



Sunday, August 11, 2019

Bilingual Liturgy

8th Sunday of St. Matthew

Euplus the Holy Martyr & Archdeacon of Cantania, Our Holy Father Niphonus, Patriarch of Constantinople, Commemoration of St. Spyridon's Miracle in Corfu against the Turkish invasion of 1716

First Antiphon

Great is the Lord, and
greatly to be praised in
the city of our God.

Who established the
mountains in Your
strength.

Who robes Himself with
light as with a garment.

Second Antiphon

His foundations are in the
Holy mountains.

The Lord loves the gates
of Zion, more than all
the tabernacles of
Jacob.

Glorious things have been
spoken to you, O city
of God.

Third Antiphon

I will sing of Your mercies.
Lord, forever. The
heavens shall declare
Your wonders, O

Blessed are the people that
knows the joyful sound.

HYMNS AT THE SMALL ENTRANCE

The Resurrection Apolytikion, Mode 6

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον, ἠνέφξας τῷ Ληστῇ τὸν Παράδεισον, τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας· ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

By death on Your cross You defeated death and opened to the thief the way to paradise, You turned to joy the lament of the women bearing myrrh and commanded the disciples the message to proclaim, that Christ our God has risen from the dead, and granted to the world Your great mercy.

Apolytikion for Saint Mary Magdalene

Χριστῷ τῷ δι' ἡμᾶς, ἐκ Παρθένου τεχθέντι, Σεμνῇ Μαγδαληνῇ, ἠκολούθεις Μαρία, αὐτοῦ τὰ δικαιώματα, καὶ τοὺς νόμους φυλάττουσα· ὅθεν σήμερον, τὴν παναγίαν σου μνήμην, ἐορτάζοντες, ἀνευφημοῦμέν σε πίστει, καὶ πόθῳ γεραίρομεν.

You followed Christ the Lord, who was born of the Virgin for us, and kept His laws, and you lived by His statutes; and thus as we celebrate your all-holy memorial, Mary Magdalene, today with faith we extol you, O most blessed Saint, and with divine love and longing we honor your memory.

Church Hymn

Εὐλογητὸς εἶ, Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἄλιεις 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 ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγάζόντων σοι· Τάχυνον εἰς πρᾶσβείαν, καὶ σπεῦσον εἰς ἰκεσίαν, ἡ προστατεύουσα αἰεὶ, Θεοτόκε, τῶν τιμώντων σε.

Protection 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.

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: Vickie Deryiades

Priest: Let Us Attend...

Reader: The Lord will give strength to his people...bring to the Lord, O sons of God, bring to the Lord honor and glory.

Priest: Wisdom.

Reader: The Reading is from St. Paul's Letter to the Titus (1:10-17)

Priest: Let us be attentive...

Brethren, I appeal to you by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment. For it has been reported to me by Chloe's people that there is quarreling among you, my brethren. What I mean is that each one of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Is Christ divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispos and Gaius; lest any one should say that you were baptized in my name. (I did baptize also the household of Stephanas. Beyond that, I do not know whether I baptized any one else.) For Christ did not send me to baptize but to preach the gospel, and not with eloquent wisdom, lest the cross of Christ be emptied of its power.

THE GOSPEL ACCORDING TO ST. MATTHEW (14:14-22)

At that time, Jesus saw a great throng; and he had compassion on them, and healed their sick. When it was evening, the disciples came to him and said, "This is a lonely place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." Jesus said, "They need not go away; you give them something to eat." They said to him, "We have only five loaves here and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass; and taking the five loaves and the two fish he looked up to heaven, and blessed, and broke and gave the loaves to the crowds. And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. And those who ate were about five thousand men, besides women and children. Then he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.



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...

Lola Gialketsis (3 years)

Taki

Virginia Kostos (40 days)

Efstathios

Xenia Desby

Eleftherios

Dino Desby

Vassilios

Voula Katsionis (4 years)

Yiannoula

George Katsionis

Marianne

Anastasios Katsionis

Mary Jane

ALTAR CANDLES

Offered in loving memory of Lola Gialketsis by her sister, children, and grandchildren.

