



HOLY GHOST ORTHODOX CHURCH

BRIDGEPORT, CONNECTICUT

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MARCH 16, 2025 – SECOND SUNDAY OF GREAT LENT – Tone 5

SAINT GREGORY PALAMAS

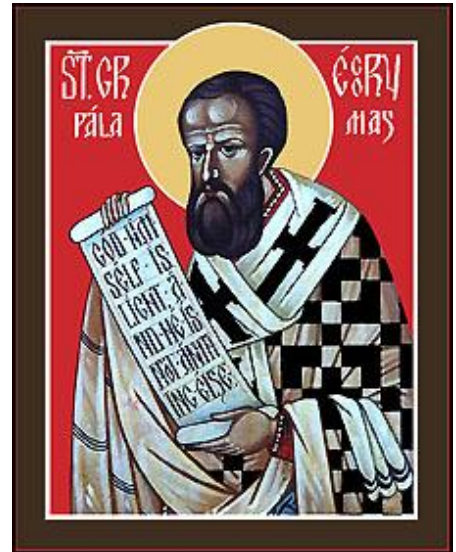
<u>Scripture Readings</u>	<u>Services</u>
<p>MONDAY, MARCH 17 Genesis 6:9-22 Proverbs 8:1-21</p> <p>TUESDAY, MARCH 18 Isaiah 9:9-10:4 Proverbs 8:32-9:11</p> <p>WEDNESDAY, MARCH 19 Genesis 7:6-9 Proverbs 9:12-18</p> <p>THURSDAY, MARCH 20 Genesis 7:11-8:3 Proverbs 10:1-22</p> <p>FRIDAY, MARCH 21 Genesis 8:4-21 Proverbs 10:31-11:12</p> <p>SATURDAY, MARCH 22 Hebrews 10:32-38 Mark 2:14-17</p> <hr/> <p><i>All services will also be streamed online via Facebook Live as follows:</i> https://www.facebook.com/Holy-Ghost-Russian-Orthodox-Greek-Catholic-Church-681248091936330/</p> <p>Reminder: The schedule of services can be found on the front page of our website, https://holyghostbpt.com/ The schedule is recorded on the Google Calendar of the church's acct. You can add it to your own Google Calendar by clicking the + sign on the bottom right corner of the calendar window.</p>	<p>WEDNESDAY, MARCH 12 Confessions.....4:45 p.m. Presanctified Liturgy.....5:30 p.m.</p> <p>SATURDAY, MARCH 15 Great Vespers.....4:00 p.m. Confessions.....5:00 p.m.</p> <p>SUNDAY, MARCH 16, SECOND SUNDAY OF GREAT LENT, St. Gregory Palamas Divine Liturgy.....9:00 a.m. Parish Council Meeting.....11:30 a.m. Lenten Vespers, St. Dimitrie, Easton and CT Deanery St. Alexis, Clinton.....4:00 p.m.</p> <p>WEDNESDAY, MARCH 19 Confessions.....4:45 p.m. Presanctified Liturgy.....5:30 p.m. Potluck Lenten meal.....7:00 p.m.</p> <p>SATURDAY, MARCH 22 Great Vespers.....4:00 p.m. Confessions.....5:00 p.m.</p> <p>SUNDAY, MARCH 23, THIRD SUNDAY OF GREAT LENT, FORCC SUNDAY, Veneration of the Cross Divine Liturgy.....9:00 a.m. FORCC Lenten Vespers, Holy Ghost.....4:00 p.m. <i>[A collection will be accepted for FORCC.]</i></p>

SECOND SUNDAY OF GREAT LENT

SAINT GREGORY PALAMAS

Commemorated on March 16

This Sunday was originally dedicated to Saint Polycarp of Smyrna (February 23). After his glorification in 1368, a second commemoration of Saint Gregory Palamas (November 14) was appointed for the Second Sunday of Great Lent as a second “Triumph of Orthodoxy.”



Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory’s father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nikódēmos of Vatopedi (July 11). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory’s mother and sisters also became monastics.

After the demise of the Elder Nikódēmos, Saint Gregory spent eight years of spiritual struggle under the guidance of the Elder Nikēphóros, and after the latter’s death, Gregory transferred to the Lavra of Saint Athanasius (July 5). Here he served in the trapeza, and then became a church singer. But after three years, he resettled in the small skete of Glossia, striving for a greater degree of spiritual perfection. The head of this monastery began to teach the young man the method of unceasing prayer and mental activity, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century: Evagrius Pontikos and Saint Macarius of Egypt (January 19).

Later on, in the eleventh century Saint Simeon the New Theologian (March 12) provided detailed instruction in mental activity for those praying in an outward manner, and the ascetics of Athos put it into practice. The experienced use of mental prayer (or prayer of the heart), requiring solitude and quiet, is called “Hesychasm” (from the Greek “hesychia” meaning calm, silence), and those practicing it were called “hesychasts.”

During his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychasm and adopted it as an essential part of his life. In the year 1326, because of the threat of Turkish invasions, he and the brethren retreated to Thessalonica, where he was then ordained to the holy priesthood.

To read the entire passage, see: <https://www.oca.org/saints/lives/2025/03/16/12-2nd-sunday-of-great-lent-st-gregory-palamas>

Hebrews 1:10-2:3*(Epistle)*

10

And: “You, LORD, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands.

11

They will perish, but You remain; and they will all grow old like a garment;

12

like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail.”

13

But to which of the angels has He ever said: “Sit at My right hand, till I make Your enemies Your footstool”?

14

Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

1

Therefore, we must give the more earnest heed to the things we have heard, lest we drift away.

2

For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward,

3

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,

Hebrews 7:26-8:2*(Epistle, Saint)*

26

For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens;

27

who does not need daily, as those high priests, to offer up sacrifices, first for his own sins and then for the people’s, for this He did once for all when He offered up Himself.

28

For the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever.

1

Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens,

2

a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

Mark 2:1-12*(Gospel)*

1

And again, He entered Capernaum after some days, and it was heard that He was in the house.

2

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.

3

Then they came to Him, bringing a paralytic who was carried by four men.

Mark 2:1-12*(Gospel Cont'd.)*

4

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.

5

When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you."

6

And some of the scribes were sitting there and reasoning in their hearts,

7

"Why does this Man speak blasphemies like this? Who can forgive sins but God alone?"

8

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?"

9

Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'?

10

But that you may know that the Son of Man has power on earth to forgive sins" – He said to the paralytic,

11

"I say to you, arise, take up your bed, and go to your house."

12

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!"

John 10:9-16*(Gospel, Saint)*

9

I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.

10

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.

11

I am the good shepherd. The good shepherd gives His life for the sheep.

12

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.

13

The hireling flees because he is a hireling and does not care about the sheep.

14

I am the good shepherd; and I know My sheep, and am known by My own.

15

As the Father knows Me, even so I know the Father; and I lay down My life for the sheep.

16

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.

CANDLE DESK DUTY

March 16 – George Kasper
March 23 – Barb Dulin

If you are unable to make your scheduled day, please switch with another member.

COFFEE HOUR CLEAN-UP ... This week's cleanup crew is Group K through O. If this is your week to help, please see crew chief Jerry Kopko for instructions. Thank you!

CANDLES / DONATIONS

- Lampatki over Royal Doors in loving memory of William M. Savisky, Sr., from his family.
- Two large crosses in loving memory of Helen & Michael Darak, from their son Greg.
- *In memoriam*: Mary Jaques, a former member of Holy Ghost before moving to Florida, passed suddenly on February 26, 2025, leaving behind her husband, Bill Jaques, and daughter, Natalie Hunn and family. (*Memory Eternal!*)

LENTEN SOUP FUND RAISER ... Please place your orders for soup if you have not already done so. For those who ordered soup on the 16th, you can pick them up today. Thank you.

