

A Few Gems from the Book *Our Thoughts Determine our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica*
(From Our Featured Book Club Readings)

- ✘ 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



August 31, 2014

12th Sunday of Matthew

930 Lunalilo Street, Honolulu, HI 96822
(808) 521-7220 www.ssconhelhi.goarch.org
Office: saintsconstantine-helenhon@mail.goarch.org
Fr. Alexander Leong: fralexanderleong@yahoo.com

August 31, 2014

12th Sunday of Matthew

Commemoration of: Placing of the Honorable Sash of the Most Holy Theotokos; Cyprian of Carthage; Gennadios Scholaros, Pat. of Const.

Apolytikia - Entrance Hymns

Effrenestho ta urania (Hymn of the Day) Tone 3

Theotoke aiparthenē (Sash of the Theotokos) Tone 8
Ever-virgin Theotokos, the shelter of mankind, you have given to your City as a protective wall the clothing and garment that you wore on your immaculate body. By your seedless childbirth, they have remained incorrupt. For in you both nature and time are made novel. Therefore we implore you, grant peace to your commonwealth, and great mercy to our souls.

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 6

Tin theodohon gastera
Ever-virgin Theotokos, the shelter of mankind, you have given to your City as a protective wall the clothing and garment that you wore on your immaculate body. By your seedless childbirth, they have remained incorrupt. For in you both nature and time are made novel. Therefore we implore you, grant peace to your commonwealth, and great mercy to our souls.

Epistle Reading Hebrews 9:1-7

BRETHREN, the first covenant had regulations for worship and an earthly sanctuary. For a tent was prepared, the outer one, in which were the lampstand and the table and the bread of the Presence; it is called the Holy Place. Behind the second curtain stood a tent called the Holy of Holies, having the golden altar of incense and the ark of the covenant covered on all sides with gold, which contained a golden urn holding the manna, and Aaron's rod that budded, and the tables of the covenant; above it were the cherubim of glory overshadowing the mercy seat. Of these things we cannot now speak in detail. These preparations having thus been made, the priests go continually into the outer tent, performing their ritual duties; but into the second only the high priest goes, and he but once a year, and not without taking blood which he offers for himself and for the errors of the people .

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, 8/31– *12th Sunday of Matthew; Festival Appreciation Lunch; Aloha Youth Choir Retreat 4 p.m. thru Monday, September 1st, 4 p.m.*

This Week

✠ MON, 9/1– *Offices closed in observance of Labor Day*

✠ SAT, 9/6– *Church Tours 2 to 3 p.m.*

✠ SUN, 9/7– *Sunday before the Holy Cross; Blessing of the Waters for Church School; Sunday School begins; Sunday School Parents Meeting; Dance Group Parents Meeting*

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.