

# Greek Orthodox Cathedral of

## Saint Paul

110 Cathedral Avenue  
Hempstead, New York 11550

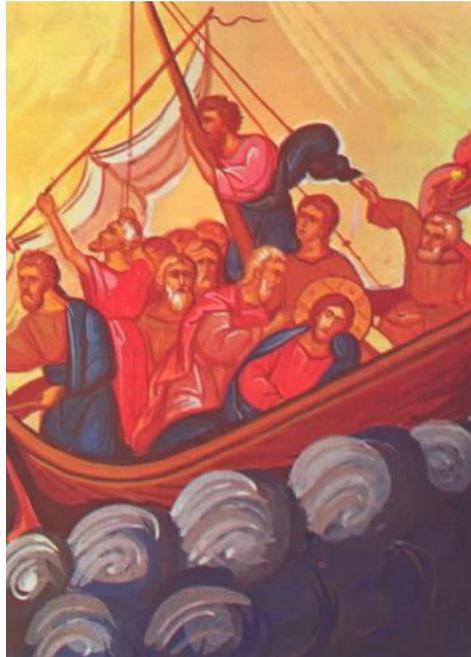
Tel/Fax: 516-483-5700

Website: [www.stpaulhempstead.org](http://www.stpaulhempstead.org)

Father Christopher Constantinides

Father Constantin Ursache

Deacon Mathew Kakis



**August 9, 2020  
Christ is in our Midst!  
He was, is and always shall be!**



# SUNDAY BULLETIN

<b>Today's Schedule:</b>	Orthros Divine Liturgy	8:15 a.m. 9:30 a.m.	<b>August 9, 2020</b>
<b>Memorials:</b>	Angeliki Margaritis (40 day), John Mortsakis (1 year), Stephen J. Kourepinos (4 year), Paul Couluris (5 year).		
<b>Artoclasia:</b>	Donated to the greater glory of God for the continued good health of Panayioti Constantine by his loving parents Peter & Tina Marchelos.		
<b>Shrine Flowers:</b>	Donated to the greater glory of God in loving memory of Eleftheria "Libby" Ginis by her loving parents Jim & Irene.		
<b>Altar Flowers:</b>	Donated to the greater glory of God in loving memory of Stephen J. Kourepinos by his loving wife Antonia.		
<b>Prosforo:</b>	Donated to the greater glory of God in loving memory of Eleftheria "Libby" Ginis by her loving parents Jim & Irene.		
<b>Communion Wine:</b>	Donated to the greater glory of God in loving memory of Stephen J. Kourepinos by his loving children Joanne & Kenneth and granddaughter Sydney Adams.		
<b>Services:</b>	<p><b>Monday, August 10</b> Paraklesis 6:00 p.m.</p> <p><b>Tuesday, August 11</b> Paraklesis 6:00 p.m.</p> <p><b>Wednesday, August 12</b> Paraklesis 6:00 p.m.</p> <p><b>Thursday, August 13</b> Paraklesis 6:00 p.m.</p> <p><b>Friday, August 14 - Dormition of the Theotokos -</b> Great Vespers at Cathedral of St Paul 6:00 p.m. Great Vespers at Panaghia of Island Park 7:00 p.m.</p> <p><b>Saturday, August 15 - Dormition of the Theotokos</b> Orthros 8:30 a.m. Divine Liturgy 9:30 a.m.</p> <p><b>Sunday, August 16</b> Orthros 8:15 a.m. Divine Liturgy 9:30 a.m.</p>		

## *GALA SWEEPSTAKES UPDATE*

New date for the Gala Sweepstakes main drawing is Sunday November 8th. Early Bird drawings for a chance to win \$1,000 will be held on Sunday October 18th, Sunday October 25th and Sunday November 1st. Raffle tickets can be purchased from any Parish Council member, via church website (stpaulhempstead.org) or from the Cathedral office.

## Απολυτίκιον Ἀναστάσιμον. Ἦχος πλ. δ'.

Ἐξ ὕψους κατήλθες ὁ εὐσπλαγχνος, ταφήν κατεδέξω τριήμερον, ἵνα ἡμᾶς ἐλευθερώσης τῶν παθῶν. Ἡ ζωὴ καὶ ἡ Ἀνάστασις ἡμῶν, Κύριε δόξα σοι.

