

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 28, 2021

Tone 1 – Second Sunday of Great Lent | Saint Gregory Palamas
Saint Venerable Hilarion the New, Abbot of Pelecete (ca. 754)
Martyrs Jonah and Barachisius, and those with them, in Persia (4th c.)

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

Wednesday: March 31 – Liturgy of the Presanctified Gifts at 6:00PM

Friday: April 2 - Akathist Service at 6:00PM

Saturday: April 3 – Memorial Saturday Divine Liturgy at 10:00AM

Saturday: April 3 - Great Vespers at **4:00PM!**

Sunday: April 4 – 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
(CANCELLED UNTIL FURTHER NOTICE!!!)

Texts for the Liturgical Service

Troparion (Tone 1)

When the stone had been sealed by the Jews, / while the soldiers were guarding Thy most pure body, / Thou didst rise on the third day, O Savior, / granting life to the world. / The powers of heaven therefore cried to Thee, O Giver of Life: / “Glory to Thy Resurrection, O Christ! / Glory to Thy Kingdom! // Glory to Thy dispensation, O thou who lovest of mankind!”

Troparion (Tone 8 – St Gregory Palamas)

O light of Orthodoxy, teacher of the Church, its confirmation, / O ideal of monks and invincible champion of the 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 the 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 1)

- v. God gives vengeance to me, and subdues people under me! Alleluia (3x's)
- v. He magnifies the salvation of the King and deals mercifully with David,
His anointed, and his seed forever. 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

2021 Lenten Schedule (From 4th Week of Lent to St Thomas Sunday)

****Please Note:** This schedule is subject to change depending on schedule of the clergy or the community concerns from our civil authorities. Please listen to the announcements, check your emails, parish website, and parish Facebook page regularly for updated changes to this schedule. Thank You!**

4th Week of Lent

Wednesday, April 7, 2021 - Liturgy of the Presanctified Gifts - 6:00 PM
Saturday, April 10, 2021 - Memorial Saturday Divine Liturgy 10:00 AM
Saturday, April 10, 2021 - Great Vespers - 4:00 PM

5th Week of Lent

Wednesday, April 14, 2021 - Liturgy of the Presanctified Gifts - 6:00 PM
Friday, April 16, 2021 - Akathist - 6:00 PM
Saturday, April 17, 2021 - Great Vespers - 4:00 PM

6th Week of Lent

Wednesday, April 21, 2021 - Liturgy of the Presanctified Gifts - 6:00 PM
Friday, April 23, 2021 - Vespers of Lazarus Saturday - 6:00 PM
Saturday, April 11, 2020 - Lazarus Saturday - Divine Liturgy - 10:00AM
Saturday, April 11, 2020 - Great Vespers at 4:00 PM (after Vespers - Blessing of Pussywillows and Palms)

Holy Week

Monday, April 26, 2021 - Bridegroom Matins – TBD
Tuesday, April 27, 2021 - Bridegroom Matins – TBD
Wednesday, April 28, 2021 - Holy Unction TBD
Thursday, April 29, 2021 - Holy Thursday - Vespers Divine Liturgy of St Basil - 9AM
Thursday, April 29, 2021 - Holy Thursday - Friday Matins with Reading of the 12 Passion Gospels - 6:00PM
Friday, April 30, 2021 - Holy Friday - Vespers, Matins with Lamentations - 4:00 PM
Saturday, May 1, 2021 - Holy Saturday - Vespers with the Divine Liturgy of St Basil the Great (*with All 15 Readings*) - 9:00 AM
Sunday, May 2, 2021 – Pascha Service (Procession, Matins, Divine Liturgy) Blessing of the Easter Baskets – 8:30AM (NO VESPERS SERVICE THIS YEAR!!!)

No services at the parish during Bright Week (Monday thru Friday)

Saturday, May 8, 2021 – Great Vespers – 4:00PM
Sunday, May 9, 2021 – Saint Thomas Sunday - Divine Liturgy – 10:00AM
Blessing of the Graves at Mount Moriah Cemetery (*Weather Permitting*)

NO Confessions will be heard during Holy Week. The last time Father Mark will hear confessions will be BEFORE Divine Liturgy on Palm Sunday!

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Family and Friends offered by Nina Patterson
Catherine Kavalkovich offered by Barbara Andrews
Mildred O'Shura on her 90th Birthday offered by M/M Herbert

May God Grant Them Many Blessed Years!

Memory for the Departed:

Gary Race offered by David Pellack
Albert Kavalkovich offered by Barbara Andrews

May Their Memories Be Eternal

Vigil Cross Candles – 3/21/21:

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Please remember in your prayers:

The 10 victims in the senseless atrocity against humanity at the King Soopers grocery store in Boulder, Colorado.

The 2 victims and 9 injured in the senseless atrocity against humanity in Virginia Beach, Virginia.

Basil David Stafford (**Baptized – March 27**); Jerome and Darcy Stafford; Grace Corba; Protodeacon Joseph Edwards; The Gerty Family; Subdeacon Daniel Kavalkovich (recovery); Ronald Kavalkovich (continuous recovery); Jane Kelly (recovery); Sheba Patton (recovery); Fania Wanenchak; Father John Bohush (retired); and all those who are serving in our Armed Forces!

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Sidewalk Repair Donations (Week of March 21):

Attendance during Lenten Services (2nd Week of Lent)

Wednesday, March 24 – Akathist to the Theotokos = 9

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)

Week of Sun Mar 14 to Sat Mar 20

March Month to Date

Attendance:	43	36 (average)
<i>(COVID19 Pandemic Limitations on gathering of groups of no more than 50 people)</i>		
Funds In:	\$ 3,822.44	\$10,609.78
Funds Out:	\$ 2,970.18	\$ 3,482.00
Net Surplus/(Deficit):	\$ 852.26	\$ 7,127.78

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

- 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** – Currently no permanent event is scheduled.
- 5th Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

Readers Schedule:

	<u>Today (Mar 28)</u>	<u>Next Week (Apr 4)</u>
3 rd Hour :	Matthew Andrews	Matthew Andrews
6 th Hour:	Reader Mark Klus	Subdeacon Daniel Kavalkovich
Epistle:	Subdeacon Daniel Kavalkovich and William Filanowski	Reader Mark Klus

Fellowship Coffee Hour & Cleaning Teams:

As a result of new Covid restrictions set by City of Philadelphia officials on Monday, November 16 which went into effect on Friday, November 20, the formal coffee hour event held after Sunday Divine Liturgy has been suspended until further notice.

Once city officials ease restrictions relating to Covid, coffee hour will then resume.

When the coffee hour resumes (currently not until at least April 2021), a new coffee schedule with new team parishioners will be in the rotation as per the action taken during the Fall General Parish Meeting held back on Sunday, November 1.

Please continue to check our parish website, social media pages, and your emails regularly for updated information on the parish regarding parish services in March & April 2021.

2021 Lenten Service Schedule at our Parish (March 29 to April 4)

- Wednesday, March 31, 2021 - Liturgy of the Presanctified Gifts - 6:00 PM
- Friday, April 2, 2021 - Akathist - 6:00 PM
- Saturday, April 3, 2021 - Memorial Saturday Divine Liturgy 10:00 AM
- Saturday, April 3, 2021 - Great Vespers - 4:00 PM
- Sunday, April 4, 2021 – Divine Liturgy - 10:00AM (Hours Reading at 9:30AM)
- Sunday, April 4, 2021 – **There is no Mission Service Scheduled!!**



Second Sunday of Great Lent: Saint Gregory Palamas [March 28th]

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.