

## The Apostles Fast

Excerpts by Archpriest Ayman Kfouf

The Apostles fast has emerged since the very early days of Christianity. It is honored and preserved in the Church as a part of our Holy Tradition. Like all Fasts in the Orthodox Church, the Holy Apostles' Fast aims to help us put on the "armor of light" to against the attacks of the enemy that may befall during our spiritual journey to become united with God through His grace. No better words may express the importance of fasting in our life like the words of St. Abba Isaac the Syrian who says, "... since fasting is a weapon established by God ...the human race knew no victory before fasting, and the devil was never defeated by our nature as it is: but this weapon has indeed deprived the devil of strength from the outset... As soon as the devil sees someone possessed of this weapon (fasting), fear straightway falls on this adversary and tormentor of ours, who remembers and thinks of his defeat by the Saviour in the wilderness; his strength is at once destroyed and the sight of the weapon given us by our Supreme Leader burns him up. A man armed with the weapon of fasting is always afire with zeal. He who remains therein, keeps his mind steadfast and ready to meet and repel all violent passions."

### Duration of the Fast of the Apostles

The fast of the Holy Apostles starts on the second Monday after Pentecost. The duration of this fast varies, depending on the date of Pascha (Easter). The rule is that the Fast starts on the second Monday after Pentecost and ends on June 29, on the feast of Saints Peter and Paul. According to the new calendar, the Apostles' Fast could last as short as 8 days and as long as 30 days (42 days according to the old calendar).

### Fasting Rules of the Fast of the Holy Apostles

The Fast of the Holy Apostles is not as strict as the Fasts of Pascha and the Nativity of Christ; rather it is more lenient in its duration and rules. The current rules of fasting, during the Apostles' Fast, were established first for the monks of the Monastery of the Kiev Caves by Metropolitan George of Kiev (1069-1072). These rules are still practiced today amongst most Orthodox Christians with minor variations, depending on the jurisdiction.

1- Red meat, poultry, and dairy products are not allowed during the entire fasting period in all weekdays.

2- Fish, wine, and oil are allowed on all days except on Wednesdays and Fridays.

## Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



SAINTS CONSTANTINE & HELEN  
GREEK ORTHODOX  
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50<sup>TH</sup>  
Anniversary  
1965-2015

June 14, 2015

2nd Sunday of Matthew

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Apolytikia - Entrance Hymns

*Tu lithu sfragisthentos* (Hymn of the Day) Tone 1

*O ensarkos angelos* (Elisha the Prophet) Tone 4  
*The angel incarnate and the Prophets' pedestal, \* the second Forerunner of the coming of Christ, Elias the glorious, \* sent down to Elisha the divine grace from heaven. \* He drives away diseases and he cleanses lepers. \* Therefore he pours out healings to those who honor him.*

*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, 6/14– 2nd Sunday of Matthew; 40 day Trisagion for Constantinos Papacostas; Spring General Assembly

This Week.

✠ SUN, 6/21– 3rd Sunday of Matthew

\*\*\*Fr. Alexander will be away from the Cathedral June 15th to July 4th. In the event of a pastoral emergency while Father is away, please call Fr. John Kalantzis at (808) 744-9266 home, (808) 471-9310 work, or (703) 980-5668 cell. Cell phone is reachable only outside of business hours.

### 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

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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.*