

## FOOD FOR THOUGHT

“How can one say that he loves God Whom he cannot see  
if he does not love a fellow human being whom he can see?”

~1 John 4:20~

### Pearls of Wisdom from the Holy Fathers

*“Our wickedness shall not overpower the unspeakable goodness and mercy of God; our dullness shall not overpower God’s wisdom, nor our infirmity God’s omnipotence.”*

~St. John of Kronstadt

*“As the Holy Trinity, our God is One Being, although Three Persons, so, likewise, we ourselves must be one. As our God is indivisible, we also must be indivisible, as though we were one man, one mind, one will, one heart, one goodness, without the smallest admixture of malice - in a word, one pure love, as God is Love. “That they may be one, even as We are One” (John 17:22).”*

~St. John of Kronstadt

*“Always remember that at the Last Judgement we are judged for loving Him, or failing to love Him, in the least person.”*

~Archbishop Anastasios of Albania

*“A man advises his neighbor in accordance with what his neighbor knows. Correspondingly, God acts on one who hears Him according to the degree of his faith. A man of forbearance becomes wise, just as does he who is careful to listen to words of wisdom. Do not refuse to learn, even if you are very wise, for the Providence of God avails more than our wisdom.”*

~ Abba Mark

## Ss CONSTANTINE & HELEN GREEK ORTHODOX CATHEDRAL OF THE PACIFIC



OCTOBER 23, 2016

6TH SUNDAY OF LUKE / ST. JAMES THE APOSTLE

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

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APOLYTIKIA - ENTRANCE HYMNS

*Tu lithu sfragisthentos* (Resurrection Hymn) Tone 1

*Os tu Kiriu mathitis* (St. James) Tone 4

*As a disciple of the Lord, you accepted the Gospel, O James the Just. As a Martyr you have unchangeability; as the Brother of the Lord you have confidence; and you can intercede as a hierarch. Intercede with Christ our God, entreating Him to save our souls.*

*Tou 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 Christianon* Tone 2

*O Protection of Christians that cannot be put to shame, mediation to the Creator immovable. Do not overlook, 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

Galatians 1:11-19

BRETHREN, I would have you know that the gospel which was preached by me is not man's gospel. For I did not receive it from man, nor was I taught it, but it came through a revelation of Jesus Christ. For you have heard of my former life in Judaism, how I persecuted the church of God violently and tried to destroy it; and I advanced in Judaism beyond many of my own age among my people, so extremely zealous was I for the traditions of my fathers. But when he who had set me apart before I was born, and had called me through his grace, was pleased to reveal his Son to me, in order that I might preach him among the Gentiles, I did not confer with flesh and blood, nor did I go up to Jerusalem to those who were apostles before me, but I went away into Arabia; and again I returned to Damascus. Then after three years I went up to Jerusalem to visit Cephas, and remained with him fifteen days. But I saw none of the other apostles except James the Lord's brother.

GOSPEL READING

Luke 8:27-39

At that time, as Jesus arrived at the country of the Gadarenes, there met him a man from the city who had demons; for a long time he had worn no clothes and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down

before him, and said with a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me." For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.) Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged him not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged him to let them enter these. So he gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned. When the herdsmen saw what happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked him to depart from them; for they were seized with great fear; so he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but he sent him away, saying, "Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him.

ACTIVITIES & ANNOUNCEMENTS

Today

- ✘ 6th Sunday of Luke; Trisagion for Kaleope (Kelly) Locke; Make a Difference Sunday

This Coming Week

- ✘ WED, 10/26– St. Demetrios the Myrrhbearer & Great Martyr: Orthros 8:30, Divine Liturgy 9:30 a.m.
- ✘ SUN, 10/30– 5th Sunday of Luke; Bishop Maxim & Fr. Blasko Paraklis Visit; Memorial for Haralambos Kalogirou, beloved father of Mary Melzack
- ✘ "Blueprints for the Little Church" is now available for purchase for \$20. Please approach Fr. Alexander to purchase this wonderful book. It contains many helpful and practical suggestions for living our lives as Orthodox Christians. Checks are payable to "Saints Constantine and Helen." Our first A.R.E. class on this subject is scheduled to begin Sunday, November 6th, from 12:00 until 12:45 PM.

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.*