## Απολυτίκιον τῆς Ἑορτῆς. Ἦχος βαρύς.

Μετεμορφώθης ἐν τῷ ὄρει Χριστὲ ὁ Θεός, δείξας τοῖς Μαθηταῖς σου τὴν δόξαν σου, καθὼς ἤδυναντο. Λάμπων καὶ ἡμῖν τοῖς ἀμαρτωλοῖς, τὸ φῶς σου τὸ αἰδίων, πρεσβείαις τῆς Θεοτόκου, φωτόδοτα δόξα σοι.

## Κοντάκιον Μνημόσυνον

Μνήσθητι Κύριε, ὡς ἀγαθὸς τῶν δούλων σου, καὶ ὅσα ἐν βίῳ ἤμαρτον συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ Σὺ ὁ δυνάμενος, καὶ τοῖς μετασταῖσι δοῦναι τὴν ἀνάπαυσιν.

## Απολυτίκιον τοῦ Ἀποστόλου Παύλου

Ἐθνῶν σε κήρυκα καὶ φωστῆρα τρισμέγιστον, Ἀθηναίων διδάσκαλον, Οἰκουμένης ἀγλαΐσμα, εὐφροσύνως γεραίρομεν· τοὺς ἀγῶνας τιμῶμεν καὶ τὰς βασάνους διὰ Χριστόν τὸ σεπτὸν σου μαρτύριον. Ἄγιε Παῦλε Ἀπόστολε, πρέσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

## Κοντάκιον. Ἦχος βαρύς.

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.

## Resurrectional Apolytikion. Mode pl. 4.

You descended from on high, O compassionate One, and condescended to be buried for three days, so that from the passions You might set us free. Our life and resurrection, O Lord, glory be to You.

## Apolytikion of the Feast. Grave Mode.

You were transfigured upon the mountain, O Christ our God, showing to Your disciples Your glory as much as they could bear. Do also in us, sinners though we may be, shine Your everlasting light, by the intercessions of the Theotokos, O Giver of light. Glory to You.

## Kontakion For the Departed

Remember, O Lord as You are good, Your Servants and forgive whatever sin they have committed in life, for no one is without sin but You the mighty One; and grant rest to those who have been removed from among us.

## Apolytikion of the Apostle Paul

We joyfully praise you, the Herald of the Nations, thrice great illuminary, teacher of the Athenians and ornament of the world. We honor the struggles, tortures for Christ and your august martyrdom. O Holy Apostle Paul, intercede to Christ God to save our souls.

## Kontakion Grave Mode.

Upon the mountain were You transfigured, and Your disciples beheld Your glory as far as they were able, O Christ our God; so that when they would see You crucified they might understand that Your Passion was deliberate, and declare to the world that in truth You are the Father's radiance.

## Saints for the Week

**Sunday, August 9** - The Holy Apostle Matthias, Anthony the Martyr of Alexandria

**Monday, August 10** - Laurence the Holy Martyr & Archdeacon of Rome, Chitus of Athens, Bishop of Rome

**Tuesday, August 11** - Euplus the Holy Martyr & Archdeacon of Carthania, Our Holy Father Niphonus, Patriarch of Constantinople

**Wednesday, August 12** - Afterfeast of the Transfiguration of our Lord & Savior Jesus Christ, The Holy Martyr Photius and Anicetus of Nicomedia

**Thursday, August 13** - Apodosis of the Transfiguration, Maximus the Confessor

**Friday, August 14** - Forefeast of the Dormition of our Most Holy Lady the Theotokos & Ever Virgin Mary, The Holy Prophet Michaias (Micah)

**Saturday, August 15** - The Dormition of our Most Holy Lady the Theotokos & Ever Virgin Mary

## Προκείμενον. Ἦχος πλ. δ'. ΨΑΛΜΟΙ 75.11,1

Εὐξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.

Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

## Πρὸς Κορινθίους α' 3:9-17 τὸ ἀνάγνωσμα

Ἀδελφοί, Θεοῦ γὰρ ἐσμεν συνεργοί· θεοῦ γεώργιον, θεοῦ οἰκοδομή ἐστε. Κατὰ τὴν χάριν τοῦ θεοῦ τὴν δοθεῖσάν μοι, ὡς σοφὸς ἀρχιτέκτων θεμέλιον τέθεικα, ἄλλος δὲ ἐποικοδομεῖ. Ἐκαστος δὲ βλέπετω πῶς ἐποικοδομεῖ. Θεμέλιον γὰρ ἄλλον οὐδεὶς δύναται θεῖναι παρὰ τὸν κείμενον, ὅς ἐστιν Ἰησοῦς Χριστός. Εἰ δέ τις ἐποικοδομεῖ ἐπὶ τὸν θεμέλιον τοῦτον χρυσόν, ἄργυρον, λίθους τιμίους, ξύλα, χόρτον, καλάμην, ἐκάστου τὸ ἔργον φανερόν γενήσεται· ἡ γὰρ ἡμέρα δηλώσει, ὅτι ἐν πυρὶ ἀποκαλύπτεται· καὶ ἐκάστου τὸ ἔργον ὁποῖόν ἐστιν τὸ πῦρ δοκιμάσει. Εἴ τις τὸ ἔργον μένει ὁ ἐποικοδόμησεν, μισθὸν λήψεται. Εἴ τις τὸ ἔργον κατακαήσεται, ζημιωθήσεται· αὐτὸς δὲ σωθήσεται, οὕτως δὲ ὡς διὰ πυρός. Οὐκ οἴδατε ὅτι ναὸς θεοῦ ἐστε, καὶ τὸ πνεῦμα τοῦ θεοῦ οἰκεῖ ἐν ὑμῖν; Εἴ τις τὸν ναὸν τοῦ θεοῦ φθειρεῖ, φθερεῖ τοῦτον ὁ θεός· ὁ γὰρ ναὸς τοῦ θεοῦ ἅγιός ἐστιν, οἵτινές ἐστε ὑμεῖς.

## Ἐκ τοῦ Κατὰ Ματθαῖον 14:22-34 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἠνάγκασεν ὁ Ἰησοῦς τοὺς μαθητὰς ἐμβῆναι εἰς τὸ πλοῖον καὶ προάγειν αὐτὸν εἰς τὸ πέραν, ἕως οὗ ἀπολύσῃ τοὺς ὄχλους. Καὶ ἀπολύσας τοὺς ὄχλους ἀνέβη εἰς τὸ ὄρος κατ' ἰδίαν προσεύξασθαι. ὀψίας δὲ γενομένης μόνος ἦν ἐκεῖ. Τὸ δὲ πλοῖον ἤδη σταδίους πολλοὺς ἀπὸ τῆς γῆς ἀπείχεν, βασανιζόμενον ὑπὸ τῶν κυμάτων, ἦν γὰρ ἐναντίος ὁ ἄνεμος. Τετάρτη δὲ φυλακῆ τῆς νυκτὸς ἦλθεν πρὸς αὐτοὺς περιπατῶν ἐπὶ τὴν θάλασσαν. Οἱ δὲ μαθηταὶ ἰδόντες αὐτὸν ἐπὶ τῆς θαλάσσης περιπατοῦντα ἐταράχθησαν λέγοντες ὅτι Φάντασμα ἐστίν, καὶ ἀπὸ τοῦ φόβου ἔκραξαν. Εὐθὺς δὲ ἐλάλησεν [ὁ Ἰησοῦς] αὐτοῖς λέγων, Θαρσεῖτε, ἐγὼ εἰμι· μὴ φοβεῖσθε. Ἀποκριθεὶς δὲ αὐτῷ ὁ Πέτρος εἶπεν, Κύριε, εἰ σὺ εἶ, κέλευσόν με ἐλθεῖν πρὸς σὲ ἐπὶ τὰ ὕδατα· ὁ δὲ εἶπεν, Ἐλθέ. καὶ καταβὰς ἀπὸ τοῦ πλοίου ὁ Πέτρος περιεπάτησεν ἐπὶ τὰ ὕδατα καὶ ἦλθεν πρὸς τὸν Ἰησοῦν. Βλέπων δὲ τὸν ἄνεμον ἐφοβήθη, καὶ ἀρξάμενος καταποντίζεσθαι ἔκραξεν λέγων, Κύριε, σῶσόν με. Εὐθέως δὲ ὁ Ἰησοῦς ἐκτείνας τὴν χεῖρα ἐπελάβετο αὐτοῦ καὶ λέγει αὐτῷ, Ὁλιγόπιστε, εἰς τί ἐδίστας; καὶ ἀναβάντων αὐτῶν εἰς τὸ πλοῖον ἐκόπασεν ὁ ἄνεμος. Οἱ δὲ ἐν τῷ πλοίῳ προσεκύνησαν αὐτῷ λέγοντες, Ἀληθῶς Θεοῦ υἱὸς εἶ. Καὶ διαπεράσαντες ἦλθον ἐπὶ τὴν γῆν εἰς Γεννησαρέτ.

