

Sunday of St. Gregory Palamas

March 11, 2012

Saints Commemorated Today: St. Sophronios, Patriarch of Jerusalem; St. Theodora the Righteous; St. Pionios the Presbyter and St. George, Wonderworker of Constantinople

EPISTLE READING

Hebrews 1:10-2:3

Brethren, 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.

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 one? 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!”

ENTRANCE HYMN: 2ND PLAGAL TONE

(Page 46 in “The Liturgy of Saint John Chrysostom”)

The Angelic Powers were before Thy tomb, and the guards became as dead; and Mary stood in the sepulcher seeking Thy Sacred Body. Thou despoilest Hades, for Thou wast not tempted by it; Thou didst meet the Virgin and gave Life. O Lord, Who didst rise from the dead, glory to Thee.

APOLITIKION OF SAINT GREGORY PALAMAS - ARCHBISHOP OF THESSALONIKA

O Gregory the Wonderworker, light of Orthodoxy, support and teacher of the Church, glory of monks and invincible protector of theologians, pride of Thessalonica and preacher of grace, pray without ceasing for the salvation of our souls.

ANNOUNCEMENTS

LADIES FROM THE MONASTERY

The Ladies from Saint John Chrysostomos Monastery will be here on Sunday, March 18 with Lenten food items and gifts.

NEW WEBSITE

We have a new website for the parish: www.saintandrewsgoc.org Be sure to visit it.

GREAT LENT RESOURCES

The Archdiocese has some wonderful Lenten resources for Orthodox Christians of all ages: www.lent.goarch.org and for our youth: www.orthodoxyouthministry.blogspot.com

HOLY COMMUNION

Those wishing to receive Holy Communion at the Presanctified Liturgy on Wednesdays and Fridays during Lent need to prepare spiritually by fasting, Holy Confession and living a virtuous Christian life. Those wishing to receive Holy Communion must not eat or drink anything for 6 hours before taking Communion.

MINISTRY ACTIVITIES

Please remember, *especially during Great Lent*, to check the ECCLESIASTICAL CALENDAR when scheduling activities. They should *not* be scheduled during service times. This is disrespectful to God and unacceptable. Thank you.

PROSFORO COMMITTEE

We are in need of Prosforo bakers, please contact the office to sign up!!!

Please note that without the Prosforo, Divine Liturgy cannot be conducted. Recently, we have had several members of this committee that are unable to continue to be a part of the committee. If you would be willing to sign up to make Prosforo twice a year (once every six months), please contact the office or Artemis Hoke. If you are currently a member of the committee and unable to provide it on your scheduled Sunday please contact the office, so that we may make arrangements. Thank you.

CHURCH ETIQUETTE

Please remember to dress appropriately and modestly for church services. There is no chewing gum, talking or crossing your legs in church. Everyone should arrive on time for the Liturgy. Do not leave trash (bulletins, paper, etc) in the pews. It is considered disrespectful for anyone attending Orthodox Christian services to cross their legs during service, chew gum or come in late. Also women who are planning on taking Communion should not wear lipstick or should remove it before going up for Communion. **TURN OFF CELL PHONES.** Thank you.

A NOTE TO OUR VISITORS

People of different religious affiliation or tradition who behave in a respectful manner are always welcome at the liturgical services of our Holy Orthodox Church but **ONLY MEMBERS OF THE ORTHODOX CHURCH who share a common faith and practice a specific spiritual discipline may participate in the Church's sacraments and receive Holy Communion at the Orthodox Divine Liturgy. The Greek Orthodox Church has a closed communion and no intercommunion with any other Christian body.** We are blessed by your presence with us and thank you for your understanding. May God bless you always.

A NOTE TO ORTHODOX CHRISTIANS

ORTHODOX CHRISTIANS PLEASE NOTE: The proper preparation for receiving Holy Communion is: 1) prayer; 2) keeping the fast throughout the year (Wednesdays, Fridays, Great Lent, fast of the Holy Apostles, fast of the Dormition and the Christmas Fast, etc); and 3) most important, participating in the Sacrament of Holy Confession and Repentance. **ALSO follow these guidelines as you approach for Holy Communion: Take the red cloth from the person before you and place it under your chin. Say your baptismal name. Open your mouth wide and receive the Holy Spoon in your mouth, lower your lips on the Holy Communion spoon and carefully remove the Holy Eucharist so that there is nothing left. After partaking of the Sacrament blot your lips and hand the red cloth to the person behind you. Receive one piece of antidoron, return to your seat and read the post communion prayer. Lipstick, lip gloss, lip balm, etc, should be removed prior to approaching the chalice. Receiving the precious Body and Blood of our Lord and Savior Jesus Christ should not be treated like a fast food service. You should come on time for the Divine Liturgy (that means at the beginning) and not leave until the completion of the service.** *This means that every time you eat this bread and drink from this cup you proclaim the Lord's death until he comes. It follows that if anyone eats the Lord's bread or drinks from his cup in a way that dishonors him, he is guilty of sin against the Lord's body and blood. So then, everyone should examine himself first, and then eat the bread and drink from the cup. For if he does not recognize the meaning of the Lord's body when he eats the bread and drinks from the cup, he brings judgment on himself as he eats and drinks. That is why many of you are sick and weak, and several have died. If we would examine ourselves first, we would not come under God's judgment. But we are judged and punished by the Lord, so that we shall not be condemned together with the world. (1 Corinthians 11:26-32).*

YOUR PRAYERS HELP...

