

**:: The Breastplate ::**

A Prayer by St. Patrick of Ireland

I arise today through a mighty strength, the invocation of the Trinity,  
through belief in the threeness,  
through confession of the oneness towards the Creator.

I arise today through the strength of Christ with His baptism,  
through the strength of His Crucifixion with His burial,  
through the strength of His Resurrection with His Ascension,  
through the strength of His descent for the Judgment of Doom.

I arise today through the strength of the love of Cherubim,  
in obedience of Angels, in the service of Archangels,  
in hope of resurrection to meet with reward,  
in prayers of Patriarchs, in predictions of Apostles,  
in faiths of Confessors, in innocence of Holy Virgins,  
in deeds of righteous men.

I arise today through the strength of Heaven:  
light of Sun, brilliance of Moon,  
splendour of fire, speed of lightning  
swiftness of wind, depth of sea,  
stability of earth, firmness of rock.

Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ where I lie, Christ where I sit, Christ where I arise,  
Christ in the heart of every one who thinks of me,  
Christ in the mouth of every one who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

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*Any announcements for the Sunday bulletin? Please submit by Wednesday each week to Fr. Andrew, by email or phone.*



## St. George Orthodox Church of Spring Valley

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**Sunday, March 16, 2014 – St. Gregory Palamas**  
Morning Prayer and Children's Sunday School, 9:00 am :: Divine Liturgy, 10:00 am  
Annual Meeting today, following Liturgy and Coffee Hour

**Holy Bread and Coffee Hour: Bill and Mary Miller**

**Epistle Reader: Dee Khoury**

**Collection: Mary Miller and Carol Bachio**

*Next Week: One year memorial for Fr. Gregory Buss, sponsored by Khouria Kathryn*

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**Troparion of the Resurrection (Tone 5):**

Let us believers praise and worship the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation. For He took pleasure in ascending the Cross in the flesh to suffer death, and to raise the dead by His glorious Resurrection.

**Troparion for St. Gregory Palamas (Tone 8):**

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the Wonder-Worker! The pride of Thessalonica and preacher of grace: Implore thou constantly for the salvation of our souls.

**Troparion for St. George the Great-Martyr (Tone 4):**

Since thou art a liberator and deliverer of captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for kings, O great among martyrs, the victory-clad George: Intercede with Christ God for the salvation of our souls.

St. George is a parish of the Antiochian Orthodox Christian Archdiocese  
The Most Reverend Metropolitan PHILIP, primate  
The Right Reverend Bishop ANTHONY, Diocese of Toledo and the Midwest  
[www.antiochian.org](http://www.antiochian.org)

### **Kontakion for the Theotokos (Tone 8):**

Verily, I thy city, O Theotokos, inscribe to thee the banners of conquest, O defending soldier, and offer thee thanks as a deliverer from tribulations. And since thine is the unconquerable might, deliver me from sundry oppressions, that I may cry unto thee: Rejoice, O groomless bride!

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### **Epistle Reading for the Second Sunday of Lent**

Thou, O Lord, shalt keep us and shalt preserve us.

Save me, O Lord, for the godly man is no more!

The Reading from the Epistle of St. Paul to the Hebrews (1:10-2:3)

Thou, “O Lord in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.”

But of which of the angels did He say at any time, “Sit on my right hand, till I make Thine enemies a footstool for Thy feet”? Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation?

Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

### **Gospel Reading for the Second Sunday of Lent**

The Reading from the Holy Gospel according to St. Mark (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

## **Announcements and Upcoming Events**

*For a full calendar of events and services at St. George, consult the calendar on our website, [www.stgeorgeorthodox.org](http://www.stgeorgeorthodox.org). All extra services for Lent and Holy Week are now posted!*

### **Lenten Services this week (March 17-22):**

- Wednesday, March 19, 6:00 PM: Presanctified Liturgy
- Friday, March 21, 6:00 PM: Akathist to the Theotokos (Part 3)

### **Annual Church Meeting today**

All active members of St. George Church should stay afterwards today for our Annual Meeting (rescheduled from January). We will take a look at this past year’s income and expenses, approve a budget for 2014, and discuss the new parish house and other properties recently donated to us.

### **Children’s Sunday School continues**

Each Sunday, bring your children to Sunday School at 9:15 am! No registration is necessary. During the month of March, we will focus on lessons pertaining to the Parish Life Conference theme verse (Luke 10:27) and begin working on Creative Arts Festival entries, to be submitted at the end of the month. For the present, we will have classes for children ages 3 through Grade 5. Older youth and teens are encouraged to attend as helpers. Younger children are also welcome with a parent to guide them. See Khouria Patty if you have any questions.

**Thank you to everyone who helped make last week’s visit from Sayedna Anthony a success!** Our bishop expressed to me his gratitude at all of our hospitality. He left happy and after a very positive experience with us. Many thanks to all of you who cooked, cleaned, sang, served in the altar, and in any other way prepared or participated in his visit!

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*“Prayer changes from entreaty to thanksgiving, and meditation on the divine truths of faith fills the heart with a sense of jubilation and unimpeachable hope. This hope is a foretaste of future blessings, of which the soul even now receives direct experience, and so it comes to know in part the surpassing richness of God’s bounty, in accordance with the Psalmist’s words, ‘Taste and know that the Lord is bountiful’ (Ps. 34:8). For He is the jubilation of the righteous, the joy of the upright, the gladness of the humble, and the solace of those who grieve because of Him.”*

*~St. Gregory Palamas, Philokalia Vol. 4*