

CHRISTIAN EDUCATION

Wednesday March 11

5:30-6:30pm – Atrium Levels 1 & 2, pre-teens, & Teen Soyo classes

6:30-7:45pm – Presanctified Liturgy

7:45-8:30pm – Lenten Soup Supper - \$3/person or \$15/family

THIS WEEK'S SERVICES

March 8 – March 15

Mon. Mar. 9 – 6:30pm: Presanctified Liturgy for the 40 Martyrs of Sebaste

Wed. Mar. 11– 6:30pm: Presanctified Liturgy (Acolyte Team 1)

Fri. Mar. 13 – 6:30pm: Little Compline with Akathist to the Theotokos

Sat. Mar. 14 – 6:30pm: Great Vespers

Sun. Mar. 15 - 9:00am: Matins, followed by Service of the Cross

Sun. Mar. 15 - 10:00am: Divine Liturgy (Acolyte Team 1)

Confessions are heard following Vespers, Weekday Services, and by appointment

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.
- ❖ **CHRISTIAN EDUCATION IS WEDNESDAY NIGHTS DURING LENT.** Christian Education will be Wednesdays at 5:30pm for Atrium Levels 1 & 2, pre-teens, and Teen SOYO. Presanctified Liturgy will start at 6:30pm, and Soup Supper will follow liturgy. Atrium teachers will bring atrium students into the church at 6:30pm.
- ❖ **ADULT CATECHISM CLASSES ARE TUESDAYS** from 6:00-7:30pm with Peter Kamilos. If you miss a class or have any questions, you can call or text Peter at (503)780-4212.
- ❖ **GOOSE CREEK PRISON NEEDS ORTHODOX BOOKS** for its chapel library. If you have any *paperback* Orthodox books that you are willing to donate, please give them to Fr. Matthew. He will then get them to Fr. Mikel Bock who visits the prison weekly. Hardback books are not allowed.
- ❖ **HOLY WEEK SERVICE BOOKS** will be ordered this week. Please tell Fr. Matthew by tomorrow if you would like a copy of the Holy Week Service book, which contains the texts of all services from Palm Sunday through Pascha in the order that they are served. The cost is \$40 including shipping.

SAINT HERMAN

ANTIOCHIAN ORTHODOX CHURCH

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

PRIMATE and DIOCESAN HIERARCH

His Eminence, the Most Reverend Metropolitan 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 8, 2015

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 from a non-Orthodox church or otherwise are 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

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 & FEASTS OF THE DAY

Second Sunday of Great Lent; Commemoration of Gregory Palamas, Archbishop of Thessalonica; Theophylact the Confessor, Bishop of Nicomedia; Apostle Hermas of the Seventy

A GOOD WORD

VITAMINS FOR THE SOUL

- ❖ “Advancing from false religion to true, and illumined with the light of knowledge, let us clap our hands, as the psalm says, offering praise and thanksgiving to God; and with fitting honour let us worship the sacred ikons of Christ, of the all-pure Virgin and all the saints, whether depicted on walls, panels or sacred vessels, rejecting the impious religion of the heretics; for, as Basil says, the honour shown to the ikon passes to the prototype, as we ask that at the prayers of your immaculate Mother, Christ our God, and of all the saints, we may be granted your great mercy.” – Aposticha from Vespers for 1st Sunday of Lent
- ❖ “Uncircumscribed, Master, in your divine nature, and incarnate in the last times, you were pleased to be circumscribed; for in assuming flesh, you also took on all its properties. Therefore, depicting the form of your likeness, we give it a relative salutation and are exalted to love of you, and following the godly traditions of the apostles, we draw from it the grace of healings.” – “O Lord I Cry” stichera from Vespers for 1st Sunday of Lent
- ❖ “Contrary to what many think or feel, Lent is a time of joy. It is a time when we come back to life. It is a time when we shake off what is bad and dead in us in order to become able to live, to live with all the vastness, all the depth, and all the intensity to which we are called. Unless we understand this quality of joy in Lent, we will make of it a monstrous caricature, a time when in God’s own name we make our life a misery.” – Metropolitan ANTHONY (Bloom) of Sourozh
- ❖ “The Kingdom of God is something to be conquered. It is not simply given to those who leisurely, lazily wait for it to come. To those who wait for it in that spirit, it will come indeed: it will come at midnight; it will come like the Judgement of God, like the thief who enters when he is not expected.” – Metropolitan ANTHONY (Bloom) of Sourozh