

PARAKLESIS

A **paraklesis** is a service of supplication specifically for the living (as opposed to a Memorial Service, which is a supplication for the departed). This service is most often addressed to the Theotokos, but may be used to seek the intercessions of any saint. The distinguishing feature of a paraklesis is the inclusion of a supplicatory canon to the saint whose intercessions are being sought. A paraklesis can be served as a stand-alone service or, in a slightly abbreviated form, in conjunction with Vespers. It is appropriate to be served at any time of need.

In Slavic practice, there is a similar service that is called a molieben—this service is either served as a stand-alone service or in conjunction with the Divine Liturgy.

DORMITION PARAKLESES TO THE THEOTOKOS

During the Dormition Fast (August 1-14), a paraklesis is appointed to be served each evening, except on Saturday evenings and the eves of the feasts of Transfiguration (August 5) and Dormition (August 14).

The parakleses of the Dormition Fast use, on alternate days, the Small Supplicatory Canon to the Most Holy Theotokos (composed by Theosterictus the Monk in the 9th Century) and the Great Supplicatory Canon to the Most Holy Theotokos (composed by Emperor Theodore I Ducas Lascaris in the 13th century).

The cycle of the Dormition parakleses is determined by two rules of thumb: (a) the cycle begins with the Small Supplicatory Canon whenever August 1 falls on a Monday through Friday; and (b) on Sunday evenings, the Great Supplicatory Canon is always appointed.

Information borrowed from Orthodoxwiki.org

SS CONSTANTINE & HELEN

GREEK ORTHODOX CATHEDRAL OF THE PACIFIC



JULY 31, 2016

6TH SUNDAY OF MATTHEW

930 Lunalilo Street, Honolulu, HI 96822
(808) 521-7220 www.greekorthodoxhawaii.org
Office: office@greekorthodoxhawaii.org
Fr. Alexander Leong: fralexanderleong@yahoo.com

JULY 31, 2016
6TH SUNDAY OF MATTHEW

Apolytikia - Entrance Hymns

Ton sinanarhon Logon (Hymn of the Day) Tone 5

Ek yis o kalesas se (St. Evdokimos) Tone 4

*The Master who called you to eternal mansions on high * preserves incorrupt your body even after you died, * O holy Evdokimos; * for you had led a lifestyle of self-restraint and decorum, * never staining your flesh; and therefore truly you are blessed. * With confidence intercede with Christ to save our souls.*

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 7

Epi tu orus metamofthis

Upon the mountain were You transfigured, and Your disciples beheld Your glory as far as they were able, O Christ our God; so that when they would see You crucified they might understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance.

Epistle Reading Romans 12:6-14

BRETHREN, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

Gospel Reading Matthew 9:1-8

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the

paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

Announcements

Today

✘ SUN, 7/31– *6th Sunday of Matthew*

This Week.

✘ MON, 8/1– Dormiton Fast begins. *Small Paraklesis 6:30 p.m.*

✘ WED, 8/3– *Small Paraklesis 6:30 p.m.*

✘ FRI, 8/5– *Great Vespers 6:30 p.m.*

✘ SAT, 8/6– *Holy Transfiguration: Orthros 8:30 a.m., Divine Liturgy 9:30 a.m.*

✘ SUN, 8/7– *7th Sunday of Matthew*

Commemoration Forms for the Paraklesis Services are available in the Narthex.

Pearls of Wisdom from the Holy Fathers

"Be pleasing to Him for Whom you are soldiers, Him from Whom you will receive your reward. None of you must be a deserter. Let your baptism serve as a shield, faith as a helmet, love as a spear, endurance as full armor. Your works are your deposits so that you may receive the full sum due you. Therefore be patient with one another in gentleness, as God is with you."

~ **St. Ignatios of Antioch**

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.