

A Few Gems from the Book *Our Thoughts Determine our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica*

- ✘ Our life depends on the kind of thoughts we nurture. If our thoughts are peaceful, calm, meek, and kind, then that is what our life is like. If our attention is turned to the circumstances in which we live, we are drawn into a whirlpool of thoughts and can have neither peace nor tranquility.
- ✘ The Lord is present everywhere, and nothing happens without His will or His permission, either in this life or in eternity. When we accept this idea, everything is made easier. If God would allow us to do everything the way we desire, this would certainly result in catastrophe. One cannot even imagine the chaos that would occur. God reminds us in different ways of His presence. We, however, quickly forget about it, especially when things are going well for us. We forget that we are here for short time only, and we think that we will be around forever, but when misfortune strikes, we cry, “Lord have mercy!” This is why we should try hard to change our character for the better.
- ✘ When we talk to our fellow men and they tell us about their troubles, we will listen to them carefully if we have love for them. We will have compassion for their suffering and pain, for we are God’s creatures; we are a manifestation of the love of God. However, we often consider this a great burden, for we are oppressed by our own cares, worries, and weaknesses. We need to rest from all these cares, but only God can give us rest. He is the Bearer of all our infirmities and weaknesses. That is why we must always turn to Him in prayer. That is our only source of comfort. Then we will be relieved of our burdens and the burdens of our neighbors’ troubles as well, for we will have taken all of them to the Lord. As we take more concern for our neighbors’ cares and problems, they soon become our own. And our thoughts immediately become occupied with them. If we listen to our neighbor with only half our attention, of course we will not be able to answer them or comfort them...We are distracted. They talk, but we do not participate in the conversation; we are immersed in our own thoughts. But if we give them our full attention, then we take up both our own burden and theirs.
- ✘ Meekness means having a heart that is humbled and peaceful. Children are meek. This is why the Lord says, “If you do not become as children, you shall not enter the Kingdom of Heaven” (Matthew 18:3). A proud person is never satisfied; everything bothers him, and he follows his own will. We must be obedient to the will of God in order to learn humility and meekness while we are still in this life, while there is still time. A heart that is full of love thinks not of itself, but of others. It prays for all living thing and for the whole world.

Ss Constantine & Helen

Greek Orthodox Cathedral of the Pacific



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GREEK ORTHODOX
CATHEDRAL OF THE PACIFIC

50TH
Anniversary
1965-2015

August 23, 2015

12th Sunday of Matthew

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August 23, 2015

12th Sunday of Matthew

Commemoration of: Leave-taking of the Dormition; Ireneaus, Bishop of Lyons; Lippus the Martyr & Slave of St. Demetrios of Thessaloniki

Apolytikia - Entrance Hymns

En ti genisi tin parthenian (Dormition) Tone 1

In giving birth you retained your virginity, and in dormition you did not forsake the world, O Theotokos. You were translated unto life, being the Mother of Life. And thus by virtue of your intercessions you deliver our souls from death.

Effrenestho ta urania (Hymn of the Day) Tone 3

En ti genisi tin parthenian (Dormition) Tone 1

Tu Stavru su ton tipon (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 you guard in peace forever, by the intercessions of the Theotokos, for You alone love mankind.

Kontakion Tone 2

Tin en presvies

*The Theotokos, unsleeping in intercession * and the immovable hope of protection, * could not be retained by any tomb or death. * For being Life's own Mother, she was transferred to life by Him * who dwelt in the ever-virgin womb.*

Epistle Reading

1 Corinthians 15:1-11

BRETHREN, I would remind you in what terms I preached to you the gospel, which you received, in which you stand, by which you are saved, if you hold it fast - unless you believed in vain. For I delivered to you as of first importance what I also received, that Christ died for our sins in accordance with the scriptures, that he was buried, that he was raised on the third day in accordance with the scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brethren at one time, most of whom are still alive, though some have fallen asleep. Then he appeared to James, then to all the apostles. Last of all, as to one untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God which is with me. Whether then it was I or they, so we preach and so you believed.

Gospel Reading

Matthew 19:16-26

At that time, a young man came up to Jesus, kneeling and saying, "Good Teacher, what good deed must I do, to have eternal life?" And he said to him,

"Why do you call me good? One there is who is good. If you would enter life, keep the commandments." He said to him, "Which?" And Jesus said, "You shall not kill, You shall not commit adultery, You shall not steal, You shall not bear false witness, Honor your father and mother, and You shall love your neighbor as yourself." The young man said to him, "All these I have observed; what do I still lack?" Jesus said to him, "If you would be perfect, go, sell what you possess and give to the poor, and you will have treasure in heaven; and come, follow me." When the young man heard this he went away sorrowful; for he had great possessions.

And Jesus said to his disciples, "Truly, I say to you, it will be hard for a rich man to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." When the disciples heard this they were greatly astonished, saying, "Who then can be saved?" But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible."

Today

✠ SUN, 8/23– *12th Sunday of Matthew; Memorials for Yakov Yarovoy and Anastasia Kritikos; 40 Day Churching of Peter John (P.J.) son of Peter and Jamie Nunn*

This Week

✠ SAT, 8/29– *Beheading of St. the Baptist: Divine Liturgy 9 a.m. ***Strict Fast Day***; Greek Festival 12 to 9 p.m.*

✠ SUN, 8/30– *13th Sunday of Matthew: Orthros 8 a.m. Divine Liturgy 9 a.m.; Greek Festival 12 to 9 p.m.*

Pearls of Wisdom from the Holy Fathers

"It is necessary to rouse the heart to pray, otherwise it will become quite dry. The attributes of prayer must be: love of God, sincerity, and simplicity."

"...people mostly pray as if there were no God with them, or as if He did not heed their prayers. Let us ascribe to the Lord at least the same amount of attention that good parents show to the requests of their children, at least that provident and attentive love which good parents have for their children."

~ St. John of Kronstadt

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.