



Sunday March 27, 2016 TONE 2

SECOND SUNDAY OF LENT — Tone 2. St. Gregory Palamas. Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Martyr Matrona of Thessalonica (3rd-4th c.). Martyrs Manuel and Theodosius (304). Ven. John the Clairvoyant, Anchorite, of Egypt (394-395). The “GLYKOPHYLOUSA” and the “AKATHIST” Icons of the Most-holy Theotokos on Mt. Athos.

This Week's Schedule

Wednesday 3/30 Presanctified Liturgy 6:30 p.m.

Friday 4/01 Akathist 7:00 p.m.

Saturday 4/02: Great Vespers 5:00 p.m.

Sunday 4/03: Hours 8:40 a.m. **Divine Liturgy 9:00 a.m.**

followed by Coffee hour & Church School

Reader Schedule

DATE	3 RD HOUR	6 TH HOUR EPISTLE	
Mar-27	CARPENTER	SOUDER, C.	CAREY
Apr-3	SOUDER, C	WALES	WALES
Apr-10	BUNITSKY, S	BUNITSKY, K	PECK
Apr-17	RILEY, J	RILEY, A	RILEY, J
Apr-24	SOUDER, C	SULPIZI, L	CAREY

Hymns and Prayers

Tone 2 Troparion *(Resurrection)*

When You descended to death, O Life Immortal,
You destroyed hell with the splendor of Your Godhead.
And when from the depths You raised the dead,
all the powers of heaven cried out://
“O Giver of life, Christ our God, glory to You!”

Tone 8 Troparion *(St Gregory Palamas)*

O light of Orthodoxy, teacher of the Church, its confirmation,
O ideal of monks and invincible champion of theologians,
O wonderworking Gregory, glory of Thessalonica and preacher of
grace,//
always intercede before the Lord that our souls may be saved!

Tone 4 Kontakion *(from the Lenten Triodion)*

Now is the time for action!
Judgment is at the doors!
So let us rise and fast,
offering alms with tears of compunction and crying:
“Our sins are more in number than the sands of the sea;
but forgive us, O Master of all,//
so that we may receive the incorruptible crowns!”

Tone 8 Kontakion *(St Gregory Palamas)*

Holy and divine instrument of wisdom,
joyful trumpet of theology,
together we sing your praises, O God-inspired Gregory.
Since you now stand before the Original Mind, guide our minds to Him, O Father,//
so that we may sing to you: “Rejoice, preacher of grace!”

Tone 5 Prokeimenon

You, O Lord, shall protect us and preserve us from this generation forever. (*Ps 11/12:7*)

v: Save me, O Lord, for there is no longer any that is godly. (Ps 11/12:1)

Tone 1 Prokeimenon (*for St Gregory*)

My mouth shall speak wisdom, the meditation of my heart shall be
understanding. (*Ps 48/49:3*)

Epistle Hebrews 1:10-2:3

*And: “You, LORD, in the beginning laid the foundation of the earth, And the heavens are the work of Your hands.
They will perish, but You remain; And they will all grow old like a garment;
Like a cloak You will fold them up, And they will be changed. But You are the same, And Your years will not fail.”
But to which of the angels has He ever said: “Sit at My right hand, Till I make Your enemies Your footstool”?
Are they not all ministering spirits sent forth to minister for those who will inherit salvation?
Therefore we must give the more earnest heed to the things we have heard, lest we drift away.
For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just
reward,
how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was
confirmed to us by those who heard Him,*

Hebrews 7:26-8:2 (*St Gregory Palamas*)

*For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become
higher than the heavens;*

who does not need daily, as those high priests, to offer up sacrifices, first for His own sins and then for the people's, for this He did once for all when He offered up Himself.

For the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever.

Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens,

a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

Tone 2

Alleluia, Alleluia, Alleluia!

v: May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you! (Ps 19/20:1)

v: Save the King, O Lord, and hear us on the day we call! (Ps 19/20:9)

Tone 2 (Triodion)

v: The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment. (Ps 36/37:30)

Gospel Mark 2:1-12

And again He entered Capernaum after some days, and it was heard that He was in the house.

Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them.

Then they came to Him, bringing a paralytic who was carried by four men.

And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.

When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you."

