

# St. George Orthodox Church of Spring Valley

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## Sunday, March 27, 2016

### St. Gregory Palamas

**Matins: 9:00 AM :: Divine Liturgy: 10:00 AM**

**Epistle Reader:** Bette Malooley

**Holy Bread/Coffee Hour:** Mike Kasap and Kh. Katherine Buss

**Next Sunday's Coffee Hour:** Richard and Bette Malooley

**Troparion of the Resurrection (Tone 2):** When Thou, O Immortal Life, didst humble Thyself unto death, then didst Thou destroy death by the brightness of Thy Godhead! And when Thou didst raise the bowels of the earth, then all the heavenly powers exclaimed: 'O Christ, Thou art the Giver of Life! Glory to Thee, O our God!'

**Troparion of St. Gregory (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 of 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.

**Kontakion for Annunciation (Tone 8):** To thee, the Champion Leader, I thy servant ascribe thank-offerings of victory! For thou hast delivered me from terrors, O Theotokos. But as thou hast that power which is invincible, from all dangers set me free, that I may cry out unto thee: 'Hail, O Bride without bridegroom!'

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

**THE EPISTLE**  
**For St. Gregory Palamas**

O Lord, Thou wilt preserve us and keep us from this generation.  
Save me, O Lord, for the godly man hath disappeared.

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

“In the beginning, Thou, O Lord, didst found the earth, and the heavens are the work of Thy hands; they will perish, but Thou remainest; they will all grow old like a garment, like a mantle Thou wilt roll them up, and they will be changed. But Thou art the same, and Thy years will never end.” But to what angel has He ever said, “Sit at My right hand, until I make Thine enemies a stool for thy feet”? Are they not all ministering spirits sent forth to serve, for the sake of those who are to obtain salvation? Therefore, we must pay closer attention to what we have heard, lest we drift away from it. For if the message, declared by angels, was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard Him.

**THE GOSPEL**  
**For St. Gregory Palamas**

**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, see our website, [www.stgeorgeorthodox.org](http://www.stgeorgeorthodox.org).*

This week's events and services:

- **Today:** Children's Sunday school, downstairs immediately after Holy Communion
- **Wednesday, March 30:** Third Presanctified Liturgy, 6pm.
- **Friday, April 1:** Third Akathist to the Theotokos, 6pm.
- **Saturday, April 2:** Vespers, 6pm.
- **Next Sunday, April 3: Veneration of the Precious Cross.** Matins, 9am and Divine Liturgy, 10am. *The procession of the Holy Cross will take place at the end of the Liturgy.* Holy Bread/Coffee Hour: Richard and Bette Malooley.

**Lenten Confessions:** Now that the season of Lent has begun, this would be a good time to meet with Father for the sacrament of Confession. I will be available before and after evening services, and after Sunday Liturgy. I recommend Confession at least four times a year, and as a bare minimum, once during Lent. (And of course if you'd prefer to go to another priest, that is perfectly fine. Just let me know!)

Our **Holy Week service schedule** was mailed out at the end of last week. We begin Holy Week with Lazarus Saturday on April 23, through Holy Pascha on Sunday, May 1. Additional copies are available downstairs.

This year's **Parish Life Conference** will be June 22-26 in Livonia, Michigan. Please consider attending this excellent event on behalf of our church!

**Birthdays and Anniversaries ~ May God grant them many years!**

*(Please let Father know if we are missing anyone!)*

Anne Abraham, March 23

George Kaleel, March 24

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**"EVERY DAY WE SHOULD STAND IN AWE OF HIM, AS HE IS WITH US, AND DO WHAT IS PLEASING BEFORE HIM. IF WE ARE UNABLE NOW TO PERCEIVE HIM WITH OUR PHYSICAL EYES, WE CAN, IF WE ARE WATCHFUL, SEE HIM CONTINUOUSLY WITH THE EYES OF OUR UNDERSTANDING, AND NOT JUST SEE HIM, BUT REAP GREAT BENEFITS FROM HIM. THIS VISION DESTROYS ALL SIN, DEMOLISHES ALL EVIL, AND DRIVES AWAY EVERYTHING BAD. IT GIVES BIRTH TO PURITY AND DISPASSION, AND BESTOWS ETERNAL LIFE."**

**~ ST. GREGORY PALAMAS**

**:: Metropolitan Joseph's Pastoral Message for the Feast of the Annunciation ::**  
**March 25, 2016**

*"Today is the beginning of our salvation, and the manifestation of the mystery from the ages; for the Son of God becometh the Son of the Virgin, and Gabriel proclaimeth grace. Wherefore, do we shout with him to the Theotokos: Rejoice, O full of grace! The Lord is with thee." (Apolytikion of the Annunciation)*

We greet you with love and joy on this Holy Feast of the Annunciation of the Archangel Gabriel to the Most Holy Theotokos.

The Apolytikion quoted above communicates to us the awesome nature of this holy feast, which is the action of a loving God which initiates the events by which humankind is redeemed from the sins of the past. The Archangel announces to the woman who will become the Most Holy Theotokos that she has been chosen to be the tabernacle which will hold the very Son of God. Through her obedience to the will of God, the Virgin Mary becomes a participant in the lifting up of a fallen world to heaven. St. Ambrose, Bishop of Milan expresses the awesome nature of this mystery when he writes "The message of God to the Virgin was a mystery so great that it must needs not be uttered by the mouth of man, but only by an Angel. For the first time on earth the words are spoken: The Holy Spirit shall come upon thee. The holy maiden heareth and believeth." How possible it might have been for the Holy Virgin to be frightened and confused by this strange and unbelievable salutation by the Angel Gabriel. But such was her faith and purity that she not only accepted the message, but embraced it with all of her heart, knowing that her fate was completely in the hands of God who would never abandon her.

Embodied in this action by God is the unification of the flesh of man with the image of God. It represents the restoral of humankind from a fallen and broken state, to an exalted state of unity with God. St. Proclus, who served as Archbishop of Constantinople in the fifth century says the following: "The Holy Mother of God and Virgin Mary hath gathered us here. She, the pure treasure of virginity, the intended paradise of the Second Adam – the locus wherein was accomplished the co-unity of natures, wherein was affirmed the Counsel of salvific reconciliation."

The great joy of this holy feast, occurring in the midst of the solemn Holy Season of the Great Fast, brings us a moment of uplifting joy in the midst of our Lenten spiritual struggle. We convey our most heartfelt love to you as we celebrate this joyous feast and we ask our gracious Lord to bless you and to grant that the remainder of the Lenten Season will bring you spiritual renewal.

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*Do you have an announcement for the bulletin? Please contact Fr. Andrew no later than Friday each week for inclusion in the Sunday bulletin.*