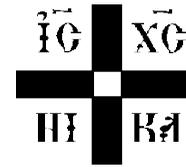
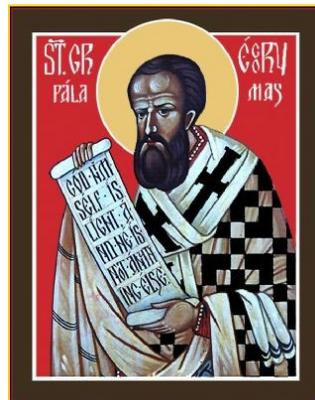


## Weekly Schedule

<b>Wednesday</b>	<b>Presanctified Liturgy, 6:30 p.m.</b>
<b>Friday</b>	<b>Akathist, 6:30 p.m.</b>
<b>Saturday</b>	Great Vespers, 6:00 p.m. Confessions following Great Vespers
<b>Sunday</b>	Reading of Hours, 9:40 a.m. Divine Liturgy, 10:00 a.m. <i>Fellowship Hour following Divine Liturgy</i>

This Sunday was originally dedicated to St Polycarp of Smyrna (February 23). After his glorification in 1368, a second commemoration of **St Gregory Palamas** (November 14) was appointed for the Second Sunday of Great Lent as a second "Triumph of Orthodoxy." Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. St Gregory's father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder St Nicodemus of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory's mother and sisters also became monastics. After the demise of the Elder Nicodemus, St Gregory spent eight years of spiritual struggle under the guidance of the Elder Nicephorus, and after the latter's death, Gregory transferred to the Lavra of St Athanasius (July 5). 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, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century: Evagrius Pontikos and St Macarius of Egypt (January 19). Later on, in the eleventh century St Simeon the New Theologian (March 12) provided detailed instruction in mental activity for those praying in an outward manner, and the ascetics of Athos put it into practice. The experienced use of mental prayer (or prayer of the heart), requiring solitude and quiet, is called "Hesychasm" (from the Greek "hesychia" meaning calm, silence), and those practicing it were called "hesychasts." During his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychasm 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 then ordained to the holy priesthood. St 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 the city's educated youth, headed by the future patriarch, Isidore. After he returned from a visit to Constantinople, he found a place suitable for solitary life near Thessalonica the region of Bereia. Soon he gathered here a small community of solitary monks and guided it for five years. ... *For the rest, see <http://ocafs.oca.org/FeastSaintsViewer.asp?SID=4&ID=1&FSID=12>*



## Assumption of the Holy Virgin Orthodox Church

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**Rev. Matthew Cantrell, Acting Rector**

**Rev. Sergius Willis, Associate Pastor**

Call to arrange sacraments, services, instruction, counseling, home visits, sick calls.

### **Troparion (Tone 5) (Resurrection)**

Let us, the faithful, praise and worship the Word, co-eternal with the Father and the Spirit, born for our salvation from the Virgin; for He willed to be lifted up on the Cross in the flesh, to endure death, and to raise the dead//by His glorious Resurrection.

### **Troparion (Tone 8) (Saint)**

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!

### **Kontakion (Tone 4) (Lenten Triod.)**

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!"

**February 28, 2010**

**SECOND SUNDAY OF LENT — Tone 5.  
St. Gregory of Palamas**

### **Kontakion (Tone 8) (Saint)**

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!"

### **Prayers for The Faithful and Departed**

Archpriest Alexis, Matushka Elizabeth, Olga, Joyce, David, Erin, Zara, Emelie, Margaret, John, Timothy, Albert, Catherine, Ron, Kenny, Witiak family, Timothy, James, Kavalkovich family. **May God Grant Them Many Years!**

William, Charles, John. **May Their Memories Be Eternal!**

***Glory to God For All Things!***

### Epistle Reading

#### **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,

### Gospel Reading

#### **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!"

### Welcome to our Visitors!

A warm welcome to all our visitors and guests who have joined us in celebrating the Divine Liturgy. Please join us for our Fellowship Hour in the Church Hall . **Please note: Only those Orthodox Christians that have properly prepared themselves through prayer, fasting and confession of sins should approach the Chalice and receive Holy Communion.**

### ANNOUNCEMENTS

#### Food Collection

Please bring any food you would like to donate to church. We, as a church, will offer food to one of the local food banks.

#### Church Telephone Number

Our church's telephone number is 215-468-3535. If there is inclement weather, do please call the number and wait for the answering machine. If church is canceled, it will be announced here.

#### Student Group Visit

I offer many thanks to Alex and Ana, who led a group of students visiting from Delaware on a tour of our parish last week.

#### Lenten Services

Calendars for our Lenten services, including Sunday mission services, was included in last week's bulletin and are now available. Alternatively, if you have a connection to the internet, our of our schedules and events are posted on our website: [www.holyassumptionphilly.org](http://www.holyassumptionphilly.org) **Please note that weekday service times (Presanctified Liturgy and Akathist) have been changed to start at 6:30p.m.**

#### Easter Flowers

Debbie has started taking orders for Easter flowers. Please see her if you would be interested.