

**From “Counsels from the Holy Mountain: Selected from the Letters and Homilies of Elder Ephraim”
(Florence, Arizona: St. Anthony’s Greek Orthodox Monastery, 1999)
(from page 307)**

Compel yourselves in the Jesus prayer;* this will become everything for you--food and drink and clothing and light and consolation and spiritual life. This prayer becomes everything for him who possess it. Without it, the emptiness of the soul cannot be satisfied. Do you want to love Christ? Long for the prayer and embrace humility, and then you will realize that the Kingdom of God is within us.

Do not let evil thoughts rule over you; drive them out immediately with the prayer. Oh, this prayer--what miracles it performs! Cry out the prayer, and your guardian angel will send you spiritual fragrance! The angels greatly rejoice when a person prays with the prayer of our sweetest Jesus. May Jesus be the delight of your soul.

Cry out the prayer without ceasing. May God grant you a blessed beginning! May it not abandon you, or rather, may you not abandon the prayer--the life of the soul, the breath of the heart, the sweet-scented springtime which creates a spiritual spring in the struggling soul.

My children, prayer and humility are the all-powerful weapons which we must keep continuously in our hands with sleepless attentiveness, because these, with God’s help, will give us the victory over the demons.

* The Jesus Prayer is as follows: “Lord Jesus Christ, Son of God, have mercy on me, the sinner.”



Best Wishes for a successful Festival!
Our 2018 Greek Festival continues and concludes today at the McCoy Pavilion, Noon to 9 p.m. Thank you to all our wonderful volunteers who have made it possible!

Ss Constantine & Helen Greek Orthodox Cathedral of the Pacific



October 28, 2018
7th Sunday of Luke

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October 28, 2018

7th Sunday of Luke

Commemoration of: Feast of the Holy Protection of the Theotokos; Steven the Hymnographer; Athanasios, Patriarch of Constantinople

Apolytikia - Entrance Hymns

Ton sinanarhon Logon (Resurrection Hymn) Tone 5

Eternal with the Father and the Spirit is the Word, Who of a Virgin was begotten for our salvation. As the faithful we both praise and worship Him, for in the flesh did He consent to ascend unto the Cross, and death did He endure and He raised unto life the dead through His all glorious Resurrection. (Green Hymnal)

Tis Skepi su Parthene (Holy Protection) Tone 1

O Virgin, we extol the great grace of your Protection, which you did spread out like a bright cloud beyond all understanding; for You do invisibly protect your people from the foe's every assault. Since we have you as our shelter and certain help, we cry to you with our whole soul: Glory to your great deeds, O most pure Maid. Glory to your shelter most divine. Glory to your care and providence for us, O spotless one. (Translation from St. Anthony's Monastery, Arizona)

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

Osper nefeli Tone 8

Let us the faithful hasten to the Theotokos now and venerate her sacred veil, as we chant unto her, singing hymns to praise and honor her, as is fitting; for she shelters with shelter all her faithful flock and preserves them unharmed from all calamities, as they cry to her: Rejoice, Protection most radiant. (Translation from St. Anthony's Monastery, Arizona)

Epistle Reading

Galatians 6:11-18

BRETHREN, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel Reading

Luke 8:41-56

At that time, there came to Jesus a man named Jairus, who was a ruler of the synagogue; and falling at Jesus' feet he besought him to come to his house, for he had an only daughter, about twelve years of age, and she was dying. As he went, the people pressed round him. And a woman who had had a flow of blood for twelve years and had spent all her living upon physicians and could not be healed by anyone, came up behind him, and touched the fringe of his garment; and immediately her flow of blood ceased. And Jesus said, "Who was it that touched me?" When all denied it, Peter and those who were with him said, "Master, the multitudes surround you and press upon you!" But Jesus said, "Some one touched me; for I perceive that power has gone forth from me." And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. And he said to her, "Daughter, your faith has made you well; go in peace." While he was still speaking, a man from the ruler's house came and said, "Your daughter is dead; do not trouble the Teacher any more." But Jesus on hearing this answered him, "Do not fear; only believe, and she shall be well." And when he came to the house, he permitted no one to enter with him, except Peter and John and James, and the father and mother of the child. And all were weeping and bewailing her; but he said, "Do not weep; for she is not dead but sleeping." And they laughed at him, knowing that she was dead. But taking her by the hand he called, saying, "Child, arise." And her spirit returned, and she got up at once; and he directed that something should be given her to eat. And her parents were amazed; but he charged them to tell no one what had happened.

Activities & Announcements

Today

7th Sunday of Luke; Greek Festival 12 to 9 p.m.

This Week

TUE, 10/30- Bible Study on Gospel of St. Mark 5 to 6:30 p.m. *Conference Bridge Phone # and Pin # for those attending via phone: (720) 835-5552, Pin- 74648*

THU, 11/1- Cosmas & Damian the Holy Unmercenaries: Orthros 8:30 a.m., Liturgy 9:30 a.m.; Strategic Planning Meeting 6 p.m.

FRI, 11/2- Catechism 10:30 to Noon; Learn Byzantine Chant 1:30 to 3 p.m.

SAT, 11/3- Great Vespers 5:30 p.m.

SUN, 11/4- 5th Sunday of Luke; Fall General Assembly

✳ **Volunteers Needed to Care for Panagia Garden**

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.*