## **Prokeimenon. Mode Plagal 4. Psalm 75.11,1**

*Make your vows to the Lord our God and perform them.*

*Verse: God is known in Judah; his name is great in Israel.*

## **The reading is from St. Paul's First Letter to the Corinthians 3:9-17**

Brethren, we are God's fellow workers; you are God's field, God's building. According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it. Let each man take care how he builds upon it. For no other foundation can any one lay than that which is laid, which is Jesus Christ. Now if any one builds on the foundation with gold, silver, precious stones, wood, hay, straw - each man's work will become manifest; for the Day will disclose it, because it will be revealed with fire, and the fire will test what sort of work each one has done. If the work which any man has built on the foundation survives, he will receive a reward. If any man's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire. Do you not know that you are God's temple and that God's Spirit dwells in you? If any one destroys God's temple, God will destroy him. For God's temple is holy, and that temple you are.

## **The Gospel According to Matthew 14:22-34**

At that time, Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up into the hills by himself to pray. When evening came, he was there alone, but the boat by this time was many furlongs distant from the land, beaten by the waves; for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out for fear. But immediately he spoke to them, saying "Take heart, it is I; have no fear." And Peter answered him, "Lord, if it is you, bid me come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus; but when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and caught him, saying to him, "O man of little faith, why did you doubt?" And when they entered the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God." And when they had crossed over, they came to land at Gennesaret.

## *Pascha in August? The Great Feast of Dormition*

In springtime, we celebrate the great feast of Christ's Resurrection. You might call that special day Easter, or you might call it Pascha. Pascha means "passing over". We remember how our Lord, Jesus Christ, "passed over" death to life again. We know that our Lord is living, watching over us still.

We celebrate another Pascha too, and we celebrate it this week! This feastday is called the Dormition, and some people call it another Pascha, because God's mother, the Theotokos, "passed over" death into life. We know that the Theotokos is living too, and she is watching over us too!

Orthodox Christians celebrate this day in a big way! Pascha in April is a celebration, but this is a celebration too. God gave us life when He rose from the dead, but Mary gave us life too when she gave baby Jesus life. So, we have to celebrate!

All through the first half of August we have been praying to the Theotokos, and we ask her to "save us". We can always ask her for help, especially in getting close to her son, Jesus Christ. After all, she was the closest person to Him! This week, let's celebrate this other Pascha, and thank the Theotokos for her help.

## *The Children's Word Building the Foundation*

Have you ever tried to build something together with a friend or with a brother or sister? A sand castle? A Lego construction? A fort out in the woods? When you build something, you know you have to start off the right way, or else it might not work!

In today's epistle reading, Saint Paul tells us the same thing. Saint Paul wanted to help build something really great, the Church of Christ! He writes, "According to the grace of God given to me, like a skilled master builder I laid a foundation, and another man is building upon it...No other foundation can anyone lay than that which is laid, which Jesus Christ."

As Christians, we want to start off the right way. And thank God, we have lots of people to help us build the foundation the right way. Your parents teach you about God and His love. Your godparents baptized you so you could follow Christ. Your priest teaches you and gives you the sacraments. Your church school teachers teach you about His Church. Camp counselors and other friends in your church help lead you to Christ too.

All of these people are builders too, and they are helping you build the right foundation inside you, "which is Jesus Christ". Thank God for your builder!

## *Coronavirus Prayer for God's Intervention and Protection*

Almighty God, our Heavenly Father, the Source of life and Fountain of all good things, We come before you asking your mercy on us to halt the spread of the coronavirus.

We pray for those already infected with coronavirus that they may receive prompt, effective and compassionate medical care that will restore them to health.

We pray your protection and grace for all medical professionals who are courageously treating those infected with coronavirus. May they be shielded, strengthened and guided as they administer healing treatments and care.

We pray your protection over those most vulnerable to disease, for our babies, our children, our elders, our poor, disabled and those weakened by other health conditions.

We pray for those under quarantine that they might be comforted by your presence and protected from disease, anxiety and fear. We pray for our public healthcare leaders and government agencies that they might be informed and well prepared as they deal with the coronavirus. Grant them the resources and manpower they need to use their wisdom in the best interest of public health.

We pray for the researchers who are tracking the course of the coronavirus. May they uncover patterns that will help us understand how to stay healthy.

We pray for those searching for treatments, cures and vaccines. May you guide them, reveal new ideas and accelerate their discoveries to fight this disease.

We pray for the communities, areas and countries hardest hit by coronavirus. Restore their sense of wellbeing and community. Sustain them, comfort them and give them hope.

