



Sunday, July 28

6th Sunday of St. Matthew

Bilingual Liturgy

Prochoros, Nicanor, Timon, & Parmenas the Apostles of the 70, Irene the Righteous of Chrysovalantou, Our Righteous Father Paul of Xeropotamou

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, Mode 1 Plagal

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν, ὅτι ἠῤῥόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεώτας, ἐν τῇ ἐνδόξῳ Ἀναστάσει αὐτοῦ.

Logos born of the virgin for our salvation, and co-eternal with the Father and the Holy Spirit, come ye faithful ones and worship singing praise to Him, for He was willing as a man to be lifted on the cross and death to suffer, and to raise the dead by His glorious resurrection.

Saint Sophia Hymn

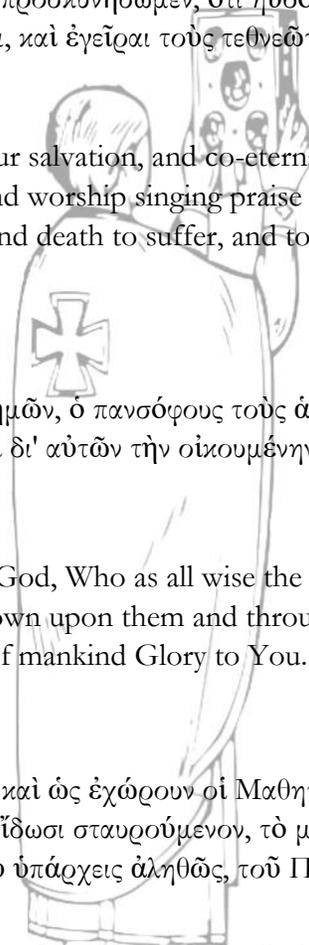
Εὐλογητὸς εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγγηνεύσας, φιλόφρων, δόξα σοι.

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

Ἐπὶ τοῦ ὄρους μετεμορφώθης, καὶ ὡς ἐχώρουν οἱ Μαθηταὶ σου τὴν δόξαν σου, Χριστὲ ὁ Θεὸς ἐθεάσαντο, ἵνα ὅταν σε ἴδωσι σταυρούμενον, τὸ μὲν πάθος νοήσωσιν ἐκούσιον, τῷ δὲ κόσμῳ κηρύξωσιν, ὅτι σὺ ὑπάρχεις ἀληθῶς, τοῦ Πατρὸς τὸ ἀπαύγασμα.

On the mountain You were transfigured and Your disciples beheld Your Glory each unto his comprehension Christ the God, so that when they saw You crucified, they might understand Your passion were freely given and that they might proclaim to the world that You truly are the splendor of the Father.



SAINT SOPHIA CATHEDRAL

1324 S Normandie Avenue

Los Angeles, CA 90006

www.saintsophia.org

facebook.com/StSophiaLA

V. Rev. Father John S. Bakas

Dean

Rev. Fr. Chris Kolentsas

Assistant Priest

Scripture Reading

Faith comes by hearing....

Epistle Reader: Nicholas Settelmayer

Priest: Let Us Attend...

Reader: You, O Lord, shall keep us and preserve us...save me, O Lord, for the godly man has failed.

Priest: Wisdom.

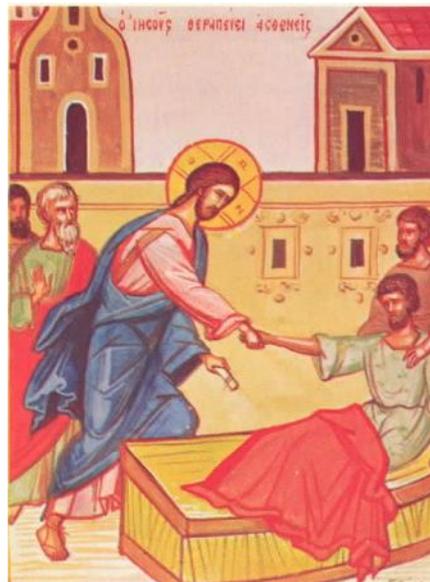
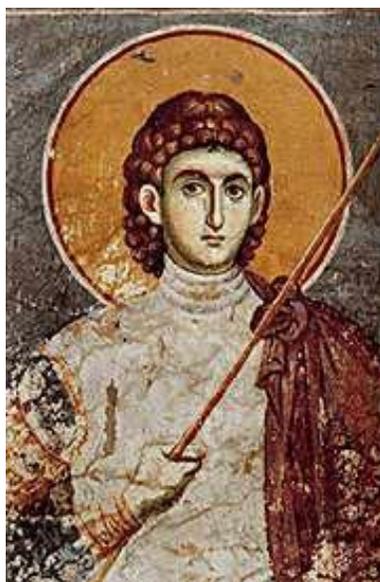
Reader: The Reading is from St. Paul's Letter to the Romans (12:6-14)

