

# SAINT GEORGE ORTHODOX CATHEDRAL

HIS EMINENCE, ARCHBISHOP ALEXANDER OF TOLEDO: RECTOR

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**March 15, 2020**

Second Sunday of Lent - Tone 6  
St. Gregory Palamas  
Martyr Agapius and Those with Him



**From the Fathers...**

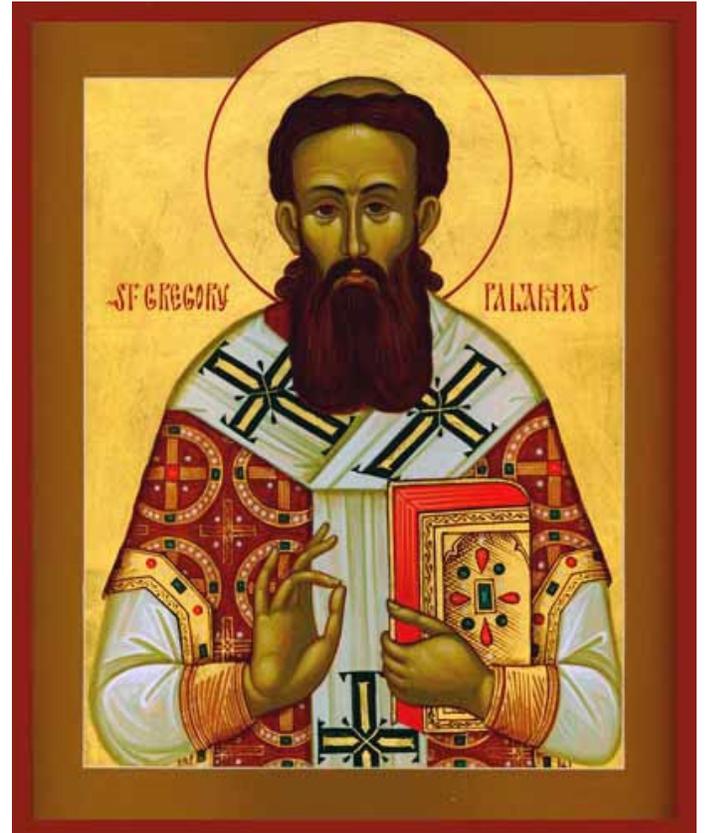
“God therefore gave medicine to the world for comfort, for healing and care of the body, and permitted them to be used by those who could not entrust themselves completely to God.”

- St. Macarius the Great



**Welcome Visitors!**

We are delighted to have visitors worship with us, and we pray that you will be blessed through your participation with us. In the Orthodox Church, the reception of Holy Communion is a mark of membership in the Church. Only those who have been united to the Orthodox Church through Baptism or Chrismation, and have prepared themselves through regular Confession, prayer and fasting are permitted to partake of Holy Communion. We encourage visitors to participate in our prayers and hymns and to join us in venerating the Cross and receiving blessed bread at the conclusion of the Divine Liturgy. Literature about the Orthodox faith and this parish can be found in the vestibule. Please feel free to ask questions before or after the service, as well as join us in the Parish Hall for refreshments and fellowship after the Liturgy.



What hymns of praise shall we sing to honor the holy bishop?/ He is the trumpet of theology, the flaming mouthpiece of grace,/ the chosen vessel of the Spirit, the unshakeable pillar of the Church,/ the great joy of the inhabited earth,/ the river of wisdom, the candlestick of the Light,// the shining star that has made all creation bright.

What garlands of song shall we weave for the holy bishop?/ He is the champion of true worship, the foe of ungodliness, / the fervent defender of the faith,/ the great guide and teacher, the well-tuned harp of the Spirit,/ the golden tongue, the fountain flowing with healing for the faithful,// the great and wonderful Gregory.

