

Assumption of the Holy Virgin Orthodox Church

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



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

Sunday, March 31, 2024

Tone 2 – Second Sunday of Great Lent | Saint Gregory Palamas
Rest of St. Innocent, Metropolitan of Moscow, Enlightener of the Alueuts
and Apostle to the Americas (1879)

V. Rev. Mark W Koczak, Rector

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

Weekly Schedule

Today: Mission Service at 4:00PM at Holy Trinity Greek Orthodox Church
located at 808 North Broom Street in Wilmington, DE 19806
Website: <https://holytrinitywilmington.org>

The third week Lenten schedule at the parish is on page 7 of Bulletin

Saturday: April 6 – Great Vespers at **4:00PM**

Sunday: April 7 – Third Sunday of Great Lent | Veneration of the Cross
Reading of Hours – 9:30am
Divine Liturgy – **10:00am**
Fellowship Coffee Hour to follow the Readers Service

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 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

Update to our Parish 2024 Lenten Schedule

An additional Memorial Saturday Divine Liturgy has been added to the 2024 Lenten Schedule to be served on Saturday, April 13 at 10:00AM. During this service, Father Mark will read the rest of the names of the departed who were not mentioned during the Memorial Saturday Liturgy that was served yesterday (Saturday, March 30th)

Please Note: the 2024 Lenten Schedule along with other parish scheduled services and/or events are on our parish website's homepage. On the right of the parish website's homepage you will see scheduled services/events under the "Service Schedule" or the "Weekly News". Make sure you scroll down the website to view all information. Also, links to pdf documents, schedules, and the weekly bulletin are also listed under "Weekly News". Please click on the title of the information you wish to view and it will open up for your viewing pleasure. Thank You!!

Votive Vigil Cross Candles Scheduling

We are scheduling to have the votive vigil cross candles lit for services during the Lenten season. There is a sign-up sheet located at the candle desk in the Vestibule.

Either 1 Large or 2 Small candles per each votive vigil cross candles can be reserved
As of last night, the following dates and cross sizes have been reserved...

- * Saint Gregory of Palamas (Sunday, March 31) = TWO Small Crosses are Reserved
- * Veneration of the Cross (Sunday, April 7) = ONE Large Cross is Reserved!
- * Saint John Climacus (The Ladder) (Sunday, April 14) = Both Crosses are Available
- * Saint Mary of Egypt (Sunday, April 21) = ONE Large Cross is Reserved!
- * Lazarus Saturday (Saturday, April 27) = Both Crosses are Available
- * Palm Sunday (Sunday, April 28) = Both Crosses are Available
- * Holy Thursday (Thursday, May 2) = BOTH Large Crosses are Reserved!
- * Holy Friday (Friday, May 3) = Both Crosses are Available
- * Holy Saturday (Saturday, May 4) = Both Crosses are Available
- * PASCHA (Sunday, May 5) = BOTH Large Crosses are Reserved!
- * Saint Thomas Sunday (Mother's Day) (May 12) = Both Crosses are Available

Attendance during Lenten Services (2nd Week of Lent)

Monday, March 25 – Divine Liturgy - Annunciation = 20!!	(12 Last Year)
Wednesday, March 27 – Liturgy of Presanctified Gifts = 12	(10 Last Year)
Friday, March 29 – Akathist to the Theotokos = 11	(11 Last Year)
Saturday, March 30 – Memorial Saturday Divine Liturgy = 11	(15 Last Year)
Saturday, March 30 – Vespers = 15	(11 Last Year)

Announcements (cont.)

Candles and Prayers for the Faithful and Departed

Health for the Living:

Natalie Patterson Nedbal offered by Nina Patteson
Neighbor Theresa, Emily Gerasimoff offered by Catherine Kavalkovich
Family, Friends, and Parishioners offered by Reader David Pellack
Catherine, Patricia, Christina, Emily offered by M/M K Kavalkovich
Kenneth, Anastasia, Colin, Levi, Alex, Selena offered by M/M K Kavalkovich
Emily, Diane, Dominic, David, Christina offered by Catherine Kavalkovich
Matt, Barb, Norman, Ana, Colin, Levi offered by Catherine Kavalkovich
Elton, Christopher, Scarlett, Lucas, Gabriel offered by Catherine Kavalkovich
Alex, Selena offered by Catherine Kavalkovich

May God Grant Them Many Blessed Years!