And some of the scribes were sitting there and reasoning in their hearts, Why does this Man speak blasphemies like this? Who can forgive sins but God alone?

But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts?"

Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'?

But that you may know that the Son of Man has power on earth to forgive sins – He said to the paralytic,

I say to you, arise, take up your bed, and go to your house.

Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

John 10:9-16 (St Gregory Palamas)

I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep.

But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them.

The hireling flees because he is a hireling and does not care about the sheep.

I am the good shepherd; and I know My sheep, and am known by My own.

As the Father knows Me, even so I know the Father; and I lay down My life for the sheep.

And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

Instead of "It is truly meet ...," we sing the following:)

Hymn to the Theotokos

All of creation rejoices in you, O Full of Grace:

the assembly of Angels and the race of men.

O sanctified temple and spiritual paradise,

the glory of virgins,

from whom God was incarnate and became a Child –

our God before the ages.

He made your body into a throne,

and your womb He made more spacious than the heavens.

All of creation rejoices in you, O Full of Grace.

Glory to you!

Communion Hymns

Praise the Lord from the heavens! Praise Him in the highest! (*Ps 148:1*)

The righteous shall be in everlasting remembrance. He shall not fear evil tidings. (*Ps 111/112:6b-7a*)

Alleluia, Alleluia, Alleluia!

This Week's Announcements

Akathist for the Departed This Friday evening, in honor of our Lenten Memorial Saturdays, will offer the Akathist for the Departed. At the conclusion of the Akathist for the departed we will try and remember by name any and all of the departed connected with St. Michael's. Please see Fr. Barnabas if you have any names of departed that you would like us to remember.

April 16th Cleanup In Preparation for Holy week and Pascha we will have a parish wide cleanup on Saturday April 16 at 9:00 a.m. Please consider coming to help.

Parish Council Meeting just a reminder that our next parish council meeting is Thursday, April 7th at 7:00 p.m.

Many Years to the Clause Family Baby James Phillip was born last Saturday at 9:32pm, weighing 6lbs 15oz, and measuring 20.5 inches long. Mom, Dad, baby and two proud sisters are doing well. May God Bless and Keep them for Many Years!

Check out a Book for Lent We have plenty of reading material available for the Lenten season in our parish library. Please take a look! If you cannot find the materials you are looking for in our parish library please let us know.

Study Group & The Ladder of Divine Ascent During the season of Great Lent Fr. Barnabas will be offering a Study group Thursday mornings at 10 a.m. We will also offer on Friday evenings following the Akathist a study and discussion group on St. John Climacus' "Ladder of Divine Ascent". Please make plans on joining us on Thursday mornings and Friday evening following services.

Presanctified Liturgy On Wednesday evenings we will be celebrating the Presanctified Liturgy. The Liturgy of the Presanctified Gifts comes after a day of spiritual preparation and abstinence. All who plan on participating in Holy Communion for the Presanctified Liturgy who are unable to make the effort of total fasting because of weaknesses or illness, should eat a light lenten meal in the morning or mid morning and begin fasting for communion by noon. Reminder that our Presanctified Liturgy will be followed by a lenten pot luck dinner. All are welcome to come and bring a lenten dish and share in the extra fellowship as we make our journeys together to Pascha.

Lenten Mission Vespers St. Michaels will be hosting a Lenten Mission Vespers on Sunday, April 17th at 4:00 pm. We will need assistance with food preparation, table setup and cleanup. We are planning a simple, limited menu in large quantity, as this is usually a well-attended service. Please contact Alice Morjana at 302.588.5836 or email at alusakm@aol.com to let her know how you can help!

Mission Coin Boxes for OCMC The Orthodox Christian Mission Center annual Mission Coin box program is an excellent opportunity to put our faith in action during the Lenten weeks. Funds raised through the mission coin boxes assist the further growth of ministries that support Christ's Church around the world. In 2015 over \$30,000 were raised through this program. Mission coin boxes will be collected at the end of Lent. Please take a box and consider giving extra this lenten season.

Saints from One Age to Another

April 3 is the feast day of Saint Nicetas the Confessor. He was born in the 8th century in Bithynia (Asia Minor) to a family of dedicated Christians.

