

PARISH ANNOUNCEMENTS

- ❖ **WELCOME** to all who are visiting with us today! We hope you will feel at home here and, if you do not already have a church home, will consider becoming a part of the Saint Herman Church community.
- ❖ **INQUIRERS CLASSES** continue as we watch a series of videos called “Finding the Church Jesus Built.” Session Six will be Friday March 21 from 7:30-9:30pm in the parish hall following Akathist. The title of Session Six is: “Holy Sacraments.” Please invite any friends and family members who may be interested in learning more about the Orthodox Faith. All are welcome to attend.
- ❖ **CONFESSIONS** will be heard by Fr. Thomas Frizelle April 12 following Great Vespers. If you need confession at another time, please contact Fr. Matthew so that he can put you in touch with another priest.
- ❖ **LITURGICAL CALENDARS** for March and April are available in the narthex and online at www.sainthermanwasilla.org.
- ❖ **FR. MIKEL BOCK & PARISHIONERS OF ST. NICHOLAS CHURCH** will join us for Presanctified Liturgy on Wednesday March 19.
- ❖ **SOUP SUPPER** will follow Presanctified Liturgy on Wednesdays during Lent. We ask for a \$2 donation per person.
- ❖ **“SPIRITUAL HEALING OF ADDICTIONS: AN INTRODUCTION”** is a talk that Fr. Christopher Stanton will give on Tuesday March 18 at the Center for the Living Soul (7200 E Valley Circle, Palmer—South end of Trunk Road). The talk will examine the root issues of addiction and outline the corresponding cures. This event is free. Please call 775-2046 to register, as space is limited. Visit www.centerforthelivingsoul.com for more information.
- ❖ **VESPERAL LITURGY FOR THE FEAST OF ANNUNCIATION** will be Monday March 24 at 6:30pm.
- ❖ **FOOD FOR HUNGRY PEOPLE** boxes and calendars are in the narthex. Please pick one up and return it during Bright Week.

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

*Antiochian Orthodox Christian Archdiocese of North America
Diocese of Los Angeles and the West*

PRIMATE

His Eminence, the Most Rev. Metropolitan PHILIP

DIOCESAN HIERARCH

His Eminence, the Most Rev. Archbishop JOSEPH

PASTOR

Rev. Fr. Matthew Howell

DEACONS

Rev. Dn. Thomas Ross

Rev. Dn. John Phelps

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2ND SUNDAY OF LENT
(ST. GREGORY
PALAMAS)

March 16, 2014

A NOTE REGARDING HOLY COMMUNION

Welcome! In the Orthodox Church, reception of the Holy Eucharist is reserved for baptized, chrismated Orthodox Christians who have prepared by prayer, fasting and a recent confession. If you are visiting or otherwise not prepared to commune today, you are welcome to receive some of the unconsecrated, blessed bread which the acolytes are holding. We pray for all to be united in the Body and Blood of Christ! If you would like to learn how you can enter into communion with the Orthodox Church, please speak with our clergy.

THE EPISTLE

*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 the Second Sunday of Great Lent)

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!”

SAINTS OF THE DAY

Commemoration of Gregory Palamas, archbishop of Thessalonica;
Martyr Sabinos of Egypt; Venerable Christodoulos the wonderworker of Patmos

CHRISTIAN EDUCATION

Ages 3-6: Every Sunday at 9:00am

Ages 7-9, 10-12, and 13-19: Every Sunday following Liturgy

THIS WEEK’S SERVICES

March 16 - 23

Monday 6:30pm: Great Compline

Wednesday 6:30pm: Presanctified Liturgy, joined by members of St. Nicholas OCA Church in Eklutna

Friday 6:30pm: Small Compline with Akathist to the Theotokos, followed by Inquirers Class Session 6

Saturday 6:30pm: Great Vespers

Sunday 9:00am: Matins; 10:00am: Divine Liturgy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ "What can I say to those people who, in the Church, neither stand in silence, nor join in the singing, but instead meet one another and mix our reasonable worship of God with worldly chatter? They do not listen themselves to the divinely inspired words, and prevent others who want to listen from doing so. 'How long do you halt between two opinions?' as Elijah the Tishbite would say (1 Kgs. 18:21). You want simultaneously to come together for prayer and for worldly, ill-timed words. Of course you succeed in neither purpose, because you destroy the one with the other, or rather, they destroy each other. How long before you stop talking idly in this place? You make this house of prayer into a place of business or impassioned speech (cf. Lk. 19:46). In this house the words of eternal life are both spoken and heard, on the one hand by us, as we beseech God for eternal life with unashamed hope, and on the other hand by God, as He gives eternal life to those who ask with their whole heart and mind. But He will not give it to those who do not even apply their whole tongue, as it were, to asking." -- St. Gregory Palamas
- ❖ "... Christ said, 'Whoever shall say to his brother 'You fool' shall be guilty enough to go to the hell of fire' (Mt. 5:22). If, then, you can eradicate this evil, calling down upon your soul the benediction of gentleness, then glorify Christ, the teacher and ministrant of every virtue, without whom, as we have been taught, we can do nothing good. But if you are unable to bridle your temper, censure yourself whenever you lose it, and repent before God and before anyone to whom you have spoken or have acted evilly. If you repent at the inception of sin you will not commit the sin itself; but if you feel no pang in committing minor offenses you will through them fall into major transgressions." -- St. Gregory Palamas