



**STS. CONSTANTINE & HELEN**  
**GREEK ORTHODOX CATHEDRAL OF BROOKLYN**  
**ΚΑΘΕΔΡΙΚΟΣ ΝΑΟΣ ΑΓΙΩΝ ΚΩΝΣΤΑΝΤΙΝΟΥ ΚΑΙ ΕΛΕΝΗΣ**

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**Sunday September 18th, 2016-Κυριακή 18η Σεπτεμβρίου, 2016**

**Άγιος Ιωάννης Χρυσόστομος: Ασυγχώρητη αμαρτία το να μην συγχωρείς τον αδελφό σου!**

Αν σου πω, νήστεψε πολλές φορές μου προβάλλεις ως δικαιολογία την ασθένεια του σώματος.- Αν σου πω, δώσε στους φτωχούς μου λες ότι είσαι φτωχός και έχεις να αναθρέψεις παιδιά.- Αν σου πω να έρχεσαι τακτικά στις Συνάξεις της Εκκλησίας, μου λες, έχω διάφορες μέριμνες.- Αν σου πω, πρόσεχε αυτά που λέγονται στην Εκκλησία και κατανόησε το βάθος των λόγων του Θεού, μου προβάλλεις ως δικαιολογία την έλλειψη μορφώσεως.- Αν σου πω, φρόντισε να βοηθήσεις ψυχικά τον αδελφό σου, μου λες ότι δεν υπακούει όταν τον συμβουλεύω, αφού πολλές φορές του μίλησα και περιφρόνησε τα λόγια μου.Βέβαια, δεν ευσταθούν οι προφάσεις αυτές και όλα αυτά είναι χλιαρά λόγια, αλλά, παρά ταύτα, μπορείς να προφασίζεσαι...- Αν όμως σου πω, άφησε την οργή και συγχώρεσε τον αδελφό σου, ποια από τις προφάσεις αυτές μπορείς να χρησιμοποιήσεις;Διότι νομίζω, δεν μπορείς να φέρεις ως πρόφαση ούτε ασθένεια σώματος, ούτε φτώχεια, ούτε αμάθεια, ούτε απασχόληση και μέριμνα, ούτε τίποτε άλλο.Γι' αυτό απ' όλες σου τις αμαρτίες, αυτή η αμαρτία θα σου είναι ασυγχώρητη. Αλήθεια, πως θα μπορέσεις να υψώσεις τα χέρια σου στον Ουρανό; Πως θα κινήσεις τη γλώσσα σου να προσευχηθείς; Πως θα ζητήσεις συγνώμη;Ακόμη κι' αν θέλει ο Θεός να σου συγχωρήσει τις αμαρτίες, δεν Του το επιτρέπεις εσύ, επειδή δεν συγχωρείς τις αμαρτίες του αδελφού σου.Διότι, αν εσύ ο ίδιος εκδικηθείς και επιτεθείς εναντίον του, είτε με λόγια, είτε με ανάλογες συμπεριφορές, είτε με κατάρες, ο Θεός δεν θα επέμβει πλέον, αφού εσύ ανέλαβες την τιμωρία Του. Και όχι μόνο δεν θα επέμβει, αλλά και από σένα θα ζητήσει λόγο, διότι φέρθηκες υβριστικά προς Αυτόν.

**Άγιος Ιωάννης Χρυσόστομος**

**Κυριακή: ΜΕΤΑ ΤΗΣ ΥΨΩΣΕΩΣ.** Ευμενίου Θαυματουργού, Επίσκοπος Γορτύνης. Αριάδνη μάρτυρος.

**Αναστάσιμο Απολυτίκιον Ἦχος Δ**

Τὸ φαιδρὸν τῆς Αναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.

**Απολυτίκιον της Θεοτόκου**

Σώσον Κύριε τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς Βασιλεύσι κατὰ βαρβάρων δωρούμενος καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

**Απολύτίκιον Ἀγίων Κωνσταντίνου καὶ Ἐλένης**

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλήσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεῦσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσαν πόλιν τῇ χειρὶ σου παρέθετο ἦν περισώζε διὰ παντὸς ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

**Απολυτίκιον Ἀγίου Νικολάου**

Κανόνα πίστεως καὶ εἰκόνα πραότητος, ἐγκρατείας Διδάσκαλον, ἀνέδειξέ σε τῇ ποιμνῇ σου, ἢ τῶν πραγμάτων ἀλήθεια· διὰ τοῦτο ἐκτήσω τῇ ταπεινώσει τὰ ὑψηλά, τῇ πτωχείᾳ τὰ πλούσια, Πάτερ Ἱεράρχα Νικόλαε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