We pray for all whose lives are disrupted by the coronavirus. We pray for families who have been separated and for those whose livelihoods have been jeopardized. We look to you, Oh God, praying that the spread of the coronavirus will be halted and that many lives might be spared.

We pray that through this crisis you may draw us closer to you, grow our compassion and increase our knowledge.

Thank you that you are the Great Physician who not only heals us but who is a very present help in our time of need as the Bible tells us that you "Took up all our infirmities and carried our diseases." (Matthew 8 :17 NIV)

O Lord, and we give thanks to You, the Father, the Son, and the Holy Spirit, now and forever, and unto ages of ages. Amen

## *Stewardship 2020*

Our Stewardship commitment is a pledge to be faithful to both Holy Scripture and Holy Tradition. Stewardship is how we pass the gift of faith in Jesus Christ to the next generation. As a Steward we give our love, loyalty and trust and act on those beliefs. During these very difficult and trying times we want to thank you for your continued support of the Cathedral of St. Paul. As of July 31st, 524 families have pledged \$412,637 towards our goal of 100 percent stewardship. **We are the Church, Be a Steward today!**

## PARISH COUNCIL EXECUTIVE COMMITTEE

REV. FR. CHRISTOPHER CONSTANTINIDES _____	Presiding Priest
GEORGE P. MARINOS _____	President
FRAN LUTFY, Esq _____	Vice-President
CAROL DEPIETTO _____	Secretary
GEORGE VASILAKIS _____	Treasurer
NIKO KONTOLEON _____	Financial Secretary
LOUIS YEOSTROS _____	Financial Secretary
HARRY RAPTAKIS, Esq _____	Legal Counsel
GEORGE A. VORKAS _____	Past President
ANTHONY P. VACCARI _____	Past President
WILLIAM J. LEMBO _____	Past President

ALTAR BOYS	Louis Yeostros	516 358-5373
AHEPA	Anastasios Stampolis	516 468-5472
ARTS & CRAFTS CLASS	Eleni Pitzel	516 728-2764
BOY SCOUTS	Dr. Dean Cherpelis	516 326-9626
BLOOD BANK	Erika Palmer	917 968-8314
CHOIR	Adrienne Borbely	516 481-9333
JR. CHOIR	Virginia Theodoropoulos	516 328-1637
CUB SCOUTS	Dora Ciar	917 579-0726
	Anna Papangelopoulos	516 851-4868
DAUGHTERS OF PENELOPE	Katerina Englezos	516 234-9678
GRIEF & BEREAVEMENT	Anna Dounelis	516 752-0875
GIRL SCOUTS	Tina Vasilakis	516 746-2540
GREEK SCHOOL PRINCIPAL	Mary Vlogianitis	516 902-8194
GREEK SCHOOL PTA	Denise Ioannou	516 551-4729
GREEK DANCE PROGRAM	Dora Themelis	516 354-8960
HOMEBOUND	Joan Prieston	516 825-3420
LACONIAN ASSOC.	Theodore Lakis	516 483-8261
LIACA	Soteroulla Constantinou	516 783-9036
MAIDS OF ATHENA	Theodora Stamoulis	516 574-1870
NURSERY SCHOOL	James Rigano	631 921-2988
OUTREACH	James Versocki	917 833-7739
RECIPE CLUB	Kathy Boulukos	516 868-4092
ST. ANNA'S PHILOPTOCHOS	Kelly Haass	516 410-8402
SONS OF PERICLES	Georgios P. Cosmas	516 974-4297
SUNDAY SCHOOL	Andrea Potaris	516 312-3936
TUESDAY LADIES	Irene Pierides	516 593-2016
YOUNG AT HEART	Athena Kallinikos	516 353-1170
YOUTH PROGRAMS & ATHLETICS	Aris Papangelopoulos	516 456-7711
Little Angels (40 days-4 years)	Lisa Demas	516 655-3911
	Jeannie Anderson	516 382-4655
HOPE (Ages 4-6)	Diana Lagonikos	516 451-1335
	Fay Lagonikos	516 451-6868
JOY (Ages 7-12)	Cally Dunnigan	516 481-4764
	Angelica Makrinos	917 488-3089
	Erika Palmer	917 968-8314
	Maria Vorkas	516 524-0246
Junior GOYA (Ages 11-13)	Haroula Kitsos	646 207-1868
GOYA (Ages 13-18)	Kay Georgopalis	516 921-0440
	Tina Vasilakis	516 746-2540
	Maria Papachristos	917 628-8513
YOUNG ADULT MINISTRIES	Danielle Xanthos	631 882-1829