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Sunday, March 8, 2026

Second Sunday of Lent: Sunday of St. Gregory Palamas

8:30am: Orthros

10am: Divine Liturgy of St. Basil the Great

Hymns of the Day

Resurrectional Apolytikion in the Plagal Second Mode

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

Ἄπολυτίκιον Ἀναστάσιμον. Ἦχος πλ. β´.

Ἄγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν· καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ’ αὐτοῦ· ὑπήνησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Apolytikion of Saint 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 the Plagal Fourth Mode

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

Hebrews 1:10 – 14; 2:1 – 3

“In the beginning, Lord, you founded the earth, and the heavens are the work of your hands; they will perish, but you remain; they will all wear out like clothing; like a cloak you will roll them up, and like clothing they will be changed. But you are the same, and your years will never end.”

But to what angel has he ever said, “Sit at my right hand until I make your enemies a footstool for your 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!”

Saints and Feasts

Second Sunday of Lent: St. Gregory Palamas

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life.

He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God.

In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

Theophylact, Bishop of Nicomedia

Theophylact was from the East; his native city is unknown. In Constantinople he became a close friend of Tarsius, who afterwards became Patriarch of Constantinople.

Theophylact was made Bishop of Nicomedia. After the

death of Saint Tarsius, his successor Nicephorus called together a number of Bishops to help him in fighting the iconoclasm of Emperor Leo the Armenian, who reigned from 813–820. Among them was Euthymius, Bishop of Sardis, who had attended the holy Seventh Ecumenical Council in 787; Joseph of Thessalonica; Michael of Synnada; Emilian, Bishop of Cyzicus; and Saint Theophylact. Theophylact boldly rebuked Leo to his face, telling him that because he despised the long-suffering of God, utter destruction was about to overtake him, and there would be none to deliver him. For this, he was exiled to the fortress of Strobilus in Karia of Asia Minor, where, after 30 years of imprisonment and hardship, he gave up his holy soul about the year 845.

Leo the Armenian, according to the Saint’s prophecy, was slain in church on the eve of our Lord’s Nativity, in 820.

Wisdom of the Fathers

“Our heart is the place of the rational faculty, the first rational organ of the body. Consequently, when we seek to keep watch over and correct our reason by a rigorous sobriety, with what are we to keep watch, if we do not gather together our mind, which has been dissipated abroad by the senses, and lead it back again into the interior, to the selfsame heart which is the seat of the thoughts? This is why the justly named Macarius immediately goes on to say, ‘It is there one must look to see if grace has inscribed the laws of the Spirit.’ Where but in the heart, the controlling organ, the throne of grace, where the mind and all the thoughts of the soul are to be found?”

- St. Gregory Palamas, *Triads* I. ii. 3.

Parish Prayer List

Please remember in your God-pleasing prayers the servants of God:

Robert Tewis; Robert (Tikhon) Foster; Lance (Stylianos) Schmitt; Alexandra Currier; Karen (Marie) Eagle; John Raftopoulos

If you would like for yourself or a loved one to be added to the prayer list, please contact Fr. Jeremy.

Parish Information

Church School

Church School for our children begins following Holy Communion. We have two classrooms: one for elementary-school ages, and one for middle school and up. Please allow our Church School kids and their teachers to come up for Communion first.

Introduction to Orthodox Christianity

Our Adult Ed class meets on Sundays following coffee hour. We meet in the classrooms downstairs. Any who would like to learn more about our Orthodox Faith, whether a newcomer or a life-long member, are welcome to attend. Please contact Fr. Jeremy to be added to the distribution list for readings.

On Behalf of All

Funded through the Lilly Endowment, OBOA is a program aimed at ensuring that children with disabilities are able to participate fully in our parish life. We are a pilot parish in

this program, and are looking for volunteers from the parish to help coordinate our participation in this ministry. If you are interested in learning more, please talk to Fr. Jeremy or Pres. Allison.

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!

Men's Breakfast

Our next Men's Breakfast will take place on Saturday, **May 2 at 8am**. 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, March 12** at 12pm.

This Week at St. Nicholas

- Monday, March 9 **Forty Holy Martyrs of Sebastia:**
6pm Divine Liturgy of the Presanctified Gifts
- Wednesday, March 11: 6pm Great Compline
- Thursday, March 12: 12pm Ladies' Luncheon
- Friday, March 13: 5pm Akathist to the Theotokos (*Third Stasis*)
- Saturday, March 14: 4pm Byzantine Chant Class, 5pm Great Vespers