"...I was sick and you visited Me..." St. Matthew 25:36. "Holy Father, Physician of our souls and bodies have mercy, forgive and heal thy servants." The following brothers and sisters in Christ need your constant prayers and love, *recovering at home or ill at home/hospital*: Phyllis Leonakis (Michiana Rehab), Chris and Peggy Bouris (home), Helen McCormick (home), Leon Andrews (home), Helen Kaldis, Mary Rudhman (home), Mary Manos (home), and Telesila Yustwan (Home).

In nursing homes or home bound., Bill and Betty Kanalos (Brentwood at Niles), Amelia Morris (home), Mary Christos (Hearth at Juday Creek), Mario Rekos (Morningside), Anna Moskolis (Kindred), John Kouroubetes (Woodridge), and Dina Polezoes (Hubbard Hill).

THIS WEEK

Tuesday, March 13 th	1 st , 3 rd , 6 th , 9 th Hours 9a
Wednesday, March 14 th	Presanctified Liturgy 6:30p Lenten Meal provided by Philoptochos
Thursday, March 15 th	1 st , 3 rd , 6 th , 9 th Hours 9a Compline Service 6:30p
Friday, March 16 th	Presanctified Liturgy 9am 3 rd Salutations to the Theotokos 6:30pm Flowers presented by 5 th & 6 th grade students
Saturday, March 17 th	Great Vespers 5pm

Sunday, March 18 th	Sunday of the Holy Cross 9:00 Orthros 10:00 Divine Liturgy Solemn Vespers 7pm
	LOOKING AHEAD
Tuesday, March 20 th	1 st , 3 rd , 6 th , 9 th Hours 9a
Wednesday, March 21 st	Presanctified Liturgy 6:30p Lenten Meal provided by HCS/Greek School/Dance Troupe
Thursday, March 22 nd	1 st , 3 rd , 6 th , 9 th Hours 9a Compline Service 6:30p
Friday, March 23 rd	Presanctified Liturgy 9am 4 th Salutations to the Theotokos 6:30pm Flowers presented by Junior/Senior High Students
Saturday, March 24 th	Great Vespers 5pm
Sunday, March 25 th	Annunciation 9:00 Orthros 10:00 Divine Liturgy Solemn Vespers 7pm
Thursday, April 5 th	Philoptochos 7:30pm
Sunday, April 8 th	Plaki Luncheon following Liturgy
Friday, April 27 th	Eleni Karris-Stand-up comic
June 8 th -10 th	Grecian Festival
Friday, October 26 th	Trivia Night\
June 7-9, 2013	Grecian Festival

**Good Samaritan
Palm Sunday Luncheon
Sunday, April 8th**

**Immediately following the Divine Liturgy
Good Samaritan Cultural Center**

Adult Ticket \$16

Plaki, Salad, Dessert, and Beverage

Adult Pasta \$10

Pasta, Peas, Salad, Dessert and beverage

Children's Ticket \$5

Pasta, Salad, Dessert, and Beverage

**Advance ticket price thru Sunday April 1 after April
2nd Adult Ticket \$20**

Proceeds from Palm Sunday Luncheon help support numerous philanthropic projects.

OUR HOLY MISSION

St. Andrew's Greek Orthodox Church of South Bend, IN is a Christian Community committed to serving our Lord and Savior Jesus Christ, guided by the Holy Spirit, and united in faith and in love with God, and called to make that love real to others through...

- **WORSHIP** (the Divine Liturgy) and the reception of the Sacrament of Holy Communion by which we achieve union with Jesus Christ and with each other.
- **PHILANTHROPIC DIAKONIA** (service) to those people in need of our love and compassion. In teaching His disciples the Lord said, "...as you did it to one of the least of these my brethren, you did it to me." (Matthew 25:40)
- **EDUCATIONAL OPPORTUNITIES** which enable Orthodox Christians to grow in Christ and be faithful disciples and prepares them to strengthen their personal commitment to our Lord, His Church and the holy Gospel.
- **NATIONAL AND PARISH MINISTRIES** of our Holy Orthodox Church which provide opportunities for Parish Outreach and to live as an integral and vital part of the community. The prime objective is to encourage a greater participation in the life of the Church and the world.
- **TEACHING** the commandment of the New Life, imparting a clear knowledge of the doctrines, traditions, canons and disciplines of the Church and guiding the growth, progress and enlightenment of all Orthodox Christians.