



Sunday, March 4th, 2018

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Second Sunday of Lent, St Gregory Palamas:

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. When Gregory was 30 years old, he became a priest. He had learned well from the monks around Constantinople and Mt. Athos. They had taught him the Jesus Prayer. The monks would bow in prayer, concentrate on the Lord, and recite, "Lord Jesus Christ, Son of God, have mercy upon me, a sinner." As the monk prayed over the years he would grow closer to the Lord and experience the light of the closeness of Jesus. With Jesus as the sun, Gregory and the other monks could feel the light and warmth of His shining rays. Saint Gregory performed many miracles in the three years before his death, healing those afflicted with illness. On the eve of his repose, Saint John Chrysostom appeared to him in a vision. With the words "To the heights! To the heights!" Saint Gregory Palamas fell asleep in the Lord on November 14, 1359. In 1368 he was canonized at a Constantinople Council under Patriarch Philotheus (1354-1355, 1364-1376), who compiled the Life and Services to the saint.

Troparion — Tone 8

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

Kontakion — Tone 8

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."

Wednesdays of Great Lent: 6:00pm Pre-Sanctified Liturgy services.

March 17-18: His Eminence Archbishop Benjamin will be visiting our parish Please clear your schedule so you can be with us for Vespers on Saturday night and for Divine Liturgy the next morning.

Calendar of Events – March 4 - 16

Sunday, March 4	
St Gregory Palamas	
9:10am	3rd & 6th Hours
9:30am	Divine Liturgy
11:00am	Trisagion for the Departed
Wednesday, March 7	
6:00pm	Presanctified Liturgy
Thursday, March 8	
6:00pm	Great Vespers
Friday, March 9	
40 Martyrs of Sebaste	
6:00pm	Presanctified Liturgy
Saturday, March 10	
6:00pm	Great Vespers & Confessions
Sunday, March 11	
Sunday of the Cross	
9:10am	3rd & 6th Hours
9:30am	Divine Liturgy
Wednesday, March 14	
6:00pm	Presanctified Liturgy
Friday, March 16	
6:00pm	Akathist

Prayer of St. Ephrem the Syrian:

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk.

But give rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.