

Assumption of the Holy Virgin Orthodox Church

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Mailing Address: PO Box 20083 * Point Breeze Station | Philadelphia PA 19145-0383

Sunday, March 24, 2019

Tone 2 – Second Sunday of Great Lent | St Gregory Palamas
Forefeast of the Annunciation
Venerable Zachariah the Recluse

V. Rev. Mark W Koczak, Rector

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Weekly Schedule

Today: Church Life Discussion Class after Divine Liturgy.
Topic: Don't Be Tone Deaf! Understanding the Tones!

Monday: Divine Liturgy at 9:00AM! The Annunciation of the Most Blessed Theotokos

Service Schedule for the Third Week of Great Lent is noted under Calendar of Events (page 7) of this bulletin!

Saturday: March 30– Great Vespers at 4:00PM! *Note Time Change!*

Sunday: March 31 – Third Sunday of Great Lent! Veneration of the Cross!
Reading of Hours – 9:30am
Divine Liturgy – 10:00am
Fellowship & coffee hour to follow the Divine Liturgy

Sunday: March 31 – Parish Council Meeting after Divine Liturgy.

Texts for the Liturgical Service

Troparion (Tone 2)

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!”

Troparion (Tone 4 – Forefeast of the Annunciation)

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: // ‘Rejoice, O Full of Grace, the Lord is with thee!’”

Kontakion (Tone 2)

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.

Kontakion (Tone 8 – Forefeast of the Annunciation)

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!”

Prokeimenon (Tone 5)

Thou, O Lord, shall protect us / and preserve us from this generation forever!
v. Save me, O Lord, for there is no longer any that is godly.

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,

Alleluia (3x’s) (Tone 2)

- v. May the Lord hear thee in the day of trouble! May the name of the God of Jacob protect thee! Alleluia (3x's)
v. Save the King, O Lord, and hear us on the day we call to Thee! Alleluia (3x's)

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!"

Instead of "It is truly meet..." we sing the following

All of creation rejoices in thee, O Full of Grace: / the assembly of Angels and the race of men. / O sanctified temple and spiritual paradise, / the glory of virgins, from whom God was incarnate and became a Child: / our God before the ages. / He made thy body into a throne, / and thy womb He made more spacious than the heavens. / All of creation rejoices in thee, O Full of Grace. // Glory to thee!

Communion Hymn:

Praise the Lord from the heavens, praise Him in the highest! Alleluia (3x's)

{**Note:** Today's readings for Saint Gregory of Palamas are as follows:
Epistle – Hebrews 7:26-8:2 and Gospel - John 10:9-16}

Announcements

A Warm Welcome to all of our visitors & guests who worshiped with us today and who have joined us in celebrating the Divine Liturgy. Please join us in the church basement for our Fellowship and Coffee Hour.

Announcements

40 Days For Life – Philadelphia Campaign – Spring Season:

The 40 Days for Life Spring Campaign has arrived (Mar 6 to Sunday, April 14). This campaign of peaceful vigils will occur in ALL 50 states at the same time!

Information:

- * Contacts: Monique Ruberu or Pat Stanton at 469.231.9084
- * Email: roobearoo@hotmail.com
- * Website: <https://40daysforlife.com/local-campaigns/philadelphia/>
- * Prayer vigil located at 12th & Locust St, Philadelphia – Planned Parenthood
- * Prayer vigil located at 777 Appletree Street, Philadelphia – Phila. Women Center
- * Vigils open Monday-Saturday from 8am-5pm.

The 40 Days For Life is not a political organization or a protest group. They stand and pray as a peaceful physical presence and witness for the lives of the unborn, who cannot speak for themselves.

Other peaceful vigils located in the surrounding areas include:

New Jersey – Cherry Hill Delaware - Dover
Pennsylvania – Northeast Philadelphia, Bryn Mawr, Norristown, and West Chester

Domestic Abuse Project – Deadline donation is April 7, 2019

As part of its Lenten charity appeal, the parish will be accepting charity donations to obtain gift baskets for the Domestic Abuse Project. The baskets will consist of laundry basket, laundry pods, dishwashing detergent, sponges, chlorox wipes, dustpan, kitchen towels, paper plates, reusable plastic cups, reusable silverware (4 pc.), toilet paper, tissues, and one new pillow. For more information, please see Dr. Janine McCartney for more details on this project! Thank you!

