

# Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific

## Our Annual Spiritual “Check-up”

Medical authorities stress that it is important for all of us to have an annual physical examination— in fact, many companies require this of their employees. While this isn’t anything that any of us truly enjoy, we cannot dispute the fact that our very lives may depend on this periodic check-up, which will allow us to see if we need to improve our health by making changes in the way we are living.

In like manner, the Church has long taught that we need a similar examination of our spiritual well-being every year. We refer to this check-up as the Great Fast. In this 40-day period, we will be called upon to pray more fervently and fast more severely. We will be implored to do good works and to receive the Body and Blood of Christ in the Sacrament of the Holy Eucharist. We will be urged to cleanse our souls by confessing our sins. But most importantly, during Lent we will be asked to take an honest look at our lives and evaluate the condition of our heart and soul. Just as it is unwise not to be truthful with our doctor, it is equally foolish for us to try to deceive the Great Physician—our Lord and Savior Jesus Christ. Are we in “good shape” spiritually? Are we showing complete and total love for God in all that we do? Do we really love our neighbor as we love ourselves? Are we harboring any hatred or hard feelings towards anyone? Are we willing to forgive those who may have wronged us as we have been instructed to do by Christ in today’s Gospel lesson: “For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses?” (Matthew 6:14-15) Is it time for your check-up?



March 10, 2019

Cheese-Fare/Forgiveness Sunday

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### 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.*

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March 10, 2019

## Cheese-Fare/Forgiveness Sunday

Commemoration of: Kodratos the Martyr & companions; Anastasis of Alexandria

Apolytikia - Entrance Hymns

*Ex ipsus katilthes* (Hymn of the Day) Tone 8  
*Descending from on High, o merciful One, did You for three days burial endure, that we may be delivered from sufferings, You are our life and resurrection, Lord glory to You.*

*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

*Tis softias Odige* Tone 6  
*O Master, Prudence, Guide of Wisdom, Instruction to the foolish and Defender of the poor, strengthen my heart and grant it discernment. Give me words, Word of the Father, for behold, I shall not keep my lips from crying out to You, "O Merciful One, have mercy on me who have fallen." (Translation from Kevin Lawrence)*

Epistle Reading Romans 13:11-14; 14:1-4

BRETHREN, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

Gospel Reading Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your

face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

### Today

- Cheese-Fare/Forgiveness Sunday; Forgiveness Vespers 12:30 p.m.
- Fundraiser for Kekai to participate in one of our Christian Orthodox Ministries: Project Mexico & St. Innocent Orphanage (<https://www.projectmexico.org/>) coffee hour. Your support is greatly appreciated. See Jaime Ross for questions, or reach her at [jaime1ross@yahoo.com](mailto:jaime1ross@yahoo.com) or 808.728.1834.

### This Week

- ✘ MON, 3/11 - Clean Monday - *Great Compline* - 6:30 p.m.
- ✘ TUE, 3/12 - Parish Council Meeting - 5:30 p.m.
- ✘ WED, 3/13 - *Pre-Sanctified Liturgy* - 6:00 p.m. (PLEASE NOTE TIME IS EARLIER THAN MONDAY'S SERVICES).
- ✘ THU, 3/14 - Strategic Planning Meeting - 6:00 p.m.-7:30 p.m.
- ✘ FRI, 3/15 - *1st Salutations to the Theotokos* - 6:30 p.m.
- ✘ SAT, 3/16 - 3RD SATURDAY OF SOULS: ORTHROS 8:30 p.m., DIVINE LITURGY 9:30 a.m., FOLLOWED BY MEMORIALS
- ✘ SUN, 3/17- Sunday of Orthodoxy; Procession with the Icons- Please bring your icons to join in the procession!

### Wisdom from the Holy Fathers

*"The man who has found love eats and drinks Christ every day and hour and so is made immortal. 'Whoever eats of this bread', He says, 'which I will give him, will never taste death.' Blessed is he who consumes the bread of love, which is Jesus! He who eats of love eats Christ, the God over all, as John bears witness, saying, 'God is*

**Reminder** - According to Sacred Tradition, beginning tomorrow (Clean Monday) all able-bodied adults begin fasting from meat (including chicken) and dairy products (milk, cheese, butter, eggs) and fish. Shellfish may be eaten. Also, we fast from wine, beer and all alcoholic beverages.

On Saturday and Sundays during Great Lent, oil and wine may be consumed, as well as on the Feast of the Annunciation and Palm Sunday.

Those with health concerns or dietary restrictions should seek the advice of their Spiritual Father or Fr. Alexander.