

COMMUNION PRAYERS

I believe, O Lord, and I confess that You are truly the Christ, the Son of the Living God, Who came into the world to save sinners, of whom I am chief. Furthermore, I believe that This is indeed Your immaculate Body and This is indeed Your precious Blood. Wherefore, I pray to You: Have mercy on me and forgive my transgressions, voluntary and involuntary, in word and deed, in knowledge and in ignorance. And make me worthy that, without condemnation, I may partake of Your immaculate Mysteries unto the remission of sins and unto life everlasting. Amen.

Behold, I approach Divine Communion; O Maker, burn me not as I partake, For Fire are You which burns the unworthy. But purify me of every stain.

Of Your Mystic Supper, O Son of God, receive me today as a communicant; for I will not speak of the Mystery to Your enemies; nor will I give You a kiss as did Judas; but like the thief do I confess to You: Remember me, O Lord, in Your Kingdom.

Tremble, O man, as you behold the deifying Blood, for it is a burning coal consuming the unworthy. The Body of God deifies and nourishes me; it deifies the spirit and wondrously nourishes the mind.

You have smitten me with yearning, O Christ, and by Your divine love You changed me. But with Your immaterial fire, consume my sins and count me worthy to be filled with delight in You, that leaping for joy, O Good One, I may magnify Your two comings.

Into the splendor of Your Saints how shall I, the unworthy one, enter? For should I dare to enter the bridal chamber, my vesture betrays me, for it is not a wedding garment; and as one bound, I shall be cast out by the Angels. Cleanse, O Lord, the defilement of my soul, and save me, since You are the Friend of man.

Master, Who loves mankind, Lord Jesus Christ my God, let not these holy Gifts be for judgment through my unworthiness, but for the purification and sanctification of both soul and body, and as an earnest of the life and the kingdom to come. For it is good for me to cleave unto God and to place in the Lord the hope of my salvation.

Of Your Mystic Supper, O Son of God, receive me today as a communicant; for I will not speak of the Mystery to Your enemies; nor will I give You a kiss as did Judas; but like the thief do I confess to You: Remember me, O Lord, in Your Kingdom.

ECUMENICAL PATRIARCHATE
ORTHODOX METROPOLITANATE OF HONG KONG AND SOUTHEAST ASIA
ORTHODOX CATHEDRAL OF Saint LUKE THE EVANGELIST



SUNDAY BULLETIN

March 1, 2009, Sunday of Forgiveness
Fourth Sunday of Tridion

THE HYMNS OF THE DAY

The Resurrectional Apolytikion (Mode 4)

When the women Disciples of the Lord * had learned from the Angel the joyful message of the Resurrection* and had rejected the ancestral decision,* they cried aloud to the Apostles triumphantly:* Death has been despoiled, Christ God has risen,* granting His great mercy to the world.

Apolytikion of Saint Eudokia the Martyr of Heliopolis (Mode pl 4)

In thee the image was preserved with exactness, O Mother; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it is immortal. Wherefore, O righteous Eudokia, thy spirit rejoiceth with the Angels.

Apolytikion of St. Luke (Mode 3)

O holy Apostle and Evangelist Luke, intercede with our merciful God, to grant to our souls remission of faults.

Kontakion of the Sunday of Forgiveness

O Master, Guide to wisdom, Giver of prudent counsel, Instructor of the foolish and Champion of the poor, make firm my heart and grant it understanding. O Word of the Father, give me words, for see, I shall not stop my lips from crying out to Thee: I am fallen, in Thy compassion have mercy on me.

The Apostolic Reading

The Reader: Make a vow unto the Lord our God and keep it.

The Clergy: *Let us be attentive.*

The Reader: In Judah is God Known: His name is great in Israel.

The Clergy: *Wisdom.*

The Reader: The Reading is from St. Paul's Letter to the Romans.
(13:11-14, 14:1-4).

The Clergy: *Let us be attentive.*

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

The Clergy: Peace be with you, the Reader.

The People: Alleluia (3x)

The Reader: It is good thing to give thanks unto the Lord and to sing praises unto Thy Name, O Most High.

The people: Alleluia (3x)

The Reader: To tell of Thy mercy in the morning and of Thy faithfulness every night.

People: Alleluia (3x).

The Gospel Reading

Sunday of Forgiveness.

The Reading is from Matthew (6:14-21).

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

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Holy Communion is open only to Chrismated Orthodox Christians. If you are a visitor, we hope that you will enjoy worshipping with us. If you would like to know more about the Orthodox Church, our faith and work, do make yourself known to us after the service or call us at the office.