CONFESSION SCHEDULE ... Please take the opportunity in this Great Lenten season of repentance to come to confession. According to the holy canons of the Orthodox Church, confession and communion at least once per year is required for membership in good standing. Fr Mark will be available to hear your confession at church every Wednesday 45 minutes before Presanctified Liturgy, and every Saturday for 30 minutes before and after Vespers. You can also schedule confession individually with Fr Mark if you are not available those times. May God give us all grace and courage to come and be reconciled to Christ and His Church!

MARCH 23, SUNDAY OF THE CROSS, LENTEN VESPERS ... Holy Ghost is hosting the 4:00 p.m. Mission Vespers, and cooks/bakers are needed for a Lenten meal. Please see the sign-up sheet downstairs, and talk to LoveAnn Curran if you have any questions. It is FORCC Sunday (Fellowship of Orthodox Christians of Connecticut), an organization that does great work bringing Orthodox Christians of all jurisdictions in CT together. Thank you!

POT-LUCK MEAL FOLLOWING PRESANCTIFIED LITURGY ... As discussed at our last parish council meeting, there will be a potluck snack on March 19th (*originally March 12th*) and April 2nd. Please bring a Lenten snack for fellowship following liturgy. Nothing fancy – humus, soup, etc.

FORCC ZOOM MEETING, MARCH 27 ... FORCC will be holding a ZOOM presentation on March 27th by Fr Steven Hosking on St. Olga of Alaska. The link will be sent out at a later date. Details for this event are included in the attached flyer.

STEWARDS OF THE DIOCESE OF NEW ENGLAND APPEAL ... Attached is an appeal from the Stewards of the Diocese of New England. Their budget goal for 2025 is \$25,000.

MARCH 5, PRESANCTIFIED DIVINE LITURGY



MARCH 7, LENTEN VOLUNTEERS AT BETH-EL, MILFORD



MARCH 9, 4PM LENTEN VESPERS, Holy Trinity Greek Orthodox Church, Bridgeport



PARISH METRICS (MARCH 16 THRU MARCH 22)

BIRTHDAYS

Paul Alesevich, March 16th; Katie Rose Quill (19 years old), March 20th; Fr Mark Roosien, March 20th; Rebecca L. Guggenheim Pecor, March 21st; John Alesevich, March 21st; Fr John Jillions, March 22nd; and Elijah Holt, March 22nd

God Grant them Many Years!

Многая лета!

ANNIVERSARIES

None Listed

DEPARTED FROM THE PARISH METRICS

MARCH 16 – Maria Tsibul, 1915 (8 days); Anna Lantowsky Neeley, 1971 (56)

MARCH 17 – Elia Martinuk, 1950 (64); Anne Seresin, 1972 (64); Mary Fedorko Porianda, 1973 (81); Sophia Turko Kasper, 1979; Nicholas Konder, 1997 (75)

MARCH 18 – Susanna Chikosh, 1935 (59); Vikenty Gelazin, 1944 (53); John Jankura, 1962 (80); Alexander Roksha, 1964 (46)

MARCH 19 – Vasily Moroz, 1927 (12); John Pavlik, Sr., 1962 (81); Anne Super Kolton, 1980 (69); Boris Sichuk, 1992 (57)

MARCH 20 – Simeon Philipenko, 1956 (78); Julia Jovanovich, 1997 (86); Olga Naiden, 2004

MARCH 21 – John Gritsky, 1909 (1); John Venshak, 1926 (64); Mary Kostuk, 1941 (41)

MARCH 22 – Stephen Mizek, 1970 (85); John Kasprak, 1977 (55); John Klimak, 1993 (90); Nadie (Nadine) Green, 1999 (87); Margaret Erickson Lepesko, 2015 (81)

Memory Eternal!

Вечная память!

