
St. Michael the Archangel Orthodox Church

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Sunday March 15, 2020 SECOND SUNDAY OF LENT

– Tone 6. St. Gregory Palamas. Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Martyrs Agapius, Publius (Pausis), Timolaus, Romulus, two named Dionysius, and two named Alexander, at Cæsarea in Palestine (303). Hieromartyr Alexander of Side, in Pamphylia (270-275). Martyr Nicander of Egypt (ca. 302).

This Week's Schedule

Wednesday 3/18 Presanctified Liturgy 6:30 p.m.

Saturday 3/21 Great Vespers 5:00 p.m.

Sunday 3/22 3rd Sun. of Lent, the Sunday of the Cross

Hours 8:40 a.m. Divine Liturgy 9:00 a.m.

Reader Schedule

<u>DATE</u>	<u>3RD HOUR</u>	<u>6TH HOUR</u>	<u>EPISTLE</u>
Mar-15	DORAZIO	BUNITSKY	CAREY
Mar-22	LEWIS	J PECK	LEWIS
Mar 25	ANNUNCIATION		
Mar-29	RILEY	RILEY	RILEY
Apr-5	SKOMORUCHA	SULPIZI	CAREY

Hymns and Prayers

Tone 6 Troparion

(Resurrection)

The angelic powers were at Your tomb;
the guards became as dead men.
Mary stood by Your grave,
seeking Your most pure body.
You captured hell, not being tempted by it.
You came to the Virgin, granting life.
O Lord, Who rose from the dead, //
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 *(St. Gregory Palamas)*

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 6

Alleluia, Alleluia, Alleluia!

v: He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God. (Ps 90/91:1)

v: He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust." (Ps 90/91:2)

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 Hymn

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

Limited Schedule St. Michael's will be serving a limited schedule. This means that all social and educational gatherings will be put on hold for the next three weeks. As directed by the Archbishop we will be serving only Wednesday Presanctified Liturgy and Saturday & Sunday Vespers and Liturgy. Our coffee hour will also be canceled for the next three weeks to limit social exposure. Please see the enclosed directive from Archbishop Mark.

No Parish Council Meeting The parish council meeting scheduled for today is canceled.

Presanctified Liturgy On Wednesday evenings we will be celebrating the Presanctified Liturgy. The Divine Liturgy is not celebrated in the Orthodox Church on Lenten weekdays however, in order for the faithful to sustain their Lenten effort by participation in Holy Communion, the Liturgy of the Presanctified Gifts is served. This Liturgy is called Presanctified, since the Holy Gifts are presanctified (or consecrated) on the previous Sunday. This is an evening Liturgy consisting of Vespers, followed by a portion of the full Liturgy. The Liturgy of the Presanctified Gifts comes after a day of spiritual preparation and total 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.

Confession Opportunities during Lent There will be lots of added opportunities for confessions during the Lenten season. Confession will be available prior to Presanctified Liturgy on Wednesday's from 5:30 p.m. until 6:30 p.m.

Liturgy of St. Basil the Great On Sundays during the Lenten season we may notice that the Divine Liturgy is a little different. This is because we celebrate the longer Liturgy of St Basil the Great. In the 4th century Church the liturgy of St. Basil was celebrated every Sunday and feast day of the whole year. It was the official Eucharistic Liturgy to be celebrated on a regular basis throughout the year. Some say that the celebrating of Saint Basil's liturgy still being done during Lent is because of the conservative liturgical character of Lent. And since it is the intention of the Church to dedicate more time to prayer during Lent, that it is a good opportunity to teach the faithful dogma by offering for their hearing and singing the profound and all-embracing theological elucidations of the Basilian Liturgy. It is also said that it served during lent because of its expressively doctrinal and educational character. Listen and you will hear the wisdom and beauty of this liturgy on the Sunday's of Great Lent. Handouts will be available.

Wisdom from the Holy Fathers

It is joyful to feel that we do not and cannot have any enemies among men, but only unhappy brethren, who are deserving of pity and help, even when, through misunderstanding, they become our enemies and fight against us. Woe! They do not understand that the enemy is found within ourselves, and that first of all one must cast him out of oneself, and then also help others to do the same. We have only one enemy: the devil and his evil spirits. But man, no matter how far he has fallen, never loses certain sparks of light and goodness which may be blown into a bright flame. But for us there is no reason to fight against people, even when they consistently send against all kind of blows and rebukes ... To fight against people is to take a false position of our enemies. Even if we succeed, we gain nothing from this fight, but rather become estranged from our own success.

(Martyr Roman Medved, Letter to His Daughter from the Gulag, 1932).

"Every day you provide your bodies with good to keep them from failing. In the same way your good works should be the daily nourishment of your hearts. Your bodies are fed with food and your spirits with good works. You aren't to deny your soul, which is going to live forever, what you grant to your body, which is going to die."

St Gregory the Great

Prayers for the Departed: Fr. Jozef Petranin, Peter Melnik, Michael Sinovich, David Rex, Lubov Baldychev

Prayers for the Sick and Those in Need: Fr. John Zabinko, Fr. Joseph Chupeck, Fr. Daniel Kovalak, Fr. John Nightingale, Mat. Ellen Chupeck, Lemlem Resat, Olga Riley, Barbara Hicks, James Hicks, Anna Herko, Luke & Anna Wales, Nona Carey, Maria & Doug Dozier, Mona Elia, Mary Anne Farrell, John Griffith, Cynthia Griffith, , Stephanie Hojnicky, Laura Cristina Najemy, Harry Kutch, Dimitrios Jim Petrides, Albert Shock, Elizabeth Melnik, Alexandra Grishin, Sam Sylvest, Jamie Clause, Paula Flynn

Prayers for Catechmens Kristin Mackenzie, Edward Jones

Date	<u>Coffee Hour</u>	<u>Service Duty</u>	<u>Church Cleaner</u>
15-Mar	No Coffee Hour	Hojnicky/Najemy	Carey
22-Mar	No Coffee Hour	Telep/Baldychev	Baldychev/ Sylvest
29-Mar	No Coffee hour	Bunitsky/Morjana	Suplizi
5-Apr	Bacuta/Fravel/Riley	Riley/Riley	Riley
12-Apr	Hojnicky/Flynn/Roberts	Sulpizi	Bunitsky/Finck

Upcoming Dates to Keep in Mind

Annunciation Wednesday March 25th

Lazarus Saturday April 11th

Palm Sunday April 12th

Pascha Sunday April 19th

Ascension Thursday May 28th

Pentecost Sunday June 7th