# **EPISTLE AND GOSPEL READINGS**

# **EPISTLE READING:**

Prokeimenon. Mode Plagal 2.

Psalm 27.9,1 O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

"IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, 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, till I make thy 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. Προκείμενον. Ήχος πλ. β'.

ΨΑΛΜΟΙ 27.9.1 Σῶσον, Κύριε τὸν λαὸν σου καὶ εὐλόγησον τὴν κληρονομίαν σου.

Στίχ. Πρὸς σέ, Κύριε, κεκράξομαι ὁ Θεός μου.

Πρός Έβραίους 1:10-14, 2:1-3 τὸ ἀνάγνωσμα

Κατ' ἀρχάς, Κύριε, τὴν γῆν έθεμελίωσας, καὶ ἔργα τῶν χειρῶν σού είσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον έλίξεις αὐτοὺς, καὶ ἀλλαγήσονται· σὺ δὲ ό αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἴρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ὰν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικά πνεύματα, είς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς άκουσθεῖσιν, μήποτε παραρρυῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος έγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; "Ητις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς έβεβαιώθη.

#### **GOSPEL READING:**

The Gospel According to Mark 2:1-12

At that time, Jesus entered Capernaum and 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 him a paralytic carried by four men. And when they could not get near him 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, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question 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!"

# Έκ τοῦ Κατὰ Μᾶρκον 2:1-12 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς είς Καπερναούμ δι' ήμερῶν καὶ ήκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ώστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ύπὸ τεσσάρων καὶ μὴ δυνάμενοι προσεγγίσαι αὐτῷ διὰ τὸν ὄχλον, απεστέγασαν την στέγην ὅπου ἦν, καὶ έξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ῷ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ 'Ιησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικώ τέκνον, ἀφέωνταί σοι αί άμαρτίαι σου. ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν τί οὖτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἶς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται έν έαυτοῖς, εἶπεν αὐτοῖς: τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ύμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῶ, ἀφέωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἆρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι έξουσίαν έχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ σοὶ λέγω, ἔγειρε καὶ ἆρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἴδομεν.

# "Second Sunday of Great Lent of Orthodoxy"

# **Sunday, March 15th, 2020**

8:30am-Orthros 9:30am-Divine Liturgy 10:40am-Sunday School

Wednesday, March 18th

6:00pm-Prsanctified Liturgy Friday, March 20<sup>th</sup>

7:00pm-Third Salutation

Saturday, March 21st

3:00-5:00pm-Confession 5:00pm-Vespers

Parish Council Duty Team #2-Vange, Chris, Zoi, Thom

#### FELLOWSHIP HOUR

Fellowship Hour this morning is being hosted by the Daughters of Penelope. As a special treat John Perparos will be making loukoumades; be sure to support the Daughters and buy some!

# PAN-ORTHODOX VESPERS AT ST. KATHERINE

All of the valley Orthodox Churches and their parishioners are invited to a Great Vespers Service at 6:00pm this evening. A delicious Lenten meal will be served in the Community Center following the service. Homilist: Fr. Jacob Saylor

#### **GREAT LENT**

During this period and Holy Week Orthodox Christians are encouraged to fast from meat and dairy products and their by-products, fish with a backbone and alcohol (wine may be consumed on weekends and beer throughout the period). Also, encouraged is attendance at the Lenten services and practicing Christian charity. Kali Sarakosti! Good Lent to you!

#### BIBLE STUDY/YAL FELLOWSHIP

Tuesdays, 7:10pm. Topic: Romans. Location: Classroom behind the choir loft.

#### **UPCOMING EVENTS:**

March 19<sup>th</sup> & 20<sup>th</sup>- Philoptochos Koulourakia Baking. Please join us in the kitchen at 9:30 Thursday and Friday morning to enjoy good fellowship and help bake koulourakia. Lunch will be served.

#### March 20-21-Phoenix Lenten GOYA Lock-in-

Holy Trinity is hosting a Lenten Lock-in for Grades 6-12 on March 20-21. Please see flier in Narthex for more information, register at:https://forms.gle/pTEscLkVZZCrkUrRA

## March 22<sup>nd</sup>- Oratorical Competition

The Oratorical Competition will be held in the church immediately following the dismissal of Liturgy. Please come support and encourage our youth as they give speeches in defense of our faith!

#### March 27th- Goya Bowling night

Place and time still TBD. More info to come. Contact Lisa Bafaloukos <u>lisabaf@post.com</u> 602-989-2129

March 28th-Greek Independence Celebration- See enclosed flier. Buy your tickets from Telis Evripidou after church in the community center!

*March* 29<sup>th</sup>-Spring General Assembly
All stewards please plan to attend and participate.

April 5th & 12th- Philoptochos Spring Bake Sale

#### PLEASE NOTE...

It costs \$100 dollars per week per family to operate Saint Katherine Greek Orthodox Church. Please prayerfully consider your stewardship. We certainly appreciate all those who give of their time, talent & tithings. Thank you for your love and commitment to Saint Katherine!

Greek Archdiocese of America: <a href="www.goarch.org">www.goarch.org</a>
Metropolis of San Francisco:
<a href="www.sanfran.goarch.org">www.sanfran.goarch.org</a>
St. Katherine Bulletin, Spirit & Calendar:
<a href="www.st-katherine.org">www.st-katherine.org</a>

# St. Katherine Greek Orthodox Church Weekly Bulletin March 15, 2020 Welcome!



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**Church Office Hours:** 

Monday-Thursday 9:30 a.m. – 3:30 p.m. Closed 12:00 – 1:00p.m. for lunch

**Proistamenos:** 

Rev. Fr. Philip S. Armstrong

Email: skcpriest@yahoo.com

<u>Assistant Priest:</u>

Fr. Basil Rosu

<u>Assisting Priest Emeritus:</u>

Fr. Demetrios Kavouras

### **Saints and Feasts**

#### **Today we commemorate:**

- Sunday of St. Gregory Palamas
- Agapius the Martyr & His Companions
- Manuel the New Martyr of Crete
- Holy Apostle Aristobulos of the Seventy, Bishop of Britain

#### **READING:**

#### St. Gregory Palamas

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359. His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

Welcome to all our visitors worshipping with us today; we're glad you're here!

Please join us at our Fellowship Hour immediately following the Divine Liturgy to meet fellow parishioners and learn more about the community.