

Assumption of the Holy Virgin Orthodox Church

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Philadelphia, PA 19145 * Church Phone: (215) 468-3535
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Mailing Address: PO Box 20083 * Point Breeze Station | Philadelphia PA 19145-0383

Sunday, March 20, 2022

Tone 6 – Second Sunday of Great Lent | Saint Gregory Palamas
The Holy Fathers who were slain at the Monastery of St. Sabbas
Martyr Photini (Fatima, Svetlana), the Samaritan woman, & her sons

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

- Today: Mission Service Vespers at **4:00PM**
Saints Peter and Paul Ukrainian Orthodox Church
1406 Philadelphia Pike * Wilmington, DE 19809
- Wednesday: Liturgy of the Presanctified Gifts at 6:00PM
- Thursday: Vespers Divine Liturgy at 6:00PM for the
Annunciation of the Most Holy Theotokos
- Saturday: March 26 – Chandelier Cleaning beginning at **9:00AM**
- Saturday: March 26 – Great Vespers at **5:00PM** [**Note Time Change**]
- Sunday: March 27 – 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

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 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!”

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!”

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 heart 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

2022 Lenten Schedule (Beginning 3rd Week of Lent to 4th Week)

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

3rd Week of Lent (March 21 to March 26)

Wednesday, March 23, 2022 - Liturgy of the Presanctified Gifts - 6:00 PM
Thursday, March 24, 2022 – Vespers Divine Liturgy for Annunciation - 6:00 PM
Friday, March 25, 2022 – ***NO SERVICES AT THE PARISH!!***
Saturday, March 26, 2022 – Chandelier Cleaning – 9:00AM
Saturday, March 26, 2022 - Great Vespers - **5:00 PM** **[NOTE CHANGE IN TIME!!!]**

4th Week of Lent (March 28 to April 2)

Wednesday, March 30, 2022 - Liturgy of the Presanctified Gifts - 6:00 PM
Friday, April 1, 2022 – Akathist (To the Blessed Mother Olga) - 6:00 PM
Saturday, April 2, 2022 - Great Vespers - 4:00 PM

THANK YOU – Ukrainian Donations

The parish received \$700 in donations last Sunday for the Ukrainian Relief effort. The funds have already been transferred to the Orthodox Church in America's (OCA) appeal for donations for the Ukrainian refugee crisis. The OCA raised over \$650,000 for ELEOS via thru Orthodox Church in Poland. The OCA urges to please continue to help those suffering at this time by giving through International Orthodox Christian Charities (IOCC).

The parish is still collecting coats for the homeless during the parish's Lenten Project. We have a need for men's coats and children's coats. If you can spare a worn or gently worn coat, please consider donating them to our homeless agency partners, Soup and Song. In addition, we are also collecting canned goods. Please consider buying a few extra things on sale when you go shopping or donating current in date items from your pantry. Thank you for your generosity as always!

Pascha Basket Candy Sale – Fundraiser for the HVAC Project

Orders for handmade chocolate candy bars for your Pascha baskets have begun and the final day for orders to be taken is Sunday, April 3, 2022. These orders will be filled and delivered on the following dates: March 13, April 3, and April 10.

The price for each bar is \$5.00. Each bar is approximately 4 ounces. There are four different designs of chocolate candy bars to choose from: two rabbits, Noah's ark, hydrangea, or love birds.

New designs: Orthodox crosses, flowers, and animal selections. Orthodox crosses can be ordered in white, milk or dark chocolate. The price for a cross is \$7.00. The price for the flowers and animal designs are \$5.00 each.

Please see Matushka Janine for samples and for ordering
Remember, homemade chocolate candy bars for sale will be by Pre-Orders Only!!!

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Joseph Pence offered by David Pellack
Family and Parishioners offered by Nina Patterson

May God Grant Them Many Blessed Years!

Memory for the Departed:

Mary Spack and Helen Spack offered by M/M Herbert

May Their Memories Be Eternal

Vigil Cross Candles – 3/13/22:

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Please remember in your prayers:

Anastasia Jones & her unborn child; Heather Parsells & her unborn child; Ronald Kavalkovich (continuous recovery); Jane Kelly (recovery); Anne (Homa) Killoran (surgery); Sheba Patton (recovery); Joseph Rabik; Dr. Gale Rutan; Peter Witiak; and all those who are serving in our Armed Forces!

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Sidewalk Repair Donations (Week of March 13)

Sidewalk Repair Block Donation – \$0 from the Candy Sale

Attendance during Lenten Services (2nd Week of Lent)

Wednesday, March 16 – Liturgy of Presanctified Gifts = Attendance Unavailable
Friday, March 18 – Akathist (of the Theotokos) = 12
Saturday, March 19 – Memorial Divine Liturgy = 5

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. By the action taken at the Fall General Parish Meeting held on Sunday, October 10, the parish body approved that the special collection for the first three Sundays of the month be earmarked towards the repairing/fixing/replacing of the roofs of both houses that the parish owns (now known as the Row House Fund).

The fourth Sunday (and fifth, when it occurs) the special collection will be earmarked towards Charity.

This new collection schedule will begin on Sunday, October 17.

Please be generous with your offering. Every little bit counts. Thank You!

Cash Flow Activity (March)

Week of Sun Mar 6 to Sat Mar 12

March Month to Date

Attendance:	51	51 (average)
Funds In:	\$ 5,327.00	\$ 5,389.12
Funds Out:	\$ 3,085.59	\$ 4,915.74
Net Surplus/(Deficit):	\$ 2,241.41	\$ 473.38

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 20)</u>	<u>Next Week (Mar 27)</u>
3 rd Hour:	David Pellack	John Spack
6 th Hour:	Subdeacon Daniel Kavalkovich	Matthew Andrews
Epistle:	Reader Mark Klus and Dr. David Albrecht	Matthew Andrews

Fellowship Coffee Hour & Cleaning Teams:

If you have volunteered to host coffee hour, please check which team you are on and when your Team is hosting coffee hour in the white/clear 3-ring binder which is located on the display case outside of the office room.

Please continue to check our parish website, social media pages, and your emails regularly for updated information on the parish regarding parish services & events in February/March 2022.

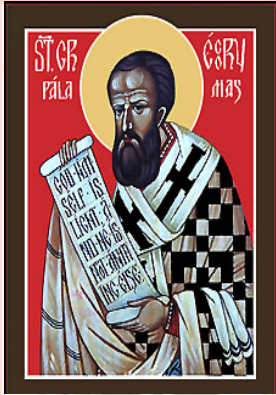
Sunday, March 27 – Mission Service Vespers at 4:00PM
Saint Stephen's Orthodox Cathedral
8598 Verree Road – Philadelphia, PA 19111

Sunday, April 10 – Our parish is hosting the Lenten Mission Service!!

EASTER Flowers: We are now accepting donations until Palm Sunday! Please place your donation in one of the white envelopes marked “FLOWERS” and leave it on the candle stand in the Vestibule.

Vigil Cross Votive Candles: We are scheduling to have the vigil cross votive candles lit for services during the Lenten season. As of this morning, the following dates and cross sizes have been reserved:

Sunday of the Cross (March 27) = Both Large Crosses
Sunday of Saint John Climacus (April 3) = 1 large Cross
Palm Sunday (April 17) = Both Large Crosses
Holy Friday (April 22) = 1 Large Cross
PASCHA (April 24) = Both Large Crosses
Please see Simon Herbert to schedule details & cross size lightings!



Second Sunday of Great Lent: Saint Gregory Palamas [March 20th]

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

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.