Memory for the Departed:

Mary S. Herbert, Mary S. Spack offered by Herbert Family
Albert, Ronald Andrew, Anna Kapusnik offered by Catherine Kavalkovich
Paul Kavcsak offered by Nina Patteson

May Their Memories Be Eternal!

Vigil Cross Candles – 3/24/24

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Please remember in your prayers:

Ignatius Gabriel Parsells (newly born on March 21 * 7lbs. 3oz. & 19 inches long), his siblings Luke, Theodore, Miriam Anastasia and his parents Peter and Heather Parsells. May God Grant Ignatius and his family Many Blessed Years!!

Emily Gerasimoff; Jane Kelly; Anne (Homa) Killoran; Justine McCann and her unborn child; Sheba Patton; Peter Witiak; and all those who are serving in our Armed Forces!

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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 back on Sunday, October 10, 2021, 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 began back on Sunday, October 17, 2021.
Please be generous with your offering. Every little bit counts. Thank You!

Cash Flow Activity (March)

<u>Week of Sun Mar 17 to Sat Mar 23</u>	<u>March Month to date</u>
Attendance: 40	40 (average)
Funds In: \$ 663.00	\$ 4,602.00
Funds Out: \$ 2,036.64	\$ 5,883.34
Net Surplus/(Deficit): (\$ 1,373.64)	(\$ 1,281.34)

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

2024 Monthly/Quarterly Schedule

- 1st Sunday of each month** – Monthly Panikhida immediately after Divine Liturgy.
- 2nd Tuesday of each month** – Bible Study at 6:30pm on ZOOM media platform.
- 4th Thursday of each month** – Book Club at 6:30pm on ZOOM media platform.
- 5th Sunday of each quarter** – Quarterly Parish Council Meeting after Liturgy.

Readers Schedule:

	<u>Today (Mar 31)</u>	<u>Next Week (Apr 7)</u>
3 rd Hour:	Reader David Pellack	To Be Determined
6 th Hour:	Reader Mark	To Be Determined
Epistle:	Subdeacon Daniel Kavalkovich and Reader David Pellack	To Be Determined

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 on the calendar printout which is located in the white/clear 3-ring binder 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 April 2024.

Third Week of Lent - Lenten Services here at the Parish!

- Wednesday, April 3 – Liturgy of the Presanctified Gifts at 6:00PM
- Friday, April 5 – Liturgy of the Presanctified Gifts at 6:00PM

Sunday, April 7 – Vesper Mission Service – 4:00PM

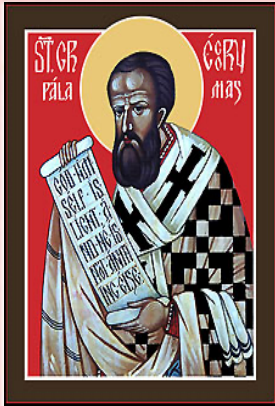
Saint Vladimir's Orthodox Church | 812 Grand Street | Trenton, NJ 08610
Phone: 609.393.1234 (Rectory) Website: <https://www.saintvladimir.com>

Saturday, April 13 – Memorial Saturday Diving Liturgy – 10:00PM

This service was added after the 2024 Lenten Schedule (paper version) was released. This service will be the second Memorial Saturday Liturgy served during the 2024 Lenten Season. During this service, Father Mark will read the rest of the names of the departed who were not mentioned during the Memorial Saturday Liturgy that was served yesterday (Saturday, March 30th)

Sunday, April 14 – Vesper Mission Service – 4:00PM

Holy Trinity Orthodox Church | 1236 Juniper Street | Pottstown, PA 19464
Phone: 484.949.9754 (Rectory) Website: <https://www.holytrinitypottstown.org>



Second Sunday of Great Lent | Saint Gregory Palamas [March 31st]

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.

To read the rest of St Gregory Palamas, see Lives of the Saints for today at <https://www.oca.org>