O thrice-blessed saint, most holy father,/ good shepherd, disciple of Christ the Chief Shepherd./ Like Him thou gavest thy life for thy sheep./ By thine intercessions, O God-bearing Father Gregory,// may great mercy be granted to our souls!  
*(Stichera of Lord I Call)*

A PARISH OF THE BULGARIAN DIOCESE OF THE ORTHODOX CHURCH IN AMERICA

## TODAY'S WORSHIP - HYMNS AND SCRIPTURE READINGS

### Resurrection Troparion in Tone 6

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.

### Great Martyr George Troparion in Tone 4

As deliverer of captives/ and defender of the poor;/ healer of the infirm,/ champion of kings;/ victorious Great Martyr George,/ intercede with Christ our God;// for our souls' salvation.

### St. Gregory Palamas Troparion in Tone 8

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!

### Great Martyr George Kontakion in Tone 4

As we the faithful flee to thee for refuge and seek thy protection and speedy help,/ We entreat thee, O Champion of Christ, that we who sing thy praises may be delivered from the snares of the enemy/ and from every peril and adversary,// that we may cry: "Rejoice, O martyr George!"

*Glory to the Father and to the Son and to the Holy Spirit.*

### St. Gregory Palamas Kontakion in Tone 8

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, preacher of grace!"

*Now and ever and unto ages of ages. Amen.*

### Lenten Triodion Kontakion in Tone 4

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!"

### Epistle: 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.

### Gospel: 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!"

## THIS WEEK AND LIFE IN CHRIST

**Sunday, March 15th**

**10:00 AM Divine Liturgy**

**11:30 AM Church School**

*Second Sunday of Lent*

*St. Gregory Palamas*

Hebrews 1:10-2:3, Hebrews 7:26-8:2

Mark 2:1-12, John 10:9-16

**Monday, March 16th**

*Martyr Sabinas of Egypt*

*Martyr Papas of Lyconia*

Genesis 6:9-22, Proverbs 8:1-21

**Tuesday, March 17th**

*Ven. Alexius the Man of God*

*St. Patrick, Bishop of Armagh, Enlightener of Ireland*

Genesis 7:1-5, Proverbs 8:32-9:11

**Wednesday, March 18th**

**6:00 PM Presanctified Liturgy**

*Repose of St. Nikolai of Zhicha*

*St. Cyril, Archbishop of Jerusalem*

Genesis 7:6-9, Proverbs 9:12-18

**Thursday, March 19th**

*Martyrs Chrysanthus and Daria and those with them*

*Martyr Pancharius, at Nicomedia*

Genesis 7:11-8:3, Proverbs 10:1-22

**Friday, March 20th**

*Holy Fathers slain at the Monastery of St. Sabbas*

*Martyr Photini, the Samaritan woman*

Genesis 8:4-21, Proverbs 10:31-11:12

**Saturday, March 21st**

**5:00 PM Great Vespers**

*Memorial Saturday*

*St. James the Confessor, Bishop of Catania*

Hebrews 10:32-38, 1 Thessalonians 4:13-17

Mark 2:14-17, John 5:24-30

**Sunday, March 22nd**

**10:00 AM Divine Liturgy**

*Third Sunday of Lent*

*Veneration of the Cross*

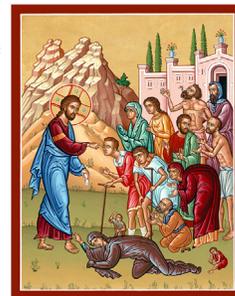
*Hieromartyr Basil of Ancyra*

Hebrews 4:14-5:6, Mark 8:34-9:1



### COVID-19 Guidance from Archbishop ALEXANDER

I am asking all parishes and missions in the Bulgarian Diocese, in addition to the directives from the Statement of the Holy Synod, to respond in the following manner:



- All parish and mission events and activities, including coffee fellowship, church school, and the rest, and all services other than Vespers on Saturday evenings (Vespers with priest, deacon, server, chanter), the Sunday Liturgy of St. Basil the Great, the Vespers Liturgy of the Great Feast of Annunciation, and the Presanctified Liturgies, are cancelled beginning Monday, March 16th through Sunday, April 5th, at which point we will adjust as the situation warrants.
- All who are at risk: the elderly, those with pre-existing conditions, any who are actively sick or exhibiting signs of illness including choir directors, singers, servers, readers, subdeacons should consider the guidelines from the Centers for Disease Control (CDC) and the World Health Organization (WHO) and act prudently first with regard to others and then with regard to themselves.
- Those who do not attend the divine services are encouraged to say prayers from their prayer books at home during the time of the divine services.

