



St. Mary Orthodox Church

WEEKLY BULLETIN | MARCH 12, 2023

Tone 6 · SECOND SUNDAY OF LENT: St. Gregory Palamas

Today's Schedule

9am — Matins
10am — Divine Liturgy

Following the service:

Coffee Hour, hosted by Group E-K
Church School

This Week at St. Mary's

Lenten Hours (Online) | weekday mornings @ 7:15am–8am

WEDNESDAY, MARCH 15

Presanctified Liturgy | 7pm–8:30pm, followed by
Lenten Potluck Dinner

FRIDAY, MARCH 17

Presanctified Liturgy | 10:30am–11:30am
Philokalia Book Group | 12pm–1pm
Akathist | 7pm–8pm

SATURDAY, MARCH 18

Memorial Saturday
Divine Liturgy | 10am–11:30am
Adult Catechism | 3pm–4:30pm
Great Vespers | 5pm–6:30pm

SUNDAY, MARCH 19

3rd Sunday of Lent: Veneration of the Cross
9am Matins, 10am Divine Liturgy
OCMC Soup Luncheon
Church School | 11:45am–1pm
Men's Fellowship @ the Hall Residence | 6pm–8pm

UPCOMING

Services, holidays, and other events farther down the calendar

Parish Council | Monday, Mar. 20 @ 7pm–9pm

+ **ANNUNCIATION** + | Saturday, Mar. 25

Holy Land Presentation by Elaine P. | Sunday, April 2,
following liturgy

St. Mary's Nats Game Outing | Sunday, May 21

GENERAL LENTEN SERVICE SCHEDULE

Extra services you can attend this Lenten season

Presanctified Liturgy

- ▶ Wednesdays @ 7pm–8:30pm, followed by the Lenten Potluck Dinner
- ▶ Fridays @ 10:30am–11:30am

Akathist | Fridays @ 7pm–8:30pm

Lenten Hours | Weekdays, online @ 7:15am–8am

Saturday Divine Liturgy | Saturdays @ 10am–11:30am

Visit stmaryorthodox.org/calendar to stay updated on parish events and service times.

HYMNS OF THE DAY

Tone 6. Troparion of the Resurrection

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.

Tone 4. Troparion of the Parish

TODAY the faithful celebrate the feast with joy * illumined by your coming, O Mother of God. * Beholding your pure image, we fervently cry to you: * Encompass us beneath the precious veil of your protection. * Deliver us from every form of evil, * by entreating Christ, your Son and our God, // that He may save our souls!

Tone 8. Troparion of 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!

Tone 4. Kontakion from the Lenten Triodion

NOW is the time for action! * Judgment is at the doors! * So let us rise and fast, * offering alms with tears of

EPISTLE Hebrews 1:10-2:3

In the beginning, Thou, O Lord, didst lay the foundation of the earth, and the heavens are also the work of Thy hands. They shall all perish, but Thou shall endure. They shall all wear out like a garment; Thou changest them like raiment, and they pass away, but Thou art ever the same, and Thy years have no end. But to which of the angels has He ever said: "Sit Thou at My right hand, until I make Thine enemies Thy footstool"? Are they not all ministering

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!"

Glory. Tone 8. Kontakion of St. Gregory

HOLY and divine instrument of wisdom, * joyful trumpet of theology, * together we sing your praises, O God-inspired Gregory. * Since you now stand before the Original Mind, guide our minds to Him, O Father, // so that we may sing to you: "Rejoice, preacher of grace!"

Both now. Tone 3. Kontakion of the Parish

THE Virgin is present today in the Church * And with the fellowship of saints she prays to God on our behalf. * The angels and the bishops worship! * The apostles and the prophets make glad! // For the Theotokos makes supplications for us to the everlasting God!

PROKEIMENON

In the fifth tone: Thou, O Lord, shalt protect us and preserve us from this generation forever!

℣ Save me, O Lord, for there is no longer any that is godly.

In the first tone (for St. Gregory): My mouth shall speak wisdom and the meditation of my heart shall be understanding.

