

## Assumption of the Holy Virgin Orthodox Church

2101 South 28th St. (corner of 28<sup>th</sup> St. & Snyder Ave.)  
Philadelphia, PA 19145 \* Church Phone: (215) 468-3535  
Website: <http://www.holyassumptionphilly.org>



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

### **Sunday, March 15, 2020**

Tone 6 – Second Sunday of Great Lent | Saint Gregory Palamas  
Martyr Agapius and those with him at Caesarea in Palestine (303)  
Hieromartyr Alexander of Side, in Pamphylia (270-275)

### **V. Rev. Mark W Koczak, Rector**

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*Deacon – Michael McCartney      Choir Director – Nina Patterson*  
*Subdeacon – Daniel (Ken) Kavalkovich      Reader – Mark Klus*  
*Parish President - Matthew Andrews [Phone: 856.217.8075]*

### **Weekly Schedule**

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

Saturday: March 21 - Great Vespers at 4:00PM!

Sunday: March 22 – 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

Wednesday: March 25 – Divine Liturgy at 9:00AM! The Annunciation

Saturday: March 28 – Church Cleaning Day (Inside and Outside)

Sunday: March 29 – Parish Council Meeting after Divine Liturgy.

## Texts for the Liturgical Service

### **Troparion (Tone 6)**

The Angelic Powers were at Thy tomb; / the guards became as dead men. / Mary stood by Thy grave, / seeking Thy most pure body. / Thou didst capture hell not being tempted by it. / Thou didst come to the Virgin, granting life. // O Lord, Who didst rise from the dead, glory to Thee.

### **Troparion (Tone 8 – St Gregory Palamas)**

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 Triodion)**

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!”

### **Kontakion (Tone 8 – St Gregory Palamas)**

Holy and divine instrument of wisdom, / joyful trumpet of theology, / together we sing thy praises, O God-inspired Gregory. / Since thou now standest before the Original Mind, guide our minds to Him, O Father, // so that we may sing to thee: “Rejoice, O preacher of grace!”

### **Prokeimenon (Tone 5)**

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

### **Another Prokeimenon (Tone 1 – St Gregory Palamas)**

My mouth shall speak wisdom / the meditation of my hear shall be understanding.

### **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 6)



- v. He that dwelleth in the aid of the Most High shall abide under the protection of the God of heaven. Alleluia (3x's)
- v. He shall say to the Lord: Thou art my protector and my refuge, my God. In Him will I trust! Alleluia (3x's)
- v. The mouth of the righteous shall meditate wisdom, and his tongue shall speak of judgment. Alleluia (3x's) [TONE 2 – Triodion]

**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!  
The righteous shall be in everlasting remembrance. He shall not fear evil tidings. 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 begun (Feb 26 to Sun, April 5).  
This campaign of peaceful vigils will occur in ALL 50 states at the same time!

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.

Please visit their website: <https://40daysforlife.com/local-campaigns/philadelphia/>  
or contact Monique Ruberu or Pat Stanton at 469.231.9084.

For other peaceful vigils around the Tri-State area, please visit their website.

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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.

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### **Attendance: First Week of Great Lent Services**

Sunday Mission Service (3/8) = 8 from our parish attended!!

Wednesday (3/11) – Presanctified Liturgy = 14

Friday (3/13) – Akathist to the Theotokos = 15

Saturday (3/14) – Memorial Saturday Divine Liturgy = 13

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### **AMAZON SMILE!**

When ordering online on Amazon.com, please make sure to click on Amazon Smile and select our church - Assumption of the Holy Virgin Russian Orthodox Church - to have a small percentage of your purchases (0.5%) to be contributed to our church. For more information on the Amazon purchase process, please speak with any member of the parish council. Thank You!

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### **Next Clean-up Day at the Church – Saturday, March 28**

This will consist of inside Church cleaning as we get ready for Pascha and cleaning up around the outside of the church and surrounding properties. Sign up sheets are located in church basement.



**Announcements** (cont.)

**Candles and Prayers for the Faithful and Departed**

**Health for the Living:**

Ronald Kavalkovich offered by Nina Patterson  
Peace, Love, Joy to Everyone offered by Alex Soroka  
Good Health to Family and Friends offered by Joseph Rabik  
Ronald, Marc Sr, Marc Jr, Albert, Catherine, Patricia, Edward, Emily  
offered by MM K Kavalkovich and Family  
Margaret Pellack, Mary Pellack offered by Pellack Family  
Frank, Paul Searles offered by Pellack Family  
Family offered by Nancy Brasko Rabik

**May God Grant Them Many Blessed Years!**

**Memory for the Departed:**

Dwayne Briscoe offered by Nina Patterson  
Sheri Caber offered by Nina Patterson  
Mary (Slivka) Spack and Demitry Roadside offered by MM Herbert

**May Their Memories Be Eternal**

**Vigil Cross Candles – 3/15/20:**

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**Please remember in your prayers:**

Grace Corba; Danielle Brown and her unborn child; Kathy Gerty and her unborn child; Emily Gerasimoff (recovery from surgery); Protodeacon Joseph Edwards; Ronald Kavalkovich (continuous recovery); Sheba Patton; Heather Parsells and her unborn child; Margaret Pellack; Fania Wanenchak; Robert Wanenchak (recovery from surgery); Peter Witiak (illness); Father John Bohush (retired); and all those who are serving in our Armed Forces!

