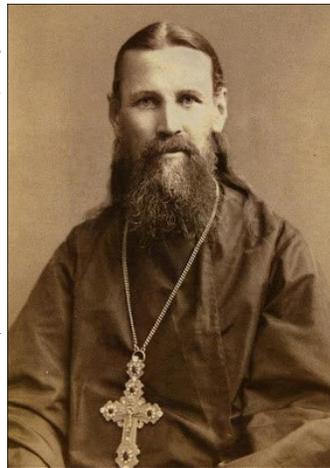


ployed in thanking and praising the Lord, into a smoking furnace. The less and lighter the food and drink you take, the lighter and more refined your spirit will become.

For St. John, smoking was not an easy habit to break. He prayed, weeping bitterly that God would help him defeat his passion. Here is a testimony of his repentance:

I came to church, falling on my knees with a contrite heart before the Holy Altar. How could I serve my enemy every day and not the Lord with zeal? Lord, help me to be free from all evil, because I am an evil man, dirty, full of sins.



His deep humility and perseverance in prayer saved him from his dependence. We also can follow his example and seek his intercession, since he battled with this passion throughout his life. Regarding war with the passions, he writes:

The Lord knows our weaknesses. He is ready to forgive us everything, as long as we repent and seek forgiveness. The essential thing is that our hearts not become petrified, that is to stop hesitating to think of our committed sin, to immediately repent, and to leave ourselves to the mercy of God.



Robbing God

“Return to Me and I will return to you,” says the Lord Almighty. “Will a man insult God? Yet you have insulted Me! But you say, ‘In what way have we insulted You?’ You kept back your tithes and offerings. You most certainly turned your back on Me, you and the whole nation, and you insulted Me. You brought all the produce into the storehouses – but it will be plundered in its house. Return now in this,” says the Lord Almighty, “and see if I will not open for you the floodgates of heaven and pour out for you a blessing until it is overflowing. ...all nations will call you blessed, for you will be a delightful land,” says the Lord Almighty.”

(Malachi 3:8-10, 12)

Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



July 7, 2013

2nd Sunday of Matthew

930 Lunalilo Street, Honolulu, HI 96822
(808) 521-7220 www.ssconhelhi.goarch.org
Office: saintsconstantine-helenhon@mail.goarch.org
Fr. John: frjohnkuehnle@mail.goarch.org

July 7, 2013

2nd Sunday of Matthew

Commemoration of: St. Kyriaki, the Great Martyr

Apolytikia - Entrance Hymns

Tou Lithou Sfragisthentos (Hymn of the Day) Tone 1

Os Vrisis Polykrounos (Hymn of the Saint) Tone 4

O virgin martyr of Christ, O most wise, you drenched His Church as a multi-flowing fountain and contended (as a martyr) superbly. You saved those in the darkness of idolatry by the radiance of your wonders, O champion Kyriaki. Wherefore, now in the presence of Christ, intercede that we be saved.

Tou Stavrou Sou (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

Prostasia ton Christianon Tone 2

Champion of Christians not put to shame, advocate before the Maker always steadfast, do not spurn sinners' voices raised in prayer. In your goodness respond to bring help to us who devoutly petition you. Hasten your intercession and urgently make entreaty; for you unfailingly defend, O Theotokos, those who honor you.

Epistle Reading

Galatians 3:23-29; 4:1-5

Brethren, before faith came, we were confined under the law, kept under restraint until faith should be revealed. So that the law was our custodian until Christ came, that we might be justified by faith. But now that faith has come, we are no longer under a custodian; for in Christ Jesus you are all sons of God, through faith. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. And if you are Christ's, then you are Abraham's offspring, heirs according to promise. I mean that the heir, as long as he is a child, is no better than a slave, though he is the owner of all the estate; but he is under guardians and trustees until the date set by the father. So with us; when we were children, we were slaves to the elemental spirits of the universe. But when the time had fully come, God sent forth his Son, to redeem those who were under the law, so that we might receive adoption as sons.

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.

This Week

Weds - Parish Council - 5:30 pm

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.

The Saint Who Conquered the Passion of Smoking

In many ways St. John of Kronstadt can be considered a patron saint for those who are trying to overcome the passion (or habit/addiction) of smoking. He writes in [My Life in Christ](#):

If you wish to live long on the earth, do not hurry to live in a carnal manner, to satiate yourself, to get drunk, to smoke, to commit fornication, to live in luxury, to indulge yourself. The carnal way of life constitutes death, and therefore, in the Holy Scripture, our flesh is called mortal, or, "the old man, which is corrupt according to the deceitful lusts." If you wish to live long, live through the spirit; for life consists in the spirit: "If you through the spirit do mortify the deeds of the body, you shall live," both here on earth and there in heaven.

He also says:

One cannot eat and drink and smoke continually. One cannot turn human life into constant eating, drinking, and smoking, although there are men who do eat, drink, and smoke almost uninterruptedly; and thus the spirit of evil has turned life into smoking, and made the mouth, which ought to be em-