

B I B L E

EMERGENCY NUMBERS

When in sorrow.....	John 14
When men fail you.....	Psalm 27
When you have sinned.....	Psalm 51
When you have worry.....	Matthew 6:19-34
When you are in danger.....	Psalm 91
When God seems far away.....	Psalm 139
When your faith needs stirring.....	Hebrews 11
When you are lonely and fearful.....	Psalm 23
When you grow bitter and critical.....	1 Cor. 13
When you feel down and out.....	Romans 8:31-39
When you want peace and rest.....	Matthew 11:25-30
When the world seems bigger than God	Psalm 90
When you want Christian assurance.....	Romans 8:1-30
When you leave home for labor or travel.....	Psalm 121
When your prayers grow narrow or selfish.....	Psalm 67
When you want courage for a task.....	Joshua 1
When you think of investments/returns.....	Mark 10
How to get along with fellowmen.....	Romans 12
For great invention/opportunity.....	Isaiah 55
For Paul's secret to happiness.....	Col. 3:12-17
If you want to be fruitful.....	John 15
If your pocketbook is empty.....	Psalm 37
If your losing confidence in people.....	1Cor. 13
If people seem unkind.....	John 15
If discouraged about your work.....	Psalm 126
If you find the world growing small, and you great.....	Psalm 19

AVAILABLE 24/7 | PHONE SERVICE NOT REQUIRED
DIRECT PETITIONS HEAVENWARD

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



October 13, 2019
Sunday of the 7th Ecumenical Council

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Commemoration of: Carpos, Papylos, Agathodoros, & Agathoniki of Pergamus; Benjamin the Deacon; Chryssi the New Martyr of Greece;

Apolytikia - Entrance Hymns

Ex ispsus katilthes (Resurrection Hymn) Tone 8

Descending from on High o merciful One, did You for three days burial endure, that we may be delivered from sufferings, You are our life and resurrection, Lord glory to You.

Iperthoxamenos I Hriste (Holy Fathers) Tone 8

You are glorified above all, O Christ our God, who established our Fathers as radiant stars upon the earth, and so through them, we all are guided to the true Faith. O Compassionate Lord, glory be unto You. (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 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 Titus 3:8-15

TITUS, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

Gospel Reading Luke 8:5-15

The Lord said this parable: "A sower went out to sow his seed; and as he sowed,

some fell along the path, and was trodden under foot, and the birds of the air devoured it. And some fell on the rock; and as it grew up, it withered away, because it had no moisture. And some fell among thorns; and the thorns grew with it and choked it. And some fell into good soil and grew, and yielded a hundredfold." And when his disciples asked him what this parable meant, he said, "To you it has been given to know the secrets of the kingdom of God; but for others they are in parables, so that seeing they may not see, and hearing they may not understand. Now the parable is this: The seed is the word of God. The ones along the path are those who have heard; then the devil comes and takes away the word from their hearts, that they may not believe and be saved. And the ones on the rock are those who, when they hear the word, receive it with joy; but these have no root, they believe for a while and in time of temptation fall away. And as for what fell among the thorns, they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature. And as for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bring forth fruit with patience." As he said these things, he cried out "He who has ears to hear, let him hear.

Activities & Announcements

Today

SUN, 10/13— *Fathers of the 7th Ecumenical Council; Memorial for Galina, Nadejda, and Natalia, beloved Aunt, Mother & Grandmother of Vita Garcia, and for Panagiotis Sarakinis who "fell asleep in the Lord on October 8th; Adult Religious Education "A Journey to Fullness" Session 1: "Is This Trip Really Necessary?" 1 p.m. in the Conference Room*

This Week

MON, 10/14— *Young Adult Fellowship 6:30 p.m. on "Discipline" in the Social Hall*

THU, 10/17— *Prayer Ministry 11 a.m. to 12:30 p.m.*

FRI, 10/18— *St. Luke the Evangelist: Orthros 8:30 a.m.; Divine Liturgy 9:30 a.m.*

SAT, 10/19— *Great Vespers 5:30 p.m.*

SUN, 10/20— *6th Sunday of Luke; Philoptochos Meeting 12 p.m.; Simjanoski/Putilova Wedding 2 p.m.*

Self Evaluation Forms- The Strategic Planning Committee is trying to get a sense of where we are spiritually as a parish. If you haven't completed a Self-Evaluation form since the last General Assembly, please do so ASAP. Forms can be found in the Narthex and deposited in the suggestion box in the social hall. Mahalo!

Philoptochos Rummage Sale- Saturday, October 26th, from 8a.m.- 2p.m. See Harriet Medes, Fran Hallonquist or Eres Eddy for information.

Wisdom of the Holy Fathers

"We think we know a lot, but what we know is very little. Even all those who have striven all their life to bring progress to mankind — learned scientists and highly educated people — all realize in the end that all their knowledge is but a grain of sand on the seashore. All our achievements are insufficient."

~Elder Thaddeus of Vitovnica