Sunday, April 7, 2019 - Mission Service - At Our Parish

Our parish will be hosting a Mission Vespers Service on Sunday, April 7 (the 4th of Great Lent – St. John Climacus) beginning at 4:00PM.

Attendance: Second Week of Great Lent Services

Sunday (3/17) – Mission Service, Wilmington, DE = 8 parishioners attended
Wednesday (3/20) – Presanctified Liturgy = 10
Friday (3/22) – Presanctified Liturgy = 15
Saturday (3/23) – Memorial Saturday = 8
Saturday (3/23) – Great Vespers = 13

The Parish is now accepting either actual donations of wool or monetary donations to purchase wool to knit blankets and hats. Please see Dr. Janine McCartney for more details on this project!

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Marie Bilaski offered by Nina Patterson
Greg Lindsay offered by Nina Patterson
Family and Friends offered by M/M R LeRoy

May God Grant Them Many Blessed Years!

Memory for the Departed:

Annie Zuzulock offered by Joseph Rabik
Michael and Anna Zuzulock offered by Pellack Family
David Baumgartner offered by Pellack Family

May Their Memories Be Eternal

Vigil Cross Candles – Today 3/24/19:

Memory of Barbara Warfel and Diane Benson offered by Pellack Family

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Please remember in your prayers:

+ Newly Departed handmaiden of God Helen Wanenchak (March 2)
Grace Corba; Ronald Kavalkovich; Margaret Pellack; Father John Bohush (retired); and all those
who are serving in our Armed Forces!

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Choir Rehearsal schedule for Lent and Pascha

Please keep in contact with Choir Director Nina Patterson as to the schedule for choir rehearsals
over the next five weeks. She will inform you when and where rehearsals will take place.

MONDAY, MARCH 25 – THE HISTORY CHANNEL – JESUS: HIS LIFE
8:00PM TO 10:00PM. THIS SERIES IS A 4-WEEK TELEVISION EVENT AIRING EVERY
MONDAY UNTIL APRIL 15.

**Please ensure that your Mobile Phone is set to Silent (or at least set on
vibrate) during the Divine Liturgy! Thank You!!!**

Announcements (cont.)

Coffee Hour / Cleaning and Epistle / Hours Reading Schedule.

We now have an established full rotating schedule for the Coffee Hour & Cleaning, and the Hours & Epistle Readings. The Reading schedule sheets will be posted quarterly on the bulletin board in the church basement. The Coffee Hour/Cleaning schedule is in a binder located on the display case.

*******Special weekly collections taken after Gospel or Sermon*******

In addition to our general collection, the parish takes a special collection each week to fund certain parish projects. Please be generous with your offering. Every little bit counts. The special collections are as follows:

- First Sunday of every month – Kitchen Fund Project
- Second Sunday of every month – Youth Fund (*reactivated July 2018*)
- Third Sunday of every month - Restoration/Maintenance Fund
- Fourth Sunday of every month – Charity Giving

Note: if there is a Fifth Sunday during a month, the special collection is earmarked for the Kitchen Fund Project, unless otherwise noted and stated by the Parish Council.

Cash Flow Activity (March)

	<u>Week of March 11 to March 17</u>	<u>March Month-to-Date</u>
Attendance:	43	39 (average)
Funds In:	\$ 2,063.00	\$ 5,340.00
Funds Out:	\$ 2,450.00	\$ 6,355.12
Net Surplus/(Deficit):	(\$ 387.00)	(\$ 1,015.12)

Thank you all for your continuous offerings to maintain the parish!

Shop Rite Gift Cards: If you need to purchase Shop Rite Gift Cards, please see David Pellack to secure them. Your purchase of a Shop Rite Gift Card is an additional fundraising project that helps support the church at no additional expense to the purchaser.

Calendar of Events

1st Sunday of each month – Monthly Panikhida immediately after Divine Liturgy.
2nd Tuesday of each month – Bible Study at 6:30pm in church basement.
2nd Sunday of each month – Property Committee Meeting after Divine Liturgy.
3rd Sunday of each month – Currently no permanent event is scheduled.
4th Sunday of each month – Church Life Discussion Class after Divine Liturgy.

