



**St George the Great Martyr  
Orthodox Church - Weekly Bulletin**

**Sunday, March 24 2019**

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**SUNDAY, MARCH 24 TONE 2 Second Sunday of Lent:**

**St Gregory Palamas Forefeast of the Annunciation**

**Tone 2 Troparion** *(Resurrection)*

When Thou didst descend to death, O Life immortal, / Thou didst slay hell with the splendor of Thy Godhead. / And when from the depths Thou didst raise the dead, / all the powers of heaven cried out:// “O Giver of life, Christ our God, glory to Thee!”

**Tone 4 Troparion** *(Forefeast)*

Today is the prelude of joy for the universe. / Let us anticipate the feast and celebrate with exultation:// “Gabriel is on his way to announce the glad tidings to the Virgin; he is ready to cry out in fear and wonder://

**Tone 2 Kontakion** *(Resurrection)*

Hell became afraid, O almighty Savior, / seeing the miracle of Thy Resurrection from the tomb! / The dead arose! Creation, with Adam, beheld this and rejoiced with Thee, // and the world, my Savior, praises Thee forever.

**Tone 8 Kontakion** *(Forefeast)*

Thou art the beginning of salvation for all of us on earth, Virgin Mother of God. / For the great Archangel Gabriel, God’s minister, was sent from heaven to stand before thee to bring thee joy:

Therefore, we all cry to thee: “Rejoice, O unwedded Bride!”

## Mark 2:1-12 (*Gospel*)

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!"

### **Saint Gregory Palamas**

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. He went to Mount Athos in the year 1316 (other sources say 1318). While on Athos, he learned and practiced the method of unceasing prayer and mental activity, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century: Evagrius Pontikos and Saint Macarius of Egypt (January 19). this "prayer of the heart" requiring solitude and quiet. It is called "Hesychasm" (from the Greek "hesychia" meaning calm, silence), and those practicing it were called "hesychasts." In the 1330s events took place in the life of the Eastern Church which put Saint Gregory among the most significant universal apologists of Orthodoxy, and brought him great renown as a teacher of hesychasm.

About the year 1330 the learned monk Barlaam had arrived in Constantinople from Calabria, in Italy. He was the author of treatises on logic and astronomy, a skilled and sharp-witted orator, and he received a university chair in the capital city. Soon Barlaam journeyed to Mt Athos, where he became acquainted with the spiritual life of the hesychasts. Saying that it was impossible to know the essence of God, he declared mental prayer a heretical error. Barlaam entered into disputes with the monks and attempted to demonstrate the created, material nature of the light of Tabor (i.e. at the Transfiguration). He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts.

Saint Gregory, at the request of the Athonite monks, replied with verbal admonitions at first. But seeing the futility of such efforts, he put his theological arguments in writing. Thus appeared the "Triads in Defense of the Holy Hesychasts" (1338). Towards the year 1340 the Athonite ascetics, with the assistance of the saint, compiled a general response to the attacks of Barlaam, the so-called "Hagiorite Tome." At the Constantinople Council of 1341 in the church of Hagia Sophia Saint Gregory Palamas debated with Barlaam, focusing upon the nature of the light of Mount Tabor. On May 27, 1341 the Council accepted the position of Saint Gregory Palamas, that God, unapproachable in His Essence, reveals Himself through His energies, which are directed towards the world and are able to be perceived, like the light of Tabor, but which are neither material nor created. The teachings of Barlaam were condemned as heresy, and he himself was anathemized and fled to Calabria.

But the dispute between the Palamites and the Barlaamites was far from over. Disputes continued for several years, until In 1351 the Council of Blachernae solemnly upheld the Orthodoxy of the monks' teachings. Thee people of Thessalonica did not immediately accept Saint Gregory, and he was compelled to live in various places. On one of his travels to Constantinople the Byzantine ship fell into the hands of the Turks. Even in captivity, Saint Gregory preached to Christian prisoners and even to his Moslem captors. The Hagarenes were astonished by the wisdom of his words. Some of the Moslems were unable to endure this, so they beat him and would have killed him if they had not expected to obtain a large ransom for him. A year later, Saint Gregory was ransomed and returned to Thessalonica.

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.

## Calendar of Events – Starting today: March 24

Sunday	03/24	<b>9:10am</b> - Hours; <b>9:30am</b> - Divine Liturgy <b>Church school with Fr Michael</b> <b>6:00pm</b> - Great Vespers with Litiya
Monday	03/25	<b>6pm</b> - Vespersal Divine Liturgy - <b>Annunciation</b>
Tuesday	03/26	
Wednesday	03/27	<b>6:00pm</b> - Presanctified Liturgy
Thursday	03/28	
Friday	03/29	<b>6:00pm</b> - Akathist
Saturday	03/30	<b>9:30am Church Cleanup</b> <b>6:00pm</b> - Great Vespers and Confessions
Sunday	03/31	<b>9:10am</b> - Hours; <b>9:30am</b> - Divine Liturgy <b>Parish Council Meeting</b>

### Weekly announcements, looking ahead:

- ◆ **This Monday, 3/25 is the Annunciation to the Theotokos. Vespers and Litya service is THIS evening at 6pm. Vespersal Divine Liturgy for the feast will be at 6pm tomorrow, Fish wine and oil are permitted after the Liturgy.**
- ◆ **NO Office Hours all through Lent. Please call Father to schedule an appointment as needed.**
- ◆ **Lenten evening services begin at 6pm. Presanctified Liturgy is celebrated on **Wednesday evenings** and we sing an Akathist to The Mother of God, on **Friday evenings**. We share a small **pot-luck meal and friendship after Presanctified services** at the hall.**
- ◆ **There will be a Church cleanup day next Saturday, 3/30. All are welcome to help us get the temple and hall ready for Pascha. Please see Janice C for details.**

### **Please keep our brothers and sisters in your prayers**

**Living:** Juan, Ruth, Peter, Debrutu, Mary, Gregory, Souraya, Alice, Basil, Christina, Eddie, Nicholas, Dragosh, Sonia, Doreen, Peter, Denise, Traci and the child to be born of her. Matushka Joan, Michaela, Marius, Jordan, Nelly-Mary, Jason, Jerry, Gloria.

**Newly Departed:** Donald, Nun Olga, Leonard