EPISTLE Hebrews 7:26-8:2 (St. Gregory Palamas)

Brethren, it was fitting that we should have such a High Priest, holy, innocent, undefiled, separated from sinners, and made higher than the heavens; who needeth not daily, as other priests, to offer sacrifices first for His own sins and then for the people's, for this He did once, in offering Himself. For the law maketh men priests who have infirmity, but the word

spirits sent forth to minister for them who shall inherit salvation? Therefore we must give the most earnest heed to the things we have heard, lest any time we should drift away. For if the word spoken by angels was steadfast, and every transgression and disobedience received a just recompense and reward, how shall we escape if we neglect so great salvation, which at the first began to be spoken by the Lord, and was confirmed unto us by them that heard Him.

of the oath, which was since the law, maketh the Son, Who is perfected forevermore. Now this is the sum of the things of which we have spoken: We have such a High Priest, Who is seated at the right hand of the throne of the Majesty in the, heavens, a Minister of the Holies and of the true Tabernacle which the Lord hath erected, and not man.

Alleluia in the sixth tone:

- ℣ He that dwelleth in the aid of the Most High shall abide under the protection of the God of heaven.
- ℣ He shall say to the Lord: thou art my protector and my refuge, my God. In him will I trust!
- ℣ (Tone 2) The mouth of the righteous shall meditate wisdom and his tongue shall speak of judgment.

GOSPEL Mark 2:1-12

At that time, Jesus 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!"

GOSPEL John 10:9-16 (*St. Gregory Palamas*)

The Lord said to the Jews that came to Him: I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture. The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly. I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves

the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own. As the Father knows Me, even so I know the Father; and I lay down My life for the sheep. And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

INSTEAD OF “IT IS TRULY MEET”

All of creation rejoices in you, 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 your body into a throne, * and your womb He made more spacious than the heavens. *

All of creation rejoices in you, O Full of Grace. * Glory to you!

COMMUNION HYMNS

Praise the Lord from the heavens! Praise Him in the highest!

The righteous will be remembered forever; he is not afraid of evil tidings.

Alleluia, Alleluia, Alleluia!



Parish News & Announcements



Birthdays Kami C., Jeanie C., Sarah J., Christine S., Todd S.
Namedays Patrick O.

NEXT SUNDAY: Support the Annual Lenten Soup Luncheon for OCMC Missions (Sunday, Mar. 19) — The parish needs your help to make this year's Lenten Soup Luncheon, immediately following liturgy, a big success. Please support this very worthy cause! Sign up to make soup, bring food/drinks, and help with set up/clean up at tinyurl.com/lenten-soup-luncheon-2023. Bring your checkbooks (or pay on Realm) with "OCMC Soup Luncheon" in the memo line. All proceeds go to the support of OCMC missionaries in Romania and Guatemala.

NEXT SUNDAY: Men's Fellowship will meet at the Hall Residence — Men of the parish, please join us for prayer, discussion, and fellowship. Topic TBA.

(\$10) Take me out to the ballgame with St. Mary's parishioners and friends! (Sunday, May 21) — Join us at National Park on May 21st to watch the Nats host the Detroit Tigers! Everyone over 2 years old will need a ticket. Reserve tickets with Sara C. for \$10 tickets through YAM by April 16. Payment can be taken via Realm or check to St. Mary Orthodox Church with "Nationals Game" in the memo line. We hope to see you there! Let's see the new pitch clock in action that will speed up the game.

Lenten Gift Shop Sale (Mar. 4–26) — Take advantage of Lent to catch up on spiritual reading and spiritual music, as well as to partake of religious icons, religious jewelry, and other religious items. To help your Lenten journey, all items in the gift shop are 50% off their ticketed price between Saturday, March 4 and Sunday, March 26. Please contact Ileana C. if you have any questions.

Please check for your items in the Lost & Found — The Lost & Found is building up! Please come by to check if anything belongs to you or your family.

Connect with the parish at the Connections Corner — Stop by the Connections Corner in the fellowship hall during coffee hour to check out our ministries, newsletter, or meet a couple friendly faces. Great for visitors, inquirers, or if you just want to get more involved at church.



Next week's coffee hour host (March 19): **Group L-R**



Are you visiting? Welcome to St. Mary's!

We're delighted that you've joined us! Please feel free to watch, participate, or ask the person next to you if you have any questions. Here are a few things you can do to get acquainted with us:

- sign the **visitor's log** at the entrance of the church (called the "narthex")
- check out the **Connections Corner** in the fellowship hall to learn more about us, Orthodoxy, pick up a copy of our **newsletter** and **ministry brochure**, and meet a few friendly faces

We try to avoid entering or exiting the nave during readings, processions, or the sermon. Please note that to receive Holy Communion in our church, one must be baptized Orthodox, recently-confessed, and at peace with one's fellows. At the end of the service, everyone is welcome to come up to kiss the Cross, greet the priest, and receive blessed bread.

Please join us for coffee hour downstairs in the fellowship hall after liturgy. We'd love to meet you!