Today - Church Life Discussion class (The 4th Sunday of the month) – The Topic: Don't Be Tone Deaf! Understanding the Arrangements and Beauty of the Eight Tones during all Liturgical Services.

Tomorrow - Monday, March 25 – Divine Liturgy at 9:00AM!
The Annunciation of our Most Holy Lady Theotokos & Ever-Virgin Mary

Third Week of Great Lent Service Schedule – March 25th to 31st

Monday, March 25 – Divine Liturgy for the Annunciation beginning at 9:00AM
Wednesday, March 27 – The Liturgy of Presanctified Gifts beginning at 6:00PM
Friday, March 29 – The Akathist beginning at 6:00PM
Saturday, March 30 – Great Vespers beginning at 4:00PM
Sunday, March 31 – Divine Liturgy (Veneration of Cross) beginning at 10:00AM
Sunday, March 31 – Mission Vespers Service (See below for location and details)

Any changes in the schedule or time will be announced in our parish media outlets (church bulletin, the parish website and parish FaceBook page).

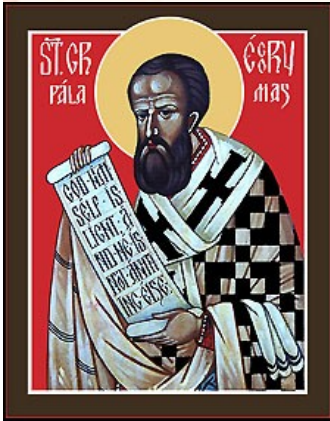
Sunday, March 31 – Mission Service at 4:00pm.

Saint George Antiochian Orthodox Church
8210 West Chester Pike
Upper Darby, PA 19082 Phone #610.853.1171
Website: <http://www.saintgeorgeupperdarby.org>

Saturday, April, 6 - Lenten Retreat - Holy Cross in Medford, NJ

Topic: How to Be a Sinner – Finding Yourself in the Language of Repentance
Speaker: Dr Peter Bouteneff Time: 10AM to 3PM with Lunch Break
Please see Flyer posted on our bulletin boards in the church and church basement

Cleaning Teams: Today (Mar 24): Saint Alexander Hotovitzky (Brett McKenna, Tanya Krawchuk, Pete Witniak).
Next Week (Mar 31): Saint Bridget of Ireland (Catherine & Albert Kavalkovich, Emily Gerasimoff, Simon Herbert).



Second Sunday of Great Lent: Saint Gregory of Palamas [March 24th]

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.” 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. He performed many miracles in the three years before his death, healing those afflicted with illness.

The Annunciation of our Most Holy Lady, the Theotokos and Ever-Virgin Mary [March 25th]

The Feast of the Annunciation is one of the earliest Christian feasts, and was already being celebrated in the fourth century. There is a painting of the Annunciation in the catacomb of Priscilla in Rome dating from the second century. The Council of Toledo in 656 mentions the Feast, and the Council in Trullo in 692 says that the Annunciation was celebrated during Great Lent.

The Greek and Slavonic names for the Feast may be translated as “good tidings.” This, of course, refers to the Incarnation of the Son of God and the salvation He brings.

The background of the Annunciation is found in the Gospel of Saint Luke (1:26-38). The troparion describes this as the “beginning of our salvation, and the revelation of the eternal mystery,” for on this day the Son of God became the Son of Man.

The icon of the Feast shows the Archangel with a staff in his left hand, indicating his role as a messenger. Sometimes one wing is upraised, as if to show his swift descent from heaven. His right hand is stretched toward the holy Virgin as he delivers his message.

The Virgin is depicted either standing or sitting, usually holding yarn in her left hand. Sometimes she is shown holding a scroll. Her right hand may be raised to indicate her surprise at the message she is hearing. Her head is bowed, showing her consent and obedience. The descent of the Holy Spirit upon her is depicted by a ray of light issuing from a small sphere at the top of the icon, which symbolizes heaven. In a famous icon from Sinai, a white dove is shown in the ray of light.

The Annunciation falls during Lent, but it is always celebrated with great joy. The Liturgy of Saint Basil or Saint John Chrysostom is served, even on the weekdays of Lent. It is one of the two days of Great Lent on which the fast is relaxed and fish is permitted (Palm Sunday is the other).