

# ON THE DIVINE LITURGY

## WHAT IS THE CREED?

*Anaphora* is a Greek word meaning “carrying up,” or offering. In the Old Testament, the priest, would offer up an animal sacrifice to God. In this case, the offering is bread and wine that we are bringing to God and asking they be consecrated at the altar in Heaven. You’ll note that even before the gifts are consecrated, we thank God (“Let us give thanks to the Lord”). This is similar to the way that Jesus would thank God before he preformed His miracles;

Then Jesus, deeply moved again, came to the tomb; it was a cave, and a stone lay upon it, and Jesus said, “Take away the stone. “ Martha, the sister of the dead man, said to him, “Lord, by this time there will be an odor, for he has been dead four days. “ Jesus said to her, “Did I not tell you that if you would believe you would see the glory of God?” So they took away the stone. And Jesus lifted up his eyes and said, “Father I thank you that you have heard me. I knew that you hear me always, but I have said this on account of the people standing by, that they may believe that you sent me. “ When He had said this, he cried with a loud voice, “Lazurus come out.” The dead man came out, his hands and feet bound with bandages, and his face wrapped with a cloth. (John 11:38-44)

You’ll notice that first Jesus thanked the Lord and *then* the miracle occurred.

from Guide to the Divine Liturgy, by Robert Krantz

### FROM THE FATHERS

*Has so-and-so slandered you? Don't give in to hatred. If you hate the slanderer, you are hating a person and therefore breaking the commandment to love. The evil done with words you are now doing by your deeds. On the other hand, if you keep the commandments, you are helping the other as much as you can to become free from this sin... The more you pray with all your heart for the one who has slandered you, the more readily God reveals the truth to those whom the slanderer has scandalized.*

St. Maximos the Confessor

# Ss CONSTANTINE & HELEN

## GREEK ORTHODOX CATHEDRAL OF THE PACIFIC



JULY 24, 2016

5<sup>TH</sup> SUNDAY OF MATTHEW

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JULY 24, 2016

5<sup>TH</sup> SUNDAY OF MATTHEW

COMMEMORATION OF: Great Martyr Christina; Athenagoras the Apologist

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APOLYTIKIA - ENTRANCE HYMNS

*To fethron* (Hymn of the Day) Tone 4

*I amnas su Iisus* (St. Christina) Tone 4

*Your own ewe-lamb cries to You loudly, O Jesus, and she says, \* "For my Bridegroom do I long, and seeking You I now contend, \* and I am crucified and buried with You in Your baptism. \* I suffer for Your sake, that I may reign with You. \* I die for You so that I may also live in You. \* Accept me as an unblemished sacrifice \* as I offer myself with love." \* At her entreaties and intercessions, \* save our souls O Merciful Lord.*

*Tu Stavru Su* (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 love mankind.*

KONTAKION

*Prostasia ton Hristianon* Tone 2

*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 10:1-10

BRETHREN, my heart's desire and prayer to God for them is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart (that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised

him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

GOSPEL READING

Matthew 8:28-34; 9:1

At that time, when Jesus came to the other side, to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

\*\*\*Fr. Alexander will be away thru July 28th. 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.

HOW MUCH DO YOU OWN IN THAT DIRECTION?

A rich native son of Texas who had made much money in producing oil from his land brought his pastor to the top of a tall building in one of the Texas cities. With a wide sweep of his hands and a tone of boastful pride in his voice, he said, "Pastor, everything you see to the south I own. Everything you see to the north I own. Yes, and everything you see to the west with its field on field of waving grain I own, too."

The pastor did not seem too impressed. Pointing his hands heavenward he asked, "How much do you own in that direction?"

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.*