



Sunday, July 14

Sunday of the Holy Fathers of the 4th Ecumenical Council

Aquila the Apostle among the 70, Our Holy Father Joseph the Confessor, Archbishop of Thessalonica, Nicodemus the Righteous of Mount Athos

Bilingual Liturgy

First Antiphon

Bless the Lord, O my soul,
and all that is within me,
bless His holy Name.

Bless the Lord, O my soul,
and forget not all that He
has done for you.

The Lord in heaven has
prepared His throne, and
His kingdom rules over
all.

Second Antiphon

Praise the Lord, O my soul; I
will praise the Lord in my
life; I will chant unto my
God for as long as I have
my being.

Blessed is He of whom the
God of Jacob is his help,
whose hope is in the Lord
his God.

The Lord shall be King unto
eternity; your God, O
Zion, from generation
to generation.

Third Antiphon

This is the day the Lord has
made; let us rejoice and
be glad in it.

Let the heavens and the earth
praise Him.

HYMNS AT THE SMALL ENTRANCE

The Resurrection Apolytikion

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἄδου ἐρρύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Come rejoice all ye Heavens and be glad all ye on earth, for within the arc of His great arms He created a vast Dominion, by His own death He conquered death, for He became the first born of the dead. From the depths of Hades, He delivered us and He granted to mankind His great mercy

Apolytikion for the Fathers of the 4th Ecumenical Council

Ὑπερδεδοξασμένος εἶ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ φωστῆρας ἐπὶ γῆς τοὺς Πατέρας ἡμῶν θεμελιώσας, καὶ δι' αὐτῶν πρὸς τὴν ἀληθινὴν πίστιν, πάντας ἡμᾶς ὁδηγήσας· πολυεύσπλαγχνε, δόξα σοι.

Greatly glorified are You O Christ our God, illuminator who established upon the earth our fathers and through them you led us to the true faith, Glory to You Compassionate One.

Troparion of Saint Sophia (Holy Wisdom)

Εὐλογητὸς εἶ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, φιλόανθρωπε, δόξα σοι.

Blessed are You O Christ our God, Who as all wise the fishermen You showed forth; By sending your Holy Spirit down upon them and through them the universe You drew unto your net. O lover of mankind Glory to You.

Kondakion

Προστασία τῶν Χριστιανῶν ἀναταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἀμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι· Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἰεσσίαν, ἡ προστατεύουσα ἀεὶ, Θεοτόκε, τῶν τιμώντων σε.

Protector of all Christians and unashamed intercessor to our Creator unchanging. Do not turn from the praying voices of all sinners; but extend your good and timely help to us who in faith call upon you. Hasten O Theotokos to intercede for us. The protector of us all who defends those who honor you.

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V. Rev. Father John S. Bakas

Dean

Rev. Fr. Chris Kolentsas

Assistant Priest

Scripture Reading

Faith comes by hearing....

Epistle Reader: John Holloway

Priest: Let Us Attend...

Reader: Be glad in the Lord, and rejoice, O righteous...blessed are they whose transgressions have been forgiven.

Priest: Wisdom.

Reader: The Reading is from Saint Paul's letter to the Titus (3:8-15)

Priest: Let us be attentive...

Titus, my son, the saying is sure. I desire you to insist on these things, so that those who have believed in God may be careful to apply themselves to good deeds; these are excellent and profitable to men. But avoid stupid controversies, genealogies, dissensions, and quarrels over the law, for they are unprofitable and futile. As for a man who is factious, after admonishing him once or twice, have nothing more to do with him, knowing that such a person is perverted and sinful; he is self-condemned.

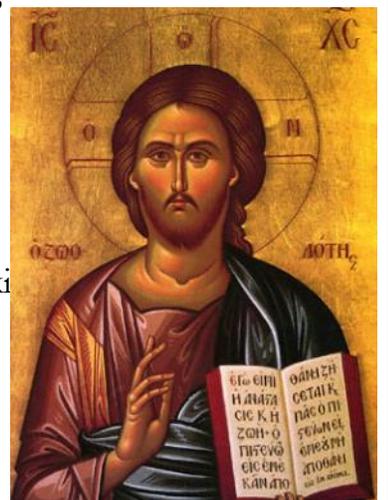
When I send Artemas or Tychicos to you, do your best to come to me at Nicopolis, for I have decided to spend the winter there. Do your best to speed Zenas the lawyer and Apollos on their way; see that they lack nothing. And let our people learn to apply themselves to good deeds, so as to help cases of urgent need, and not to be unfruitful.

All who are with me send greeting to you. Greet those who love us in the faith. Grace be with you all. Amen.

