

Online Lenten Book Study Forum

2013 Lenten Season

The Greek Orthodox Metropolis of San Francisco is pleased to announce the fourth year of the **Online Book Club**. Beginning March 10 and continuing through June 10, 2013, the book club will feature:

Wounded by Love: The Life and Wisdom of Elder Porphyrios.

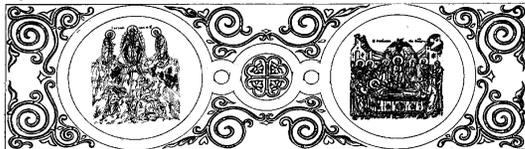
The participants during the 2013 Lenten Online Book Club are asked to read approximately two chapters per week of the selected book and log in to the forum once per week at a minimum to contribute to the discussion. Focus questions on the readings will be posted and discussions for this session will be moderated by Mr. Konstantine Salmas, M Div., Director of Education and Youth at Holy Cross Greek Orthodox Church in Belmont, CA.

The Online Book Study Club is open to members of Greek Orthodox parishes within the Metropolis of San Francisco. There is no cost to participate.

To register, visit www.sanfran.goarch.org/bookclub

God knows the prayer of each person. So He knows very well who is seeking heavenly things only in appearance and who is seeking them from the depths of his being. He sees quite clearly who says the words of his prayer merely with his lips while his heart is elsewhere. He sees who asks for physical health, earthly riches, or the praise of others.

Basil the Great



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, in our Fellowship Hall.*

Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



March 17, 2013

Forgiveness or Cheesefare Sunday

930 Lunalilo Street, Honolulu, HI 96822
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Office: saintsconstantine-helenhon@mail.goarch.org
Fr. John: frjohnkuehnle@mail.goarch.org

March 17, 2013

Forgiveness or Cheesefare Sunday

St Alexis the Man of God, St Patrick, the Enlightener of Ireland

Apolytikia - Entrance Hymns

Ex Ypsous Katilthes (Hymn of the Day) Tone 8

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 (Hymn to the Theotokos)

Tis softias Odige Tone 6

O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "O Merciful One, have mercy on my who have fallen."

Epistle Reading

Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel Reading

Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head

and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

Today

A Memorial will be offered for the repose of the soul of Fr. Demetrius Dogias. *May their memory be eternal!*

This Week

- ✦ MON - Clean Monday - *Great Compline* - 6:30 pm
- ✦ WEDS - *Pre-Sanctified Liturgy* - 6:00 PM
- ✦ FRI - *Salutations to the Theotokos* - 6:30 PM
- ✦ THURS - Orthodoxy 101 - 6:30 PM
- ✦ SAT - Saturday of Souls

Divine Liturgy - 9:00 am

Prayer sheets are available at the Candlestand.

FROM OUR ARCHDIOCESE - A number of new sites and applications are available for your computer, smart 'phone, or digital reader:

Online Guide to Great Lent - readings, articles, videos for the whole family at: <http://lent.goarch.org>

Children's Bible Reader - Children's Bible read & listen to, games & puzzles at: <http://cbr.goarch.org>

Daily Readings - daily scripture readings on your handheld device at: <http://goarch.org/archdiocese/departments/internet/mobileapps/mobileapps>

Reminder - According to Sacred Tradition, beginning tomorrow (Clean Monday) all able-bodied adults begin fasting from meat (including chicken) and dairy products (milk, cheese, butter, eggs) and fish. Shellfish may be eaten. Also, we fast from wine, beer and all alcoholic beverages.

On Saturday and Sundays during Great Lent, oil and wine may be consumed, as well as on the Feast of the Annunciation and Palm Sunday.

Those with health concerns or dietary restrictions should seek the advice of their Spiritual Father or Fr. John.