

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



October 4, 2020
2nd Sunday of Luke

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2nd Sunday of Luke

Hierotheos, Bishop of Athens; Domnina and her daughters

Apolytikia - Entrance Hymns

Ex ipsus katilthes (Resurrection Hymn) Tone 8

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be 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

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 6:16-18, 7:1

BRETHREN, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear 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

Today

✘ SUN, 10/4– 2nd Sunday of Luke; Adult Religious Education: “The Fruit of the Spirit– Love” Session 2, 1:35 to 2:35 p.m.; Greek Dance Class 3-4 p.m. via Zoom. Church Website Videos under Dancers Link bottom of the page Hasaposerviko, Kritiko Syrto, Paidusko and more to come

This Coming Week

- ✘ WED, 10/7– Young Adult Fellowship via Zoom on “The Fruit of the Spirit– Love” Session 1, 7 p.m.
- ✘ THU, 10/8– Prayer Ministry 11 a.m.
- ✘ SAT, 10/10– Great Vespers via Zoom 5:30 p.m.
- ✘ SUN, 10/11– 3rd Sunday of Luke; Adult Religious Education via Zoom: “The Fruit of the Spirit– Love” Session 3, 1:35 to 2:35 p.m.; Greek Dance via Zoom 3 p.m.

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

“Christians, have we understood the great responsibility that we have taken on before God through baptism? Have we come to know that we must conduct ourselves as children of God, that we must align our will with the will of God, that we must remain free from sin, that we must love God with all our hearts and always patiently await union with Him? Have we thought about the fact that our heart should be so filled with love that it should overflow to our neighbor? Do we have the feeling that we must become holy and perfect, children of God and heirs of the Kingdom of Heaven? We must struggle for this, so that we may not be shown unworthy and rejected. Let none of us lose our boldness, nor neglect our duties, nor be afraid of the difficulties of spiritual struggle. For we have God as a helper, who strengthens us in the difficult path of virtue.”

+ St. Nektarios of Aegina, The Path to Happiness