THE GOSPEL ACCORDING TO ST. MATTHEW (5:14-19)

The Lord said to his disciples, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven. Think not that I have come to abolish the law and the prophets;

I have come not to abolish them but to fulfill them. For truly, I say to you, till heaven and earth pass away, not an iota, not a dot, will pass from the law until all is accomplished. Whoever then relaxes one of the least of these commandments and teaches men so, shall be called least in the kingdom of heaven; but he who does them and teaches them shall be called great in the ki



Memorials

May their memory be eternal...

Among the spirits of the righteous perfected in faith, give rest, O Savior to the souls of your servants...

Anthony Mastor (1 year)

Kostas Katsenes (2 years)

Demetrios Palomares (25 years)

Jose Palomares (29 years)

Sophia Dages (8 years)

Ekatarini Dages (42 years)

Demetrios Dages (57 years)

Fani Zagoreos (33 years)

Demetrios McMabill (20 years)

Panagiotis

Georgia

Lambros

Panagoula

Dimitris

Vasiliki

COFFEE HOUR SPONSORS

Offered in loving memory of Anthony Mastor by Sophie Mastor and family.

Offered in loving memory of Kostas Katsenes by Tonifaye Palomares and family.

What's The Opposite of Love?

Fr. Barnabas Powell

What do you think is the opposite of love? The easy answer is hate but that isn't even close. Because hate takes attention and focus and (usually) preoccupation with the object of your hate.

And the truth is love takes the same. To love something or someone takes attention, focus, and even preoccupation with the object of your love. You remember the first time you "fell" in love (by the way, I really dislike that phrase "fell in love" as if it were beyond my control or some spell was put on me!) all you wanted to do was be around the person you loved. There has never been a big brother or big sister that doesn't remember the aggravating little brother or sister that always wanted to follow them around. They loved their bigger sibling and they wanted to do everything they did.

No, the opposite of love isn't hate. These two emotions are too similar to be opposites. The opposite of love is indifference. But there are consequences to this dismissive indifference, especially when this thoughtlessness has as its object our relationship to God.

Look at Romans (1:28-32; 2:1-9)

continued

Brethren, since the ungodly did not see fit to acknowledge God, God gave them up to a base mind and to improper conduct. They were filled with all manner of wickedness, evil, covetousness, malice. Full of envy, murder, strife, deceit, malignity, they are gossips, slanderers, haters of God, insolent, haughty, boastful, inventors of evil, disobedient to parents, foolish, faithless, heartless, ruthless. Though they know God's decree that those who do such things deserve to die, they not only do them but approve those who practice them. Therefore you have no excuse, O man, whoever you are, when you judge another; for in passing judgment upon him you condemn yourself, because you, the judge, are doing the very same things. We know that the judgment of God rightly falls upon those who do such things. Do you suppose, O man, that when you judge those who do such things and yet do them yourself, you will escape the judgment of God? Or do you presume upon the riches of his kindness and forbearance and patience? Do you not know that God's kindness is meant to lead you to repentance? But by your hard and impenitent heart you are storing up wrath for yourself on the day of wrath when God's righteous judgment will be revealed. For he will render to every man according to his works; to those who by patience in well-doing seek for glory and honor and immortality, he will give eternal life; but for those who are factious and do not obey the truth, but obey wickedness, there will be wrath and fury. There will be tribulation and distress for every human being who does evil, the Jew first and also the Greek.

What is true of a society that forgets God is also true of a person who forgets God. Every time you are forgetful of God in your life, you head toward darkness and self-centered living. So, the remedy of this sad and dangerous pattern of behavior is to do those things that help you remember God.

Notice Paul says "God gave them up to a base mind..." (Romans 1:28). God isn't interested in robots or slaves. He calls us not merely to obey Him or just fear Him. No, He invites us to a much deeper and a much more involved choice of entering into a loving relationship with Him. And this is because He knows that all the other motivations of acknowledging God are always too weak to last a lifetime. Only love is strong enough to affect the really necessary transformation of my heart to a true and fitting companion for God forever.

And only the committed rehearsal on a regular basis of God's "riches of his kindness and forbearance and patience" will lead you to the hard work of repentance to fight the tug of indifference toward the Spirit-Filled life of a faithful Christian.

Today, what are the disciplines in your life that allow you to remember God moment by moment? Is your life indifferent to God and His Church? Thankfully, you don't have to depend on your imagination for these spiritual tools that lead to love. Centuries of wisdom, insight, and Spirit-inspired direction are immediately available to you right now through the wise pattern of worship and prayers in the Church all meant to make you Orthodox on Purpose!

The Mission of Saint Sophia Cathedral

1. *Proclaim and teach the Gospel according to the Orthodox Christian Faith*
2. *Sanctify and enhance the spiritual life of the faithful through Orthodox Christian worship.*
3. *Receive persons into the Church through instruction, baptism and/or chrismation.*



Sunday, July 14

8:30 am — Orthros
9:45 am — Memorials
10:00 am — Divine
Liturgy