His parents were devoted to one another. Nicetas' mother died when he was only a few days old. After that his father decided to enter a monastery, leaving his son to be raised by his grandmother. So even though his father was alive, Nicetas didn't have the chance to grow up with him at home.

One of the readings for this day is Genesis 49: 33 to 50: 26. These verses tell part of the story of Joseph, the favorite son of his father Jacob. Joseph also was deprived of the chance to be with his father. His jealous brothers sold him into slavery, and he wouldn't see Jacob again for many years. The absence of their fathers is one of several parallels between Nicetas and Joseph.

Nicetas' grandmother saw to it that he finished school, but after that he was determined to become a monk. He went to the monastery at Midikion, and spent the next years in prayer and spiritual effort. He made close friends and became an example of holiness to the other monks. Their admiration was so great that when their abbot Nicephorus died, Nicetas was the unanimous choice to be his successor.

Joseph's circumstances were very different from those in which Nicetas lived. But he too gained the respectful admiration of the people around him by being honorable and taking his work seriously. He was bought by an Egyptian named Potiphar, who recognized his ability and "put him in charge of all that he had."

Joseph refused the efforts of Potiphar's wife "day after day" to seduce him, refusing to betray his master and to "do this great wickedness, and sin against God." The result was that she made false accusations against him, and he was put in jail. But even there, he was so admired that the keeper committed all the prisoners to his care.

Saint Nicetas was also unjustly imprisoned, and persecuted for refusing to betray his faith. He would not support the iconoclasts or the corrupt patriarch appointed by the emperor. In prison, like Joseph he encouraged and kept up the spirits of other prisoners.

God gave Saint Nicetas wonderful gifts. He healed physical and mental illnesses, and delivered people from danger through his prayers. When he died, people received healing by touching his body.

Joseph was not a miracle worker. But he was given the gift of forgiveness, and the gift of vision to see God's plan for Israel's future. Reunited with his brothers, Joseph told them that though they had meant to do evil to him, God "meant it for good, to bring it about that many people should be kept alive, as they are today."

Saint Nicetas and Saint Joseph show us, through their similar experiences, that God continues to unfold His plan down through the centuries. Now we are the ones who can use His gifts to carry it forward for those people still to come.

This weekly bulletin insert complements the curriculum published by the Department of Christian Education of the Orthodox Church in America. This and many other Christian Education resources are available at <http://dce.oca.org>.

Prayers for the Departed: *Archpriest John Udics, Archimandrite Athanasy, Michael Churozy, Michael Boosalis, Gregory Telep, Raymond Popovich, Georgia Harb*

Prayers for the Sick and Those in Need: *Fr. Vladimir Petorak, Fr. Joseph Chupeck, Fr. Josef Petranin, Mat Julia Petranin, Mat. Ellen Chupeck, Mat. Jennifer Franchak, Mat. Lisa Weremedic, Lemlem Resat, Harry Wujcik, Alfred Mokhiber, Peter Melnik, Lily Nassif, Agnes Timchak, Olga Riley, Anna Hotrovich, Marie Holo-watch, Marie Karawulan, Barbara Hicks, Maria Current, Anna Herko, Zack Bajuyo, Luke Wales, Nona Carey, Joseph Wojciechowski, Mona Elia, Lydia Kendall, Maria and Doug Dozier, Mary Anne Farrell, Caiton Tompkins, Michael Vannello, Catalina(Mary) & Jeremy (John) Fink, Alma, Mark, Rae, Mat. Joanna*

Prayers for Women and the Children to be Born of Them: *Maria Peck,, Matushka Anastasia Hojnicki*

Service Ministries

Date	<u>Coffee/ Fellowship Hour</u>	<u>Service Duty</u>	<u>Church Cleaners</u>	<u>Library</u>
27-Mar	Najemy/ Kendall	Bunitsky/Lewis	Baldychev/ Shatley	Lewis
3-Apr	Souder/ Riley	Riley	Sulpizi	Gundersen
10-Apr	Kraiter/Cretu/ Vladimirova	Elia/ Morjana	Riley	Farrell
17-Apr	Bacuta	Sulpizi/Fink		Skomorucha
24-Apr	Oberto	Hojnicki/ Souder	Bunitsky/Oberto	Maloney

Last Week's Attendance

03/19 Vespers.....46

03/20 Divine Liturgy.....101