

SPIRITUAL “ALLERGIES”

Allergies come in many forms. Each spring, countless people suffer as the pollen count rises. Food allergies are also quite common—partaking of even a small quantity of certain items can be extremely dangerous to those who are adversely affected by them. While medications may be helpful in dealing with some allergies, the best treatment is simply to avoid eating or being around things which may be harmful to us.

We all want to be spiritually healthy as well as being physically fit. Just as there are certain things that are deadly to the well-being of our body, our soul is often at great risk as well if we allow “allergies” to take hold of us. Therefore, we must all be aware of what we need to avoid to maintain the health of our faith. The Scriptures give us a clear indication of what we are spiritually “allergic” to. First, we must follow the advice the Apostle Paul gives in his First Letter to the Thessalonians: “Abstain from every form of evil.” (1 Thess. 5:22) Every type of sin is a by-product of evil, and when we allow it to dictate our thoughts and actions, irreparable damage will be done to our soul. We must always remember that our Lord Himself instructed us to constantly beseech our Heavenly Father to “...deliver us from evil.” St. Paul also urges us to “...refrain from foolish disputes and arguments.” (2 Tim 2:23) These, too, can destroy the fiber of our Orthodox Christian character, causing us to be overcome with hatred and anger rather than being controlled by love and kindness.

Do not allow evil thoughts or sinful things to take control. The Lord has given all of us the “medicine” to regain our spiritual vitality. May we be wise enough to make use of what he has provided for us!



Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



SAINTS CONSTANTINE & HELEN
GREEK ORTHODOX
CATHEDRAL OF THE PACIFIC

50TH
Anniversary
1965-2015

June 21, 2015

3rd Sunday of Matthew

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June 21, 2015

3rd Sunday of Matthew

Commemoration of: Julian the Martyr of Tarsus; Terentios, Bishop of Iconium; Nikitas the New Martyr of Nysyros

Apolytikia - Entrance Hymns

Ote katilthes (Hymn of the Day) Tone 2

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 5:1-10

BRETHREN, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man -- though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Gospel Reading Matthew 6:22-33

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the

body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."

Announcements

Today

✠ SUN, 6/21– 3rd Sunday of Matthew; *HAPPY FATHER'S DAY!*

This Week.

✠ SUN, 6/28– 4th Sunday of Matthew

***Fr. Alexander is away thru 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

"Remember, never to fear the power of evil more than your trust in the power and love of God."

~Hermas, one of the Seventy

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

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.