**Κοντάκιον**

Ο υψωθείς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπινύμῳ σου καινῇ πολιτείᾳ, τοὺς οἰκτιρομῶν σου δώρησαι, Χριστέ ὁ Θεός, Εὐφρανὸν ἐν τῇ δυνάμει σου, τοὺς πιστοὺς Βασιλεῖς ἡμῶν, νίκας χορηγῶν αυτοῖς, κατὰ τῶν πολεμίων, τὴν συμμαχίαν ἔχοιεν τὴν σὴν, ὄπλον εἰρήνης, ἀήττητον τρόπαιον.

**Sunday: Sunday after Holy Cross.** Eumenius the Wonderworker, Bishop of Gortynia. Ariadne the Martyr.

**Resurrectional Apolytikion Fourth Tone**

Having learned the joyful proclamation of the Resurrection from the Angel, and having cast off the ancestral condemnation, the women disciples of the Lord spake to the Apostles exultantly: Death is despoiled and Christ God is risen, granting great mercy to the world.

**Apolytikion of the Cross**

Lord, save Your people and bless Your inheritance, granting our rulers to prevail over adversaries, and protecting Your commonwealth by Your Cross.

**Apolytikion of Sts. Constantine and Helen**

Having seen the image of Thy Cross in Heaven, and like Paul, having received the call not from men, Thine apostle among kings entrusted the commonwealth to Thy hand, O Lord. Keep us always in peace, by the intercessions of the Theotokos, O only Friend of man.

**Apolytikion of St. Nicholas**

The truth of things hath revealed thee to thy flock as a rule of faith, an icon of meekness, and a teacher of temperance; for this cause, thou hast achieved the heights by humility, riches by poverty. O Father and Hierarch Nicholas, intercede with Christ God that our souls be saved.

**Seasonal Kontakion**

Lifted up on the Cross by Your free will, Christ God, grant mercies to the new commonwealth that bears Your name. Gladden our faithful rulers by Your power, giving them victories over their adversaries. May Your alliance be for them a weapon for peace, an invincible standard.

Ὡς ἐμεγαλύνθη τὰ ἔργα σου Κύριε, πάντα ἐν σοφίᾳ ἐποίησας.

Στίχ. Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον.

### **Πρὸς Γαλάτας 2:16-20**

Ἀδελφοί, εἰδότες ὅτι οὐ δικαιοῦται ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπιστεῦσαμεν, ἵνα δικαιωθῶμεν ἐκ πίστεως Χριστοῦ, καὶ οὐκ ἐξ ἔργων νόμου· διότι οὐ δικαιωθήσεται ἐξ ἔργων νόμου πᾶσα σὰρξ. Εἰ δέ, ζητοῦντες δικαιωθῆναι ἐν Χριστῷ, εὐρέθημεν καὶ αὐτοὶ ἁμαρτωλοί, ἄρα Χριστὸς ἁμαρτίας διάκονος; Μὴ γένοιτο. Εἰ γὰρ ἂ κατέλυσα, ταῦτα πάλιν οἰκοδομῶ, παραβάτην ἑμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον, ἵνα θεῷ ζήσω. Χριστῷ συνεσταύρωμαι. ζῶ δέ, οὐκέτι ἐγώ, ζῆ δὲ ἐν ἐμοὶ Χριστός· ὁ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῆ τοῦ υἱοῦ τοῦ θεοῦ, τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.

O Lord, how manifold are your works. You have made all things in wisdom.

Verse: Bless the Lord, O my soul.

### **St. Paul's Letter to the Galatians 2:16-20**

BRETHREN, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

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### **Κατὰ Μάρκον 8:34-38, 9:1**

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἐλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλη τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῆ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῆ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἵτινες οὐ μὴ γεύσωνται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

### **The Gospel according to Mark 8:34-38; 9:1**

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

## Σημαντικές Ημερομηνίες

### Σήμερα

Μπάρμπεκιου για όλη τη κοινότητα στο χώρο στάθμευσης της εκκλησίας μετά τη Θεία Λειτουργία

3 Δεκεμβρίου- Ετήσια χοροεσπερίδα της κοινότητας στο Dyker Beach Golf Course.