This is not the season of Great Lent we anticipated, but it is nonetheless a fitting Lenten effort: focus on the greater good of our neighbors, recognizing that this initial response to this pandemic will work for the greater good of our faithful and our neighbors. Use this time of “social distancing” for prayer and to keep vigil “in one’s cell.”

### Prayer from the Statement from the Holy Synod of Bishops of the Orthodox Church in America

**Priest:** O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in thine ineffable goodness, look down upon us, thy people gathered in thy Holy Name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians and preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify thy most honorable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages.

**Choir:** Amen.

HAVE A QUESTION OR NEED TO CHAT? CALL OR EMAIL FR. GREGORY.

## Guidance for COVID-19

### Cancellation of Services and Events

All parish events and activities, including Coffee Hour, Church School, and the rest, and all “extra” services including Sunday Evening Pan-Orthodox Vespers (cancelled effective immediately) are cancelled beginning **Monday, March 16th through Sunday, April 5th**, at which point we will adjust as the situation warrants.

Vespers on Saturday evenings, the Sunday Liturgy of St. Basil the Great, the Vespers Liturgy of the Great Feast of Annunciation, and the Presanctified Liturgies, will be held as scheduled.

### Attendance at Services

If you are symptomatic, please stay home. If you have been in contact with someone who has been symptomatic or is under quarantine for potential infection, please stay home. Part of the challenge of this virus is that you can become communicable before even having symptoms, which is why limiting social contact is so valuable.

Those who do not attend the divine services are encouraged to say prayers from their prayer books at home during the time of the divine services.

### At the Church

Please do not kiss the icons (or more accurately, their cases,) the Cross, or each other. No antidoron (holy bread) will be offered, but communion will continue to be offered for the healing of soul and body. Please wash your hands or use hand sanitizer prior to entering the church.

### Confessions and Visitations

Confessions by appointment only. Home visits for the sick may also be requested. Fr. Gregory is also by phone, if needed.

### Giving

We encourage you to continue your regular offerings during this time.

### Lenten Psalter Prayer Group

We are asked to “pray without ceasing” (1 Thessalonians 5:17). What better way than through the Psalms? “The blessing of the Lord be upon you (Psalm 129:8). The Hospitality Committee is excited to continue the spiritual practice of praying the Psalter this Lenten season. The Lenten Psalter Prayer Groups are forming now. Contact Cindy Hopper or Sarah Allen for any questions.

### Maintaining the Beauty of our Temple

Just as a reminder for all to help with maintaining the beauty of our temple and the grounds on a regular basis. Please make sure to clean up after yourselves and each other in both the church and the hall, and please be mindful of the grounds as well. Parents, please remain vigilant with your children and help them to clean up any messes. Thank you.

## We are praying for...

### Health and Well-Being:

Anthony, Maria, Tanya, Melissa, Kelly, Lawrence, Mary, Brian, Karen, Sandy, Panka, George, Cheryl, Barb, and the kidnapped hierarchs Metropolitan Boulos and Archbishop Yohanna of Aleppo; and those being persecuted for their faith in the Middle East.

### Catechumens:

Tim, Laura, Ethan, Naomi, Olivia, Daniel, Phoebe, Ezekiel, and Jachin.



### Sanctuary Lamp

Sanctuary Lamp sponsorships are available. Please sign up in the narthex.



### Celebrations

#### Birthdays:

Sarah Olmstead (3/15)  
Vi Costoff (3/18)  
Elijah Kazan (3/19)  
Mariana Ghareeb (3/21)

#### Name's Days:

Brian Cohen (3/19)

