. You yourselves know that these hands ministered to my necessities, and to those who were with me. In all things I have shown you that by so toiling one must help the weak, remembering the words of the Lord Jesus, how he said, 'it is more blessed to give than to receive.' " And when he had spoken thus, he knelt down and prayed with them all.

Gospel Reading

John 17:1-13

At that time, Jesus lifted up his eyes to heaven and said, "Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him power over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work which you gave me to do; and now, Father, you glorify me in your own presence with the glory which I had with you before the world was made.

"I have manifested your name to the men whom you gave me out of the world; yours they were, and you gave them to me, and they have kept your word. Now they know that everything that you have given me is from you; for I have given them the words which you gave me, and they have received them and know in truth that I came from you; and they have believed that you did send me. I am praying for them; I am not praying for the world but for those whom you have given me, for they are mine; all mine are yours, and yours are mine, and I am glorified in them. And now I am no more in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. While I was with them, I kept them in your name, which you have given me; I have guarded them, and none of them is lost but the son of perdition, that the scripture might be fulfilled. But now I am coming to you; and these things I speak in the world, that they may have my joy fulfilled in themselves."

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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.*