### Κυριακάτικο Ωράριο

Όρθρος 8:15πμ

Θεία Λειτουργία 9:30πμ

## Important Dates

### Today

Community Barbeque in the church parking lot after the Divine Liturgy

December 3– Annual Dinner Dance of our Community at the Dyker Beach Golf Course

### Sunday Hours

Orthros 8:15am

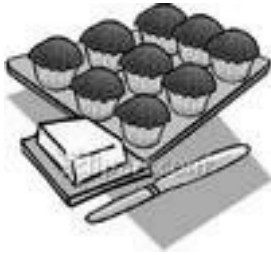
Divine Liturgy 9:30am

## **GENUINE FORGIVENESS – SAINT JOHN CHRYSOSTOM**

Do you want to learn the meaning of the virtue? God gives the following commandment to people: “Let none of you imagine evil against his brother in your heart,” and “Let none of you imagine evil in your hearts against his neighbour.” Do you see? He doesn’t just say “forgive the evil of the other person,” but “Don’t even have it in your thoughts; don’t ponder it. Set aside all wrath; make the wound disappear.” You think, of course, that by vengeance you are punishing the one who harmed you. Whereas in fact, you yourself have installed anger within yourself as a torturer, and thus you rip apart your own innards. Have you been treated very unjustly and been deprived of much because of someone else? Have you been slandered and damaged in very serious matters, and so you want to see your brother punished? Even here it is useful to forgive him. For if you desire to avenge him yourself and attack him—either with your words or with your actions or through a curse—not only will God not take action against him (since you yourself have assumed the responsibility of punishing him) but also He will punish you for fighting against God. Leave things to God. He will take care of things much better than you yourself can. To you he simply gave the commandment to pray for the person who has grieved you. Have you argued with someone and hold ill will towards him? Don’t approach Holy Communion! Do you want to approach? First reconcile yourself with him, and then come near the Blameless Mysteries! It is not I who say these things but the Lord Himself. In order to be reconciled with the Father, he refused neither to be slaughtered nor to shed His blood. As for you, in order to be reconciled with your fellow man, do you not consent to utter a single word? And you hesitate to run first? Listen to what He says about those who keep this stance: “If thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; leave there thy gift before the altar, and go thy way; first be reconciled to thy brother” (Mt. 5:23–24). If you see a member of your body cut off, won’t you do everything you can to reunite it with your body? Do the same thing with your brothers. When you see that they have been cut off from your love, run quickly and gather them together. Don’t wait for them to come; you should hurry to win the trophy first! We have been ordered to have only one enemy—the devil. Only with him should you never be reconciled. Towards your brother, however, never have a heavy heart. And even if something petty happens, let it pass; do not let it last longer than a day. “Let not the sun go down upon your wrath” (Eph. 4:26). “Forgive us our trespasses as we forgive them that trespass against us” (Mt. 6:12). Do you see? God made you yourself the judge who forgives your own sins. If you forgive other people few things, few of your own will be forgiven. If you forgive many things, many of your own will be forgiven. If you forgive them with sincerity and with your whole heart, God will forgive yours in the same manner. If after forgiving you make your enemy into your friend, thus will God also be disposed towards you. So what punishment doesn’t he deserve who is unwilling to lose 100 pennies in order to receive ten thousand gold coins? Neither does he forgive the small things, and thus the words of his prayer turn against him. For when you say to God, “Forgive us as we also forgive our enemies,” and then you don’t forgive, you are asking God for nothing but to deprive you of every apology and forgiveness.”

# Sts. Constantine & Helen Cathedral

## JOY Bake Night



Bring your baking skills to  
the Cathedral!

**Friday, September 30**  
**5-7pm**



Dinner will be Served!  
Come and bake treats for our  
upcoming Bake Sale on Sunday September 25th, 2016.



## JOY Bake Sale

on

## Sunday, October 2

Following the Divine Liturgy

All Proceeds will support IOCC humanitarian relief efforts to  
alleviate the refugee crisis in the Middle East!

This Way  
to  
the  
**FUN**



JOIN US at our annual  
Sts. Constantine and Helen  
Philoptochos Society  
Fall Luncheon  
Sunday, September 25, 2016

Rex Manor

12-4

Tickets

18 and over \$65.00

17 and Under \$40.00



# CHINESE AUCTION

## BIRTHDAY BOARD

## SCAVENGER HUNT

A Small Sneak Peak of our Wonderful Prizes/Auctioned Items...

Cocktail Party for 10 at Thalassa Restaurant

Big Screen TV

Designer Bag

Keurig Coffee Maker

Call our church office at 718-624-0595 for Reservations