

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."

Additional Announcements

Our Adult Religious Education Ministry is offering a special course, **Orthodoxy and World Religions**, presented by Robert Arakaki, Ph.D. Fridays, 7-8:30 p.m., through December 11 via Zoom. No charge. The goals of the course are to learn about other world religions and to prepare Orthodox Christians to share the Good News of Jesus Christ in a pluralistic, post-Christian society. Detailed information is available at greekorthodoxhawaii.org. If you're interested in attending the classes, please contact Father Alexander, fralexanderleong@yahoo.com.

Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



November 8, 2020

7th Sunday of Luke/Synaxis of the Archangels

930 Lunalilo Street, Honolulu, HI 96822
(808) 521-7220 www.greekorthodoxhawaii.org
Office: office@greekorthodoxhawaii.org
Fr. Alexander Leong: fralexanderleong@yahoo.com

November 8, 2020

7th Sunday of Luke/Synaxis of the Archangels

Commemoration of: Synaxis of the Archangel Michael & the other Bodiless Powers: Gabriel, Raphael, Uriel, Salaphiel, Jegudiel & Barachiel

Apolytikia - Entrance Hymns

Ton sinanarhon Logon (Resurrection Hymn) Tone 5

Coeternal with the Father and the Spirit is the Word, who of a Virgin was begotten for our salvation, as the faithful we praise and worship Him, for in the flesh did He consent to ascend unto the Cross, and death did He endure and He raise to life the dead, through His glorious Resurrection.

Ton uranion stration (Archangels) Tone 4

*O Chief Commanders of the heavenly armies, * we the unworthy now entreat you in earnest, * to fortify us by your supplications to the Lord, * and shelter us beneath the wings of your spiritual glory, * guarding us who run to you and fervently entreat you: * As the Commanders of the hosts on high, * rescue us faithful from dangers of every kind.*

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 Hebrews 2:2-10

BRETHREN, if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him, while God also bore witness by signs and wonders and various miracles and by gifts of the Holy Spirit distributed according to his own will. For it was not to angels that God subjected the world to come, of which we are speaking. It has been testified somewhere, "What is man that thou art mindful of him, or the son of man, that thou carest for him? Thou didst make him for a little while lower than the angels, thou hast crowned him with glory and honor, putting everything in subjection under his feet." Now in putting everything in subjection to him, he left nothing outside his control. As it is, we do not yet see everything in subjection to him. But we see Jesus, who for a little while was made lower than the angels, crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for every one. For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the pioneer of their salvation perfect through suffering.

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 bemoaning 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

✦ **SUN, 11/8**– 7th Sunday of Luke/Synaxis of the Holy Archangels; Adult Religious Education via Zoom: "The Fruit of the Spirit– Peace" Session 1, 1:35 p.m.

This Week

- ✦ **MON, 11/9**– St. Nektarios of Aegina via Zoom: Orthros 8:30 a.m., followed by Liturgy
- ✦ **WED, 11/11**– Offices closed in observance of Veterans Day
- ✦ **THU, 11/12**– Prayer Ministry 11 a.m.; Parish Council Meeting via Zoom 5:30 p.m.
- ✦ **FRI, 11/13**– St. John Chrysostom via Zoom: Orthros 8:30 a.m., followed by Liturgy; Orthodoxy & World Religions via Zoom 7 p.m.
- ✦ **SAT, 11/14**– Great Vespers via Zoom 5:30 p.m.
- ✦ **SUN, 11/15**– 8th Sunday of Luke; Nativity Fast begins; 1 Year Memorial for Dimitrios, Beloved Grandfather of Luna Wolfson; Adult Religious Education via Zoom: "The Fruit of the Spirit– Joy" Session 2, 1:35 p.m.

Philoptochos Christmas 2020 Bake Sale order forms are available on the church website. Supplies are limited. Place your order with Vicki Shiroma as soon as possible. Instructions are on the form. Mahalo!

Thanksgiving Dinner Event. Thursday, 11/26, 12noon - 3 p.m. Curbside pick-up in front of the church parking lot. To reserve your dinner, to donate food, to volunteer or for any questions, contact Peter Hwu at phwualoha@gmail.com or (808) 277-2633. Please see the flyer emailed with this bulletin for the menu and details.

More Announcements on Back Page