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**The crochet teaching class for HAVEN Women was cancelled yesterday due to the Covid-19 concerns in the Philadelphia area!**

With the warmer than usual weather this winter, the Pussywillows are already blooming & in many cases, the Catkills are already growing on them.

## Announcements (cont.)

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

**\*\*\*\*\*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
- 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 Sun Mar 1 to Sat Mar 7</u>		<u>March Month-To-Date</u>
Attendance:	49	49 (average)
Funds In:	\$ 2,855.54	\$ 2,855.54
Funds Out:	\$ 2,634.06	\$ 2,634.06
Net Surplus/ <b>(Deficit)</b> :	\$ 221.48	\$ 221.48

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 either David Pellack or Ken Kavalkovich 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

- 1<sup>st</sup> Sunday of each month** – Monthly Panikhida immediately after Divine Liturgy.  
**2<sup>nd</sup> Tuesday of each month** – Bible Study at 6:30pm in church basement.  
**2<sup>nd</sup> Sunday of each month** – Property Committee Meeting after Divine Liturgy.  
**3<sup>rd</sup> Sunday of each month** – Currently no permanent event is scheduled.  
**4<sup>th</sup> Sunday of each month** – Church Life Discussion Class [On hiatus at this time]  
**5<sup>th</sup> Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

### Readers Schedule:

	<u>Today (Mar 15)</u>	<u>Next Week (Mar 22)</u>
3 <sup>rd</sup> Hour :	Lena Helen	Subdeacon D. Kavalkovich
6 <sup>th</sup> Hour:	John Spack	David Pellack
Epistle:	Mark Klus & Michael Wanenchak	Michael Spack

### Fellowship Coffee Hour & Cleaning Teams:

Today (Mar 15): Saint Innocent [*Lenten Meal*]  
(Dave Albrecht, Melanie Albrecht).

Next Week (Mar 22): Saint Agatha of Belo-Russia [*Lenten Meal*]  
(Nina Patterson, Natalie Patterson, Michael Spack).

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### **Today – Saint Gregory of Palamas Mission Service at 4PM**

Saint Mark's Orthodox Church (OCA)  
452 Durham Road – Wrightstown, PA 18940  
[www.stmarksoca.org](http://www.stmarksoca.org)

**CANCELLED!!!**

### **2020 Lenten Service Schedule at our Parish (March 16 to March 22)**

Wednesday, March 18 – Liturgy of Presanctified Gifts at 6PM

Friday, March 20 – Akathist at 6PM

Saturday, March 21 – Great Vespers at 4PM

Sunday, March 22 – Divine Liturgy at 10AM (Hours Reading at 9:30AM)

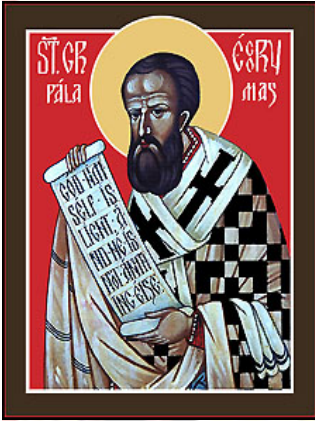
Sunday, March 22 – **Sunday of the Precious Cross Mission Service at 4PM**

Holy Trinity Orthodox Church (OCA)  
1236 Juniper Street – Pottstown, PA 19464  
[www.holytrinitypottstown.org](http://www.holytrinitypottstown.org)

**CANCELLED!!!**

**Wednesday, March 25 – Diving Liturgy for the Annunciation of the Most Holy Lady Theotokos beginning at 9:00AM!**

**Sunday, March 29 – Quarterly Parish Council Meeting after Divine Liturgy in the church basement!**



## **Second Sunday of Great Lent: Saint Gregory Palamas** [March 15<sup>th</sup>]

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.

In 1331 the saint withdrew to Mt. Athos and lived in solitude at the skete of St Sava, near the Lavra of St Athanasius. In 1333 he was appointed Igumen of the Esphigmenou monastery in the northern part of the Holy Mountain. In 1336 the saint returned to the skete of St Sava, where he devoted himself to theological works, continuing with this until the end of his life.

In the 1330s events took place in the life of the Eastern Church which put St Gregory among the most significant universal apologists of Orthodoxy, and brought him great renown as a teacher of hesychasm.