

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."

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 30, 2016
5TH SUNDAY OF LUKE

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

OCTOBER 30, 2016

5TH SUNDAY OF LUKE

COMMEMORATION OF: Cleopas, Apostle of the 70; Zenobios & Zenobia the Martyrs

APOLYTIKIA - ENTRANCE HYMNS

Ote katilthes (Resurrection Hymn) Tone 2

I martires su Kirie (Holy Martyrs) Tone 4

*Your Martyrs, O Lord, were worthily awarded by You * the crowns of incorruption, in that they contested for You our immortal God. * Since they possessed Your power, they defeated the tyrants, * dashing the demons' powerless displays of defiance. * O Christ God, at their fervent entreaties, save our souls.*

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 love mankind.

KONTAKION

Prostasia ton Hristianon Tone 2
O Protection of Christians unshamable, mediation with the Creator immovable, we sinners beg you, do not despise the voices of our prayers, but anticipate, since you are good, and swiftly come unto our aid as we cry out to you with faith: Hurry to intercession, and hasten to supplication, O Theotokos who defend now and ever those who honor you.

EPISTLE READING 2 Corinthians 11:31-33; 12:1-9
BRETHREN, the God and Father of the Lord Jesus, he who is blessed for ever, knows that I do not lie. At Damascus, the governor under King Aretas guarded the city of Damascus in order to seize me, but I was let down in a basket through a window in the wall, and escaped his hands. I must boast; there is nothing to be gained by it, but I will go on to visions and revelations of the Lord. I know a man in Christ who fourteen years ago was caught up to the third heaven-whether in the body or out of the body I do not know, God knows. And I know that this man was caught up into Paradise-whether in the body or out of the body I do not know, God knows-and he heard things that cannot be told, which man may not utter. On behalf of this man I will boast, but on my own behalf I will not boast, except of my weaknesses. Though if I wish to boast, I shall not be a fool, for I shall be speaking the truth. But I refrain from it, so that no one may think more of me than he sees in me or hears from me. And to keep me from being too elated by the abundance of revelations, a thorn was given me in the flesh, a messenger of Satan,

to harass me, to keep me from being too elated. Three times I besought the Lord about this, that it should leave me; but he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me.

GOSPEL READING

Luke 16:19-31

The Lord said, "There was a rich man, who was clothed in purple and fine linen and who feasted sumptuously every day. And at his gate lay a poor man named Lazarus, full of sores, who desired to be fed with what fell from the rich man's table; moreover the dogs came and licked his sores. The poor man died and was carried by the angels to Abraham's bosom. The rich man also died and was buried; and in Hades, being in torment, he lifted up his eyes, and saw Abraham far off and Lazarus in his bosom. And he called out, 'Father Abraham, have mercy upon me, and send Lazarus to dip the end of his finger in water and cool my tongue; for I am in anguish in this flame.' But Abraham said, 'Son, remember that you in your lifetime received your good things, and Lazarus in like manner evil things; but now he is comforted here, and you are in anguish. And besides all this, between us and you a great chasm has been fixed, in order that those who would pass from here to you may not be able, and none may cross from there to us.' And he said, 'Then I beg you, father, to send him to my father's house, for I have five brothers, so that he may warn them, lest they also come into this place of torment.' But Abraham said, 'They have Moses, and the prophets; let them hear them.' And he said, 'No, father Abraham; but if some one goes to them from the dead, they will repent.' He said to them, 'If they do not hear Moses and the prophets, neither will they be convinced if some one should rise from the dead.'"

ACTIVITIES & ANNOUNCEMENTS

TODAY

5TH SUNDAY OF LUKE; Bishop Maxim & Fr. Blasko Paraklis Visit; Memorial for Haralambos Kalogirou, beloved father of Mary Melzack

THIS WEEK

TUE, 11/1- COSMAS & DAMIAN THE HOLY UNMERCENARIES: ORTHROS 8:30 A.M., LITURGY 9:30 A.M.

SUN, 11/6- 7TH SUNDAY OF LUKE; ADULT RELIGIOUS EDUCATION 12 P.M. TO 12:45 P.M.; SUNDAY SCHOOL TEACHERS MEETING

- ✦ *We welcome His Grace Bishop Maxim and Fr. Blasko Paraklis from the Serbian Orthodox Church. We will have Hierarchical Services today!*
- ✦ *"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 next Sunday, November 6th, from 12:00 until 12:45 PM. Our topic for the day will be: "Big Church and Little Church- All Our Life Belongs to God." **All are welcome to join!***