

**An Answer to a Common Statement:**  
**“Frequent Communion is bad for you.”**  
An Excerpt from OCA.org



Many of us have heard: “Frequent Communion is bad for you.”

This statement must be qualified. While the point of our lives as Christians is to enter into and grow in our common union—“communion”—with God and with His People, the reception of Holy Communion should not be approached casually. St. John Chrysostom tells us that, while the Eucharist is indeed the fountain of new life, it can also be for those who receive it casually or without proper preparation a fire which can condemn us. Hence, such a statement must be understood in light of the spirit in which the statement is made: that the reception of Holy Communion without proper preparation—without repentance, without a genuine desire to turn our lives around, without seeking God’s forgiveness, without prayer and reflection on the course of our lives—can indeed be spiritually harmful and can, as St. John Chrysostom asserts, ultimately condemn us. It is not “frequent Communion” per se that is “bad” for us but, rather, receiving Communion without appropriate preparation and repentance that is “bad” for us. There are many instances in which people receive Communion frequently without proper preparation simply because, in many places especially in North America, everyone is expected to commune at every Liturgy. While St. John Chrysostom once complained “that the sacrifice is offered, yet no one approaches the Lord’s table,” one must approach the chalice “in faith and love,” with humility, in a spirit of repentance, and without holding grudges or anger against others. Scripture itself reminds us that, if we have something against our brother, we should leave our gift at the altar, seek reconciliation with our brother, and then return to offer our gift (see Mt 5:23). Here we are clearly reminded of the importance of proper preparation for the reception of Communion.

Ss Constantine & Helen  
Greek Orthodox Cathedral of the Pacific



September 29, 2019  
2nd Sunday of Luke

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September 29, 2019

2nd Sunday of Luke

Commemoration of: Kyriakos of Palestine; Martyr Petronius;  
Theophanes of Gaza; Dionysios I, Patriarch of Constantinople

Apolytikia - Entrance Hymns

*Angelike thinamis* (Resurrection Hymn) Tone 6

*When the angelic powers appeared at Your tomb, and those who guarded it became still as dead, and standing by Your grave was Mary seeking Your most pure and sacred Body. For You did vanquish Hades and uncorrupted by its touch, You came unto the Virgin (woman), bestowing the gift of life. You who have risen from the dead, Lord glory to You.*

*Tis erimu politis* (St. Kyriakos) Tone 1

*As a citizen of the desert and an angel incarnate \* and a wonder-worker you shone forth, O Kyriacos, our God-bearing father. \* Since you received the spiritual gifts \* by fasting and vigilance and prayer, \* you can cure those who are ailing and heal the souls \* of those who run to you with faith. \* Glory to Him who gave His might to you; \* glory to Him who placed a crown on you; \* glory to Him who operates through you, providing cures to all.*

*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

*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.*

Epistle Reading 2nd Corinthians 4:6-15

BRETHREN, it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ.

But we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For while we live we are always being given up to death for Jesus' sake, so that the life of Jesus may be manifested in our mortal flesh. So death is at work in us, but life in you.

Since we have the same spirit of faith as he had who wrote, "I believed, and so I spoke," we too believe, and so we speak, knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

Gospel Reading

Luke 6:31-36

The Lord said, "And as you wish that men would do to you, do so to them. If you love those who love you, what credit is that to you? For even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do the same. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish. Be merciful, even as your Father is merciful."

**Announcements**

✦ **Self Evaluation Forms-** The Strategic Planning Committee is trying to get a sense of where we are spiritually as a parish. If you haven't completed a Self-Evaluation form since the last General Assembly, please do so ASAP. Forms can be found in the Narthex and deposited in the suggestion box in the social hall. Mahalo!

Today- Welcome Fr. Spencer Kezios!

SUN, 9/29- 2nd Sunday of Luke; 9 month Memorial for Nicolaos Kaldis

This Coming Week

MON, 10/1- Young Adult Fellowship in Social Hall 6:30 p.m.

THU, 10/3- Baking Prosforo 9 a.m.; Strategic Planning Meeting 6 p.m. in the Conference Room

FRI, 10/4- Byzantine Chant 1:30 p.m.

SAT, 10/5- Budget Committee Meeting 9a.m. in the Conference Room; Great Vespers 5:30 p.m.

SUN, 10/6- 3rd Sunday of Luke; St. Romanos the Melodist/Choir Sunday

**Wisdom of the Holy Fathers**

*"Such are the souls of the saints: they love their enemies more than themselves, and in this age and in the age to come they put their neighbor first in all things, even though because of his ill-will he may be their enemy. They do not seek recompense from those whom they love, but because they have themselves received they rejoice in giving to others all that they have, so that they may conform to their Benefactor and imitate His compassion to the best of their ability; 'for He is bountiful to the thankless and to sinners' (cf. Luke 6:35)."*

+ St. Peter of Damaskos

**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.*