

**From “Counsels from the Holy Mountain: Selected from the  
Letters and Homilies of Elder Ephraim”  
(Florence, Arizona: St. Anthony’s Greek Orthodox Monas-  
tery, 1999)  
(from pages 304-305)**

My children, I beg you, for the love of God, do not stop saying the prayer of our Christ,\* not even for a moment. Your lips should continuously murmur the name of Jesus Who destroys the devil and all his plots. Cry out incessantly to our Christ, and at once He will hasten wholeheartedly to help us.

Just as iron cannot be grabbed or even be approached when it is red-hot, the same thing happens with the soul of him who says the prayer with the fervor of Christ. The demons do not approach it—and how could they? For if they draw near it, they will be burned by the divine fire which the divine name contains.

Whoever prays is enlightened, and whoever does not pray is darkened. Prayer is the provider of divine light. This is why everyone who prays well becomes all radiant, and the Spirit of God dwells in him. If despondency, indifference, listlessness, etc., approach us, let us pray with fear, pain, and great noetic vigilance, and we will immediately experience the miracle of consolation and joy by the grace of God. It is not possible for a person who prays to hold a grudge against someone or to refuse to forgive him for any fault whatsoever. Everything is reduced to ashes when it comes near the fire of the Jesus prayer.

So, my children, struggle in the salvific and sanctifying prayer of our Christ, so that you may become radiant and holy. Pray also for me, the indolent sinner, so that God may be merciful on the multitude of my sins, as well as on my countless liabilities.

*\*Note: The prayer refers to the Jesus Prayer: “Lord Jesus Christ, Son of God, have mercy on me, the sinner.”*

## Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



October 6, 2019  
3rd Sunday of Luke

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October 6, 2019

## 3rd Sunday of Luke

Commemoration of: Thomas the Apostle of the 12; Cindeos, Monk Martyr;  
Julian the Presbyter of Caesarius the Deacon; John the Hermit of Crete

### Apolytikia - Entrance Hymns

*Katelisas to Stavro* (Resurrection Hymn) Tone 7

*O Lord by your Cross You abolished death and opened to the thief Paradise. The lamentation of the myrrh-bearers You turned to joy, and You commanded Your Apostles to proclaim that You had risen from the dead, O Christ our God, bestowing upon the world the great mercy.*

*Apostole Ayie Thoma* (St. Thomas) Tone 3

*O holy Apostle Thomas, make intercession to our merciful God, that He grant our souls forgiveness of offenses.* (AgesInitiatives.com)

*En si pater akrivos* (St. Romanos the Melodist) Tone 8

*In you, O Father, is preserved undistorted what was made in the image of God; for taking up the cross, you followed Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Romanos, your spirit rejoices with the angels.* (AgesInitiatives.com— in honor of our Choir's Patron Saint)

*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 2 Corinthians 6:1-10

BRETHREN, working together with him, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown,

and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

Gospel Reading

Luke 7:11-16

At that time, Jesus went to a city called Nain, and his disciples and a great crowd went with him. As he drew near to the gate of the city, behold, a man who had died was being carried out, the only son of his mother, and she was a widow; and a large crowd from the city was with her. And when the Lord saw her, he had compassion on her and said to her, "Do not weep." And he came and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, arise." And the dead man sat up, and began to speak. And he gave him to his mother. Fear seized them all; and they glorified God, saying, "A great prophet has arisen among us!" and "God has visited his people!"

### Activities & Announcements

Today

**SUN, 10/6**— 3rd Sunday of Luke; Choir Sunday— St. Romanos the Melodist; Memorial Service for departed choir members and supporters

This Week

**MON, 10/7**— Young Adult Fellowship 6:30 p.m. in the Social Hall

**THU, 10/10**— Parish Council Meeting 5:30 p.m.

**FRI, 10/11**— Byzantine Chant 1:30 p.m.

**SAT, 10/12**— Catechism 4 p.m.; Great Vespers 5:30 p.m.

**SUN, 10/13**— Holy Fathers of the 7th Ecumenical Council;

- ✘ **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.

### 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.*