

**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 8, 2017

3rd 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 8, 2017

3rd Sunday of Luke

Commemoration of: Pelagia the Righteous; Taisia the Harlot of Egypt; Pelagia the Virgin-martyr of Antioch

Apolytikia - Entrance Hymns

Tu lithu sfragisthentos (Resurrection Hymn) Tone 1
When the stone had been sealed by the Jews where the soldiers were guarding Your most pure Body, You rose on the third day, O Savior, granting life to the world. Wherefore the powers of heaven acclaimed You, o Giver of life. Glory to Your Resurrection O Christ. Glory to Your Kingdom. Glory to Your providence, You Who alone loves mankind. (Translation as sung by the Choir)

En si mitir akrivou (St. Pelagia) Tone 8
In you, O Mother, 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 Pelagia, your spirit rejoices with the angels. (Translation from AgesInitiatives.com)

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. (Translation as sung by the Choir)

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. (Translation as sung by the Choir)

Epistle Reading 2 Corinthians 9:6-11
BRETHREN, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, "He scatters abroad, he gives to the poor; his righteousness endures for ever." He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. You will be enriched in every way for great generosity, which through us will produce thanksgiving to God.

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, 10/8– 3rd Sunday of Luke; Philoptochos Mtg 12 p.m.; Adult Religious Education “Hot Potatoes Issues: Orthodox Responses to Atheism” 12 p.m., location T.B.A.

This Week
Fr. Alexander will be out of the office from Monday, 10/9 to Saturday, 10/14
THU, 10/12– Parish Council Meeting 5:30 p.m.
SUN, 10/15– Holy Fathers of the 7th Ecumenical Council; Adult Religious Education “Hot Potatoes Issues: Orthodoxy and Ecumenism” 12 p.m.; Wedding 2:30 p.m.

- ✕ **Coffee Hour Sign-ups**- If you have not hosted a coffee hour this year, please sign up on the calendar posted outside the Social Hall.
- ✕ **Budget Committee**– If you are interested in being on the 2018 Budget Committee or have suggestions, please email the Parish Council at: pc@greekorthodoxhawaii.org. A copy of the 2017 budget is posted upstairs.
- ✕ **THU, 10/19**– Our first official Prayer Group Meeting 11 a.m. to 12:30 p.m. Please come and join us in prayer, as we invoke the All-Holy Spirit to come abide in us and guide us in praying giving praise to God!

Wisdom of the Holy Fathers

“Strictness toward our neighbor is dangerous. The strict can progress to a certain point only, and they remain merely at the level of physical abstinence. One must be kind, meek, and merciful in one’s relationships with people.”

~Elder Thaddeus of Vitovnica

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.*