

## Sensation Seeking

(Excerpt written by Fr. George Morelli)

How do we break free of sensory captivation? Contemporary empirical findings in scientific psychology lend insight into how this psycho-spiritual intoxication takes place. Zuckerman (1993) found a personality dimension he termed *sensation seeking*. Persons scoring high on this dimension have a "generalized preference" for high levels of sensory stimulation. They constantly look for fresh exhilarating experiences. Zuckerman reported a strong genetic predisposition for this personality trait.

High sensation seekers are inclined 1) to *thrill and adventure seeking* such as skydiving; 2) to *unusual activities* such as wild parties; 3) at the extremes are usually *disinhibited* thus prone to heavy drinking, drug use, gambling and sexual experimentation; and 4) exhibit a *susceptibility to boredom* with low tolerance for routine repetition. While few persons are at the extreme, even those moderately inclined toward sensation seeking prefer external sensory stimulation over internal reflection. It is easy to see how such individual can miss the unknown God who reveals Himself in silence. They simply don't know this dimension of human experience.

What might be helpful for anyone inclined to sensation seeking is to develop a spiritual rule. Many Church Fathers have pointed out that it is better to say one prayer deep from the heart, than many prayers in a routine and superficial way. Persons disposed to high sensation seeking might keep their prayers, meditations, and quite times short but open to God revealing Himself, and in particular listening for His voice.

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## 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.*

## Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



January 19, 2014

12th Sunday of Luke

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January 19, 2014

## 12th Sunday of Luke

Commemoration of: Makarios the Great of Egypt; Mark, Bishop of Ephesus;  
Makarios of Alexandria

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### Apolytikia - Entrance Hymns

*Ton sinanarhon Logon* (Hymn of the Day) Tone 5

*Tis erimu politis* (St. Makarios) Tone 1

*As a citizen of the desert and an angel incarnate \* and a wonder-worker you shone forth, O Makarios our God-bearing father. \* Since you received the spiritual gifts \* by fasting and vigilance and prayer, \* you can cure those who are ailing and heal the souls \* of those who run to you with faith. \* Glory to Him who gave His might to you; \* glory to Him who placed a crown on you; \* glory to Him who operates through you, providing cures to all.*

*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

*O mitran parthenikin* Tone 1

*For our salvation You took flesh and You sanctified the Virgin's womb; You blessed the aged Symeon as You lay resting in his arms; and having come to save us all, O Christ our God, to these troubled times, bring Your lasting peace. Give strong and undaunted faith to all Your people, O only lover of mankind.*

### Epistle Reading

Colossians 3:4-11

BRETHREN, when Christ who is our life appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away; anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

### Gospel Reading

Luke 17:12-19

At that time, as Jesus entered a village, He was met by ten lepers, who stood at a distance and lifted up their voices and said: "Jesus, Master, have mercy on us." When He saw them He said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus's feet, giving Him thanks. Now he was a Samaritan. Then said Jesus: "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And He said to him: "Rise and go your way; your faith has made you well."

### This Week

Today– Epiphany/Theophany Celebrations @ the Hale Koa 11:30 a.m.

Mon 1/20– Office closed in honor of Martin Luther King

Fri 1/24– St. Gregory the Theologian: Great Vespers 6:30 p.m.

Sat 1/25– Maui Services: Orthros 9 a.m., Divine Liturgy 10 a.m.; Greek Glendi– 6:30 to 10 p.m.

### Announcement for Epiphany/Theophany Celebrations & Luncheon

Our annual celebration of throwing the Cross at Waikiki and luncheon at the Hale Koa Hotel takes place today, beginning at 11:30 a.m. Orthros will begin at 8 a.m., followed by Divine Liturgy at 9 a.m. to accommodate the day's festivities.

### Epiphany/Theophany House Blessings

Now that we have completed the celebration of Theophany, Fr. Alex is available to bless homes on Mondays, Tuesdays, Thursdays and Fridays in the afternoons after 1:30 p.m., by appointment. Please see Fr. Alex or call the office to schedule a House Blessing. House Blessings can be arranged and grouped by region.

### Greek Glendi

Join us for a fun evening of Greek food, music and dancing to support the FDF Dance Group on Saturday, January 25th, 6:30 to 10 p.m. Tickets are: \$20 per person; \$10 children 6-10; free for children 5 and under. Live bouzouki music by Dimitrios Nicholas. Dancers will perform their 2014 dances for FDF. Free Cash Bar, 50/50 Drawing, Door Prizes & More. For more information or to reserve tickets contact: Tina Dimitrion @ (808) 375-2151.