



Saint Nicholas Greek Orthodox Church

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Sunday, March 31st, 2024

Second Sunday of Lent: St. Gregory Palamas

8:30am: Orthros, 10am: Divine of St. Basil the Great

12:30pm: Youth Church School & Adult Ed

Hymns of the Day

Resurrectional Apolytikion in the Second Mode

When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory be to You.

Ἀπολυτίκιον Ἀναστάσιμον. Ἦχος β΄.

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ ζωὴ ἢ ἀθάνατος, τότε τὸν ἄδην ἐνέκρωσας, τῇ ἀστραπῇ τῆς θεότητος· ὅτε δὲ καὶ τοὺς τεθνεῶτας, ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστέ, ὁ Θεὸς ἡμῶν δόξα σοι.

Apolytikion of St. Gregory Palamas in the Plagal Fourth Mode

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Apolytikion of Saint Nicholas in the Fourth Mode

An example of the faith and a life of humility: * as a teacher of abstinence you did inspire and lead your flock, * and through the truthfulness of your deeds * were exalted to greatness through your humility, * uplifting all, and by poverty gaining wealth. * Father and hierarch Saint Nicholas, * intercede with Christ our God * that our souls may be saved.

Kontakion of Lent in the Plagal Fourth Mode

To you, the champion commander, I your city * inscribe victorious anthems of thanksgiving * for deliverance from suff'rings, O Theotokos. * In as much as you have power unassailable, * from all manner of dangers, O set me free; * that I may cry out to you, * rejoice O Bride Unwedded.

Hymn to the Theotokos

In you, O Lady full of grace, all creation rejoices, the hosts of Angels and the human race. O consecrated temple and allegorical Paradise, virgins boast of you. For God became incarnate from you, yes, our eternally existing God became a child from you. He made a throne of your womb, and He

made your body wider than the heavens. In you, O Lady full of grace, all creation rejoices. Glory to you!

Gospel and Epistle Readings

Epistle Reading

St. Pauls' Letter to the Hebrews 1:10-14; 2:1-3

"In the beginning, Thou, Lord, didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation?

Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading

Mark 2:1-12

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them.

And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven."

Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk?' But that you may know that the Son of man has authority on earth to forgive sins," he said to the paralytic, "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"



The Lord's Prayer

Ελληνικά:

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς, * ἁγιασθήτω τὸ ὄνομά σου·
* ἐλθέτω ἡ βασιλεία σου· * γεννηθήτω τὸ θέλημά σου * ὡς
ἐν οὐρανῷ καὶ ἐπὶ τῆς γῆς· * τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον
δὸς ἡμῖν σήμερον· * καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ
ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν· * καὶ μὴ εἰσενέγκῃς ἡμᾶς
εἰς πειρασμόν, ἀλλὰ ῥῦσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

Español:

Padre Nuestro, que estás en el cielo, * santificado sea tu nombre; * venga tu reino; * hágase tu voluntad, * en la tierra como en el cielo. * Danos hoy nuestro pan de cada día; * perdona nuestras ofensas, como también nosotros perdonamos a los que nos ofenden; * no nos dejes caer en la tentación, y libranos del mal.

English:

Our Father, who art in the heavens * hallowed be Thy name; * Thy Kingdom come; * Thy will be done * on earth as it is in heaven; * give us this day our daily bread, * and forgive us our trespasses, as we forgive those who trespass against us; * and lead us not into temptation, but deliver us from the evil one.

Saints and Feasts

St. Gregory Palamas

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory's father became a prominent dignitary at the court of Andronicus II Paleologos, but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. When he was barely twenty years old, Gregory withdrew to Mount Athos and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nikódēmos of Vatopedi. There he was tonsured and began on the path of asceticism.

After the demise of the Elder Nikódēmos, Gregory spent eight years of spiritual struggle under the guidance of the El-

der Nikephóros, and after the latter's death, Gregory transferred to the Lavra of Saint Athanasius. Here he served in the trapeza, and then became a church singer. But after three years, he resettled in the small skete of Glossia, striving for a greater degree of spiritual perfection. The head of this monastery began to teach the young man the method of unceasing prayer and mental activity. During his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychasm (prayer in stillness of heart) and adopted it as an essential part of his life. In the year 1326, because of the threat of Turkish invasions, he and the brethren retreated to Thessalonica, where he was ordained to the holy priesthood.

Gregory combined his priestly duties with the life of a hermit. Five days of the week he spent in silence and prayer, and only on Saturday and Sunday did he come out to his people. He celebrated divine services and preached sermons. For those present in church, his teaching often evoked both tenderness and tears. Sometimes he visited theological gatherings of

About the year 1330 the monk Barlaam had arrived in Constantinople from Calabria, in Italy. 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. Journeying from Mt. Athos to Thessalonica, Barlaam entered into disputes with the monks and attempted to demonstrate the created, material nature of the light of Tabor. He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts.

Gregory, at the request of the Athonite monks, put his arguments against Barlaam into writing. Thus appeared the "Triads in Defense of the Holy Hesychasts". At the Con-

stantinople 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.



Parish Information

Church School

Church School meets on Sundays following Divine Liturgy, at approximately noon. Our two Youth Church School classrooms meet downstairs.

Orthodox Christianity 101

Our Orthodox Christianity 101 class meets in the Church hall following coffee hour. Anyone who is interested in learning the basic teachings and practices of the Orthodox Christian faith is welcome to attend! We will read and discuss the book *Welcome to the Orthodox Church* by Frederica Mathewes-Green.

Men's Breakfast Group

The next Men's Breakfast will be on **Saturday, March 2** at 8am. Bring your favorite breakfast foods, and feel free to

invite a friend!

Ladies' Potluck Luncheon

Our Ladies' Potluck Luncheon group meets on the second Thursday of each month! The next luncheon will take place in the Church hall on **Thursday, April 11** at 12pm.

Byzantine Chant Classes

Byzantine chant classes take place on **Saturdays at 4pm**. If you are interested in learning and helping out, please feel free to attend!



This Week at Saint Nicholas

Following Divine Liturgy this morning, we will offer Catechumen prayers for several of our new members.

- Monday, April 1: 6pm Great Compline
- Wednesday, April 3: 6pm Presanctified Liturgy
- Friday, April 5: 6pm Salutations to the Theotokos (3rd Stasis)
- Saturday, April 6: 8am Men's Breakfast, 4pm Byzantine Chant Class, 5pm Great Vespers