

**An Answer to a Common Statement:**  
**“Frequent Communion is bad for you.”**  
An Excerpt from OCA.org



Many of us have heard: “Frequent Communion is bad for you.”

This statement must be qualified. While the point of our lives as Christians is to enter into and grow in our common union—“communion”—with God and with His People, the reception of Holy Communion should not be approached casually. St. John Chrysostom tells us that, while the Eucharist is indeed the fountain of new life, it can also be for those who receive it casually or without proper preparation a fire which can condemn us. Hence, such a statement must be understood in light of the spirit in which the statement is made: that the reception of Holy Communion without proper preparation—without repentance, without a genuine desire to turn our lives around, without seeking God’s forgiveness, without prayer and reflection on the course of our lives—can indeed be spiritually harmful and can, as St. John Chrysostom asserts, ultimately condemn us. It is not “frequent Communion” per se that is “bad” for us but, rather, receiving Communion without appropriate preparation and repentance that is “bad” for us. There are many instances in which people receive Communion frequently without proper preparation simply because, in many places especially in North America, everyone is expected to commune at every Liturgy. While St. John Chrysostom once complained “that the sacrifice is offered, yet no one approaches the Lord’s table,” one must approach the chalice “in faith and love,” with humility, in a spirit of repentance, and without holding grudges or anger against others. Scripture itself reminds us that, if we have something against our brother, we should leave our gift at the altar, seek reconciliation with our brother, and then return to offer our gift (see Mt 5:23). Here we are clearly reminded of the importance of proper preparation for the reception of Communion.

Ss Constantine & Helen  
Greek Orthodox Cathedral of the Pacific



September 30, 2018  
2nd Sunday of Luke

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

September 30, 2018

2nd Sunday of Luke

Commemoration of: Gregory the Illuminator, Bishop of Armenia; Mardonios & Stratonikos the Martyrs

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Apolytikia - Entrance Hymns

*Tu lithu sfragisthentos* (Resurrection Hymn) Tone 1  
*When the stone had been sealed by the Jews where the soldiers were guarding Your most pure Body, You rose on the third day, O Savior, granting life to the world. Wherefore the powers of heaven acclaimed You, o Giver of life. Glory to Your Resurrection O Christ. Glory to Your Kingdom. Glory to Your providence, You Who alone loves mankind.*

*Ke tropon metohos* (St. Gregory of Armenia) Tone 4  
*As a partaker of the Apostles' way of life and the successor to their thrones, you found the right way, O God-inspired one, by theoretical thought. You did this, by correctly teaching the Word of Truth, yet also by deeds, practicing your faith to the point of martyrdom, holy martyr Gregory. Intercede with Christ, Who is God, that our souls be saved.* (Translation by Nancy Takis)

*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 are the lover of mankind.*

Kontakion  
*Prostasia ton Hristianon* Tone 2  
*O protection of Christians that can not be put to shame, mediation to the Creator immovable. Do not over look, the pleading voices of those in sin, but be in time as a kind one to our help, who in faith cry out to You: Hasten to intercede and be quick to beseech. You who always protect, Theotokos, those who honor You.*

Epistle Reading 2nd Corinthians 9:6-11  
BRETHREN, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, "He scatters abroad, he gives to the poor; his righteousness endures for ever." He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. You will be enriched in every way for great generosity, which through us will produce thanksgiving to God.

Gospel Reading Luke 6:31-36  
The Lord said, "And as you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to

receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

#### Announcements

If you have not hosted a coffee hour this year, please sign up on the calendar posted outside the Social Hall.

**Budget Committee**— Join the 2019 Budget Committee, or email [pc@greekorthodoxhawaii.org](mailto:pc@greekorthodoxhawaii.org) with any suggestions. The proposed budget will be presented at the Parish Assembly on Nov. 4, 2018.

Today  
SUN, 9/30- 2nd Sunday of Luke;

This Coming Week  
TUE, 10/2— Bible Study on Gospel of St. Mark 5 to 6:30 p.m. \*Please note the New Conference Bridge Phone # and Pin # for those attending via phone: (720) 835-5552, Pin— 74648\*  
WED, 10/3 - Volunteers are needed to help prep Spanakopita, 9:00 a.m. Please bring your lunch. RSVP to Vicki Shiroma. Mahalo.  
THU, 10/4— Strategic Planning Meeting 6 p.m. in the Conference Room  
Volunteers are needed to help prep Spanakopita, 9:30 a.m. If we have enough volunteers, we should be done by noon! RSVP to Vicki Shiroma. Mahalo.  
SAT, 10/6— Budget Committee Meeting 8:30 to 10:30 a.m. in the Conference Room or via conference call; Great Vespers 5:30 p.m.  
SUN, 10/7— 3rd Sunday of Luke; St. Romanos the Melodist/Choir Sunday

#### Wisdom of the Holy Fathers

*"Such are the souls of the saints: they love their enemies more than themselves, and in this age and in the age to come they put their neighbor first in all things, even though because of his ill-will he may be their enemy. They do not seek recompense from those whom they love, but because they have themselves received they rejoice in giving to others all that they have, so that they may conform to their Benefactor and imitate His compassion to the best of their ability; 'for He is bountiful to the thankless and to sinners' (cf. Luke 6:35)."*

+ St. Peter of Damaskos

#### 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.*