



Sunday, July 21, 2019

5th Sunday of St. Matthew

John and Symeon the Fool for Christ

All English Liturgy

HYMNS AT THE SMALL ENTRANCE

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.

The Resurrection Apolytikion, Mode 4

Joyous tidings of Thy Resurrection that the angel proclaimed to the women disciples and brought an end to the ancestral curse, and with pride they declared to the disciples: Death has been defeated and Christ our God has risen bestowing upon the world great mercy.

Isodikon

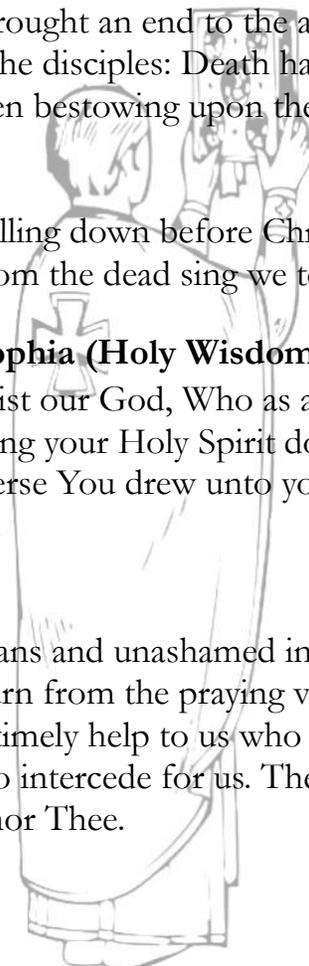
Come let us worship falling down before Christ. Save us O Son of God who didst arise from the dead sing we to Thee Alleluia.

Troparion of Saint Sophia (Holy Wisdom)

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

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 Thee. Hasten O Theotokos to intercede for us. The protector of us all who defends those who honor Thee.



SAINT SOPHIA CATHEDRAL

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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: Stephanie Katherine Yallourakis

Priest: Let Us Attend...

Reader: O Lord, how manifold are your works. You have made all things in wisdom...bless the Lord, O my soul.

Priest: Wisdom.

Reader: The Reading is from St. Paul's Letter to the Romans (10:1-10)

Priest: Let us be attentive...



BRETHREN, my heart's desire and prayer to God for them is that they may be saved. I bear them witness that they have a zeal for God, but it is not enlightened. For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they did not submit to God's righteousness. For Christ is the end of the law, that every one who has faith may be justified. Moses writes that the man who practices the righteousness which is based on the law shall live by it. But the righteousness based on faith says, Do not say in your heart, "Who will ascend into heaven?" (that is, to bring Christ down) or "Who will descend into the abyss?" (that is, to bring Christ up from the dead). But what does it say? The word is near you, on your lips and in your heart

(that is, the word of faith which we preach); because, if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For man believes with his heart and so is justified, and he confesses with his lips and so is saved.

THE GOSPEL ACCORDING TO ST. MATTHEW (8:28-34; 9:1)

At that time, when Jesus came to the country of the Gergesenes, two demoniacs met him, coming out of the tombs, so fierce that no one would pass that way. And behold, they cried out, "What have you to do with us, O Son of God? Have you come here to torment us before the time?" Now a herd of many swine was feeding at some distance from them. And the demons begged him, "If you cast us out, send us away into the herd of swine." And he said to them, "Go." So they came out and went into the swine; and behold, the whole herd rushed down the steep bank into the sea, and perished in the waters. The herdsmen fled, and going into the city they told everything, and what had happened to the demoniacs. And behold, all the city came out to meet Jesus; and when they saw him, they begged him to leave their neighborhood. And getting into a boat he crossed over and came to his own city.

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...

Demetrios Limneos (70 years)

Euphrosyne Limneou (41 years)

Joseph Boltinghouse (10 years)

Steve Callas (19 years)

Helen Callas (8 years)

Tony Demetriou (40 days)

ALTAR CANDLES

Offered in loving memory of Steve and Helen Callas by Karen Scherrer.

ALTAR FLOWERS

Offered in loving memory of Demetrios Limneos, Euphrosyne Limneou, and Joseph Boltinghouse by the Boltinghouse family.

COFFEE HOUR SPONSORS

Offered in loving memory of Tony Demetriou by his family.