Priest: Let us be attentive...

Brethren, having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness. Let love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honor. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them.

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

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.



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...

Sirio Tonelli (40 days)

Stella Morris (1 year)

Ted Kiapos (3 years)

Aspasia Kiapos (3 years)

Maria Bown (40 days)

Serafimoula Pelargos (4 years)

Alexander Tsircou (40 days)

ALTAR CANDLES

Offered in loving memory of Stella Morris by the Tsambunieris family.

ALTAR TABLE CANDLES

Offered in loving memory of Serafimoula Pelargos and Alexander Tsircou by Emmanuel Pelargos family.

PERPETUAL CANDLES

Offered in loving memory of my koumbara Maria Bown by Mersy Loukaris.

Offered in loving memory of Stella Morris by Zoi Fovos and family.

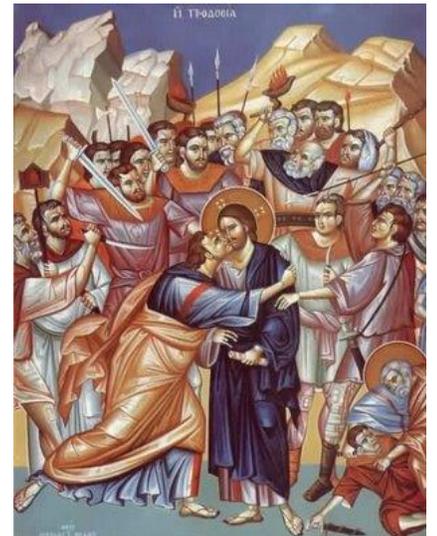
COFFEE HOUR SPONSOR

Offered in loving memory of Stella Morris by the Tsambunieris Marcopulos, and Fovos family.

APOSTLE OF THE DAY

Judas Iscariot

A selected Apostle, one of the Twelve, he betrayed Christ to the Jewish Sanhedrin - the supreme council and highest court of justice in Jerusalem - and kissed the Lord at the time of the arrest. He later committed suicide. The title "Iscariot", meaning in the Hebrew "man of Kerioth", a place in South Palestine, implies that Judas was from Judea. He was the only one from there, whereas the other Apostles were from Galilee. After his suicide the Apostles elected Matthias to replace him as one of the Twelve Apostles.



VESTMENT OF THE DAY

Sticharion



In the Orthodox Church the clergy vest in special clothing for the liturgical services. There are two fundamental Christian vestments, the first of which is the baptismal robe. This robe, which is worn by bishops and priests at the service of holy communion and which should always be white, is the “robe of salvation”: the white garment in which every Christian is clothed on his day of baptism, symbolizing the new humanity of Jesus and life in the Kingdom of God

PETERSON’S 12 RULES

Jordan Peterson

- Rule 1 Stand up straight with your shoulders back
- Rule 2 Treat yourself like you would someone you are responsible for helping
- Rule 3 Make friends with people who want the best for you
- Rule 4 Compare yourself with who you were yesterday, not with who someone else is today
- Rule 5 Do not let your children do anything that makes you dislike them
- Rule 6 Set your house in perfect order before you criticize the world
- Rule 7 Pursue what is meaningful (not what is expedient)
- Rule 8 Tell the truth – or, at least, don’t lie
- Rule 9 Assume that the person you are listening to might know something you don’t
- Rule 10 Be precise in your speech
- Rule 11 Do not bother children when they are skate-boarding
- Rule 12 Pet a cat when you encounter one on the street



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 28

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

Friday, August 2

- 7:30 pm — Small Paraklesis

