

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 thing 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



July 6, 2014

4th Sunday of Matthew

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Apolytikia - Entrance Hymns

Effrenestho ta urania (Hymn of the Day) Tone 3
Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

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 6:18-23
BRETHREN, having been set free from sin, you have become slaves of righteousness. I am speaking in human terms, because of your natural limitations. For just as you once yielded your members to impurity and to greater and greater iniquity, so now yield your members to righteousness for sanctification.
When you were slaves of sin, you were free in regard to righteousness. But then what return did you get from the things of which you are now ashamed? The end of those things is death. But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Gospel Reading Matthew 8:5-13
At that time, as Jesus entered Capernaum, a centurion came forward to him, beseeching him and saying, "Lord, my servant is lying paralyzed at home, in terrible distress." And he said to him, "I will come and heal him." But the centurion answered him, "Lord, I am not worthy to have you come under my roof; but only say the word, and my servant will be healed. For I am a man under authority, with soldiers under

me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and he does it." When Jesus heard him, he marveled, and said to those who followed him, "Truly, I say to you, not even in Israel have I found such faith. I tell you, many will come from east and west and sit at table with Abraham, Isaac, and Jacob in the kingdom of heaven, while the sons of the kingdom will be thrown into the outer darkness; there men will weep and gnash their teeth." And to the centurion Jesus said, "Go; be it done for you as you have believed." And the servant was healed at that very moment.

Announcements

Today
✠ SUN, 7/6– 4th Sunday of Matthew

This Week.
✠ MON—THU, 7/7 to 7/10– 42nd Biennial Clergy-Laity Congress in Philadelphia
✠ SUN, 7/13– Sunday of the Holy Fathers

***Fr. Alexander will be away from the Cathedral July 7th to July 11th. In the event of a pastoral emergency while Father is away, please call Fr. Anatole Lyovin at (808) 947-9093.

Pearls of Wisdom from the Holy Fathers

As a handful of sand thrown into the ocean, so are the sins of all flesh as compared with the mind of God."

Just as a strongly flowing fountain is not blocked up by a handful of earth, so the compassion of the Creator is not overcome by the wickedness of his creatures."

Someone who bears a grudge while he prays is like a person who sows in the sea and expects to reap a harvest."

~St. Isaac The Syrian

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.