Offered in loving memory of Virginia Kostos by Mary Morrison.

ALTAR TABLE CANDLES

Offered in loving memory of Voula, George, Anastasios Katsionis and Taki by their children and grandchildren.

PERPETUAL CANDLES

Offered in loving memory of Xenia Desby and Dino Desby by Neal Desby.

FIX YOURSELF

(JORDAN PETERSON)

Blaming others for your problems is a complete waste of time. When you do that, you don't learn anything. You can't grow, and you can't mature. Thus, you can't make your life better.

In my three decades as a professor and clinical psychologist, I have learned that there are two fundamental attitudes toward life and its sorrows. Those with the first attitude blame the world. Those with the second ask what they could do differently.

Imagine a couple on the brink of divorce. They're hurt and angry. The unhappy, bitter husband recalls the terrible things his wife has done, and the reasons he can no longer live with her. The harried and disillusioned wife, in turn, can describe all the ways her husband let her down. Each has a long list of necessary changes — for the other person.

Their prospects for reconciliation are grim. Why? Because other people aren't the problem. You're the problem. You can't change other people, but you can change yourself. But it's difficult. It takes courage to change, and it takes discipline. It's much easier — and much more gratifying to your basest desires — to blame someone else for your misery. Consider the youthful activist, making a "statement" against the "corrupt" capitalist system by smashing in the storefront of a local business. What has he done, other than to bring harm to people who have nothing to do with his real problems?

The guilt, doubt and shame he will inevitably feel in consequence will have to be suppressed so his beliefs can

continued

remain unchanged. And that suppression will do nothing but foster his anger and alienation.

In the play "The Cocktail Party" by American-English poet T.S. Eliot, one of the characters is having a very hard time of it. She speaks of her profound unhappiness to her psychiatrist. She tells him that she hopes her suffering is all her own fault.

Taken aback, the psychiatrist asks why. Because, she tells him, if it's her fault, she can do something about it. If it's in the nature of the world, however, she's doomed. She can't change everything else. But she could change herself.

Now, there are people who seem to be consigned to a terrible fate. But most of us aren't. Most of us have a chance to make our lives better.

But how?

Start small. Ask yourself a few questions: Have you taken full advantage of the opportunities offered to you? Are you working to your fullest capacity at school or at work? Have you, in other words, set your own house in order?

If the answer is no, try this: stop doing what you know to be wrong. Stop today.

Don't waste time asking how you know that what you're doing is wrong.

Inopportune questioning can confuse without enlightening, and deflect you from action. You can know something is right or wrong without knowing why.

Start paying attention: Do you procrastinate, show up late, spend money you don't have, and drink more than you should?

It's not a matter of accepting some externally imposed morality. It's a dialogue with your own conscience. What are you doing that's wrong, from your own perspective? What could you put right — right now?

Get to work on time. Stop interrupting people. Make peace with your siblings and your parents. Diligently utilize everything you already have at hand. If you do those things, your life will improve. You'll become more peaceful, productive and desirable.

After some days, or weeks, or months of attentive effort, your mind will clear. Your life will become less tragic, and you will become more confident. You'll start seeing right from wrong more clearly. The path in front of you will shine more brightly. You'll stop getting in your own way. Instead of bringing trouble to yourself, your family, and your society, you'll be a positive and reliable force.

Your life will still be difficult. You'll still suffer. That's the price of being alive. But maybe you'll become strong enough to accept that burden, and in that fashion even come to act nobly, and with purpose.

The proper way to fix the world isn't to fix the world. There's no reason to assume that you're even up to such a task. But you can fix yourself. You'll do no one any harm by doing so.

And in that manner, at least, you will make the world a better place.



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, August 11

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



Wednesday, August 14

7:30 pm — Small Paraklesis

Thursday, August 15

Dormition of the Theotokos
9:00 am — Orthros
10:00 am — Divine Liturgy