RULES OF THE GAME: COMMANDMENTS AND THE SPIRITUAL LIFE

Sam Guzman

Watch any sporting event—from football to tennis to Mixed Martial Arts—and you will notice something significant: The inevitable presence of referees. Referees exist to enforce the rules of the game, for any sport worth watching has rules, and sometimes complex rules at that.

Rules ensure fair play, but they also give the athletes boundaries within which they can exercise and measure their skill. A boxing match without the boundaries of the Marquess of Queensbury rules would quickly descend into chaos and mayhem. Ears could be bitten off with impunity and below-the-belt blows would be a common occurrence. Mohammed Ali, Joe Frazier, and Rocky Marciano were great fighters, not because of their raw, uncontrolled violence or dirty punches, but because they knew how to fight within the rules and even use them to their advantage. Rules make the athlete and they make the game.

We live in an age that despises rules and strictures. We view them as an egregious violation of our unlimited freedom. The word “commandment” sends shudders down the spine of anyone steeped in postmodern ideology, for the dogmas of radical autonomy dictate that no-one anywhere can ever get in the way of what I want; no one can ever tell me no, even if I want to deny or manipulate the fundamental facts of reality.

Chesterton once quipped that, “We shall soon be in a world in which a man may be howled down for saying that two and two make four, in which people will persecute the heresy of calling a triangle a three-sided figure, and hang a man for maddening a mob with the news that grass is green.” Well, that day is no longer in the future. It is now.

Just as rules make the game, so they make a flourishing life in the world possible. We need boundaries to thrive and be

our best selves. Radical autonomy, for all its allure, is ultimately a myth that ends only in anger, violence, and despair. You can call a stone a ball but it will still hurt when you kick it. You cannot fight reality and win.

Likewise in the moral life. Individuals today want to believe that morality is a fable designed to suppress their fun. Doing whatever we please is the sure road to happiness, we think. But just as in the physical world there are laws of action and reaction, so too they exist in the spiritual world. A disordered action will reap disordered results every time.

Yet, oblivious to this reality, most moderns are mystified when their disordered and immoral actions reap painful and unhappy results. Rather than examining whether or not our actions are the root cause of our suffering, we instead use our tremendous powers of science and technology to seek to eliminate the consequences of them. In doing so, however, we only create several new problems and things deteriorate further.

Since the beginning of her foundation by Jesus Christ, the Church has proclaimed moral teachings and given her children rules to follow. To an outsider, these may seem unnecessary and overly-complex. Yet, these commandments of the Church are nothing less than the rules of the game of life. The Church in her wisdom, like any good parent, knows that the human person must be told no from time to time for their own benefit.

There is, of course, a good reason for everything the Church teaches available to all those who inquire, and the Church's teachings are hardly arbitrary. The ultimate goal of her commandments is not misery, not at all. It is nothing less than Beauty—joy and happiness that never ends.

Western society, once Christian to its core, has utterly rejected and turned with violent hatred against the teaching of the Church. And yet we cannot figure out why we are suffering. Rather than realizing that maybe the Church was right all along, frustrated moderns blame the church and her teachings for their pain. If only the Church were eliminated, then we could enjoy our disorders with impunity. But just as in the physical world, the spiritual world operates on the law of action and reaction. Disordered actions reap disordered results. We cannot fight reality and win.

Rules are necessary for full human happiness. Rules make a game, and they make a man. Far from living a life of lawlessness, every truly happy man has embraced a creed and a code. He lives by commandments, not because he is a joyless prude, but because he knows that actions have consequences, and just as bad actions reap bad results, good actions bear fruit in joy and lasting peace.

You may be skeptical. The only way to know this for sure, however, is to test it and experience it for oneself. If you would find happiness and peace, reject lawlessness which only leads to misery and with humility embrace the embrace the creed and the commandments. For this is the path to lasting happiness, joy, and peace, both in this life and the next.



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.*



UPCOMING SERVICES

Sunday, July 21

- 8:15 am — Orthros
- 9:15 am — Studies in Faith
- 9:45 am — Memorials
- 10:00 am — *Divine Liturgy*

Saturday, July 27

- Panteleimon the Great Martyr and Healer*
- 9:00 pm — Orthros
- 10:00 am — *Divine Liturgy*

