

Fun Filled Fact



Question: What is the origin of the mosaic icon which is often used as a logo for our Church?

Answer: The parish decided to enlarge the original church located at 17 Old Pali Place. John Levas was the chairman of the Building Fund at the Old Pali place Church. He and Father Peter Salmas thought it would be beneficial to have a logo for the Building Fund. John hired a well known, local commercial artist, Fred Rainey to design a logo. The three of them met and had discussions of what would be appropriate and told Mr. Rainey about the lives of Saints Constantine and Helen. John suggested a mosaic pattern and Mr. Rainey produced the logo. No Building Fund money was used for this logo. This logo has appeared on building fund brochures, church stationary, the telephone directory, tee-shirts, and on other items and is a beloved symbol of our Church community.

Note: *We are looking for your help in offering Fun Facts surrounding our 50th Anniversary Celebration. If you would like to submit a Fun Fact, please e-mail Fr. Alexander your contribution so that he can include it in our weekly bulletin. Please e-mail to: fralexanderleong@yahoo.com.*

Food for Thought and Practice in our Daily Lives

“Some labor and struggle hard to earn forgiveness, but better than these is the man who forgets the wrongs done to him. Forgive quickly and you will be abundantly forgiven. To forget wrongs is to prove oneself truly repentant, but to brood on them and at the same time to imagine one is practicing repentance is to act like the man who is convinced he is running when, in fact, he is fast asleep.”

~St. John of the Ladder

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



SAINTS CONSTANTINE & HELEN
GREEK ORTHODOX
CATHEDRAL OF THE PACIFIC

50TH
Anniversary
1965-2015

March 22, 2015

4th Sunday of Great Lent: St. John of the Ladder

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March 22, 2015

4th Sunday of Great Lent: St. John of the Ladder

Apolytikia - Entrance Hymns

Ex ipsus katilthes (Resurrection Hymn) Tone 8

Tes ton thakrion su roes (St. John of the Ladder) Tone 8
With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, for the salvation of 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 love mankind.

Kontakion Tone 6

Ti ipermaho
*O Champion General, I your City now ascribe to you * triumphant anthems as the tokens of my gratitude, * being rescued from the terrors, O Theotokos. * Inasmuch as you have power unassailable, * from all kinds of perils free me so that unto you * I may cry aloud: * Rejoice, O unwedded Bride.*

Epistle Reading Hebrews 6:13-20

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

Gospel Reading Mark 9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And

they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

Activities & Announcements

Today

SUN 3/22– 4th Sunday of Lent: St. John of the Ladder; Greek Independence Luncheon sponsored by Alexandra Helene; Sunday School Meeting

Announcements

Greek Independence Day Luncheon

Everyone is invited to attend to celebrate Greek Independence Day following services, which will include a buffet meal and entertainment.

Sunday School Meeting

Our Sunday School Teachers will have a meeting, following the luncheon, to discuss our Holy Week Retreat which will be held Friday, April 3rd.

Symbols, Rituals, and the Health of our Soul

Dr. Deacon Michael Bressemer is offering a special class every Tuesday, from 7 to 8 p.m. at Holy Theotokos of Iveron Russian Orthodox Church. For more details please see flier which is available in the narthex and Social Hall.

This Week

TUE 3/24– Great Vespers 6:30 p.m.

WED 3/25– Annunciation: Orthros 8:30 a.m.; Divine Liturgy 9:30 a.m.

FRI 3/27– Akathist (5th Salutations) Hymn to the Theotokos 6:30 p.m.

Wisdom of the Holy Fathers

"We should arrange to live in the world like the oil and the water in a vigil lamp which do not mix and thus are in and for God. In the world, but not of the world."

~ **Mother Gavrilia, the Ascetic of Love**