

SUNDAY OF ST. GREGORY PALAMAS

Resurrectional Dismissal Hymn

The angelic powers appeared at Your tomb; the soldiers guarding it became as dead men, and Mary stood at Your grave seeking Your most pure body. But you made Hades a captive; You were untouched by its might. You came to the Virgin and granted life. O Lord, who rose from the dead, glory to You.

Dismissal Hymn of St. Gregory Palamas

Light of Orthodoxy, pillar and teacher of the Church, adornment of monastics, invincible champion of theologians, O Gregory thou wonderworker, boast of Thessalonica, herald of grace: ever pray that our souls be saved.

Dismissal Hymn for Sts. Constantine & Helen

The form of Your Cross was seen in the sky by Your Apostle among the kings, O Lord. He received his calling, like Paul, not from man, and placed his imperial city in your hands. Ever guard it in peace, O Loving God, through the intercessions of the Theotokos.

Kontakion

O Champion General, I your city now inscribe to you triumphant anthems as the tokens of my gratitude, being rescued from the terrors, O Theotokos. But since you have the dominion unassailable, from all kinds of perils free me so that unto you, I may cry aloud: rejoice, O Bride unwedded.

From the Holy Fathers –

If you put something fragrant on to burning coals, you motivate those who approach to come back again and to stay near, but if instead you put on something with an unpleasant, oppressive smell, you repel them and drive them away. It is the same with the mind. If your attention is occupied with what is holy, you make yourself worthy of being visited by God, since this is the sweet savour which God catches scent of. On the other hand, if you nurture evil, foul and earthly thoughts within you, you remove yourself from God's supervision and unfortunately make yourself worthy of His aversion.

-St. Gregory Palamas

Κυριακή τοῦ Ἁγίου Γρηγορίου Παλαμᾶ

Ἀναστάσιμον Ἀπολυτίκιον

Ἀγγελικαὶ Δυνάμεις ἐπὶ τὸ μνήμᾳ σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἴστατο Μαρία ἐν τῷ τάφῳ, ζητοῦσα τὸ ἄχραντόν σου σῶμα. Ἐσκύλευσας τὸν Ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ, ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν, ὁ ἀναστάς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

Ἀπολυτίκιον τοῦ Ἁγίου Γρηγορίου Παλαμᾶ

Ὁρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργέ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἰκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Ἀπολυτίκιον Ἁγίου Κωνσταντίνου

Τοῦ Σταυροῦ σου τὸν τύπον ἐν οὐρανῷ θεασάμενος, καὶ ὡς ὁ Παῦλος τὴν κλῆσιν οὐκ ἐξ ἀνθρώπων δεξάμενος, ὁ ἐν βασιλεῦσιν, Ἀπόστολός σου Κύριε, Βασιλεύουσιν πόλιν τῇ χειρὶ σου παρέθετο ἦν περισώζε διὰ παντός ἐν εἰρήνῃ, πρεσβείαις τῆς Θεοτόκου, μόνε Φιλάνθρωπε.

Κοντάκιον

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἴνα κράζω σοι· Χαίρε νύμφη ἀνύμφευτε.

Weekly Calendar

Sunday, March 15 - Sunday of St. Gregory Palamas

8:30 AM Orthros, 9:45 AM Divine Liturgy

Epistle: Hebrews 1:10-14, 2:1-3

(Liturgy Book, Page 138)

Gospel: Mark 2:1-12

(Liturgy Book Page 139)

Acolytes Group 2 (Powers): H. Robitzer, D. Scantzios, A. Futrick, A. Scantzios, E. Ross, J. Ross, J. Futrick, N. Meitzler, F. Amegangee

Council Members Welcoming Today:

Sal Caloiero, Angel Helm

Council Members Ushering Today:

John Lountzis, Chris Kraras

40-Day Memorial – Marina Baxewanis

Fellowship Hosts: Mr. & Mrs. Nicholas Lambros, Mr. & Mrs. Shane Lawrence, Ms. Stephanie Lecatsas, Mr. & Mrs. Steve Lecatsas, Mr. Radu Leustean

12 PM – **Church School Teachers Mini-Retreat**

5 PM – **Lenten Vespers @ Holy Triniity, Camp Hill, PA**

Monday, March 16

9 AM – Baking – Kourabiedes

6 PM – **Orthodoxy on Tap Vespers for St. Patrick with Lenten Meal**

6:30 PM – **Opportunity House (corrected date)**

Tuesday, March 17

9 AM Lenten Orthros

12 PM 3rd/6th Hour

9 AM-8:30 PM – **Baking – Bread 1**

Wednesday, March 18

12 PM 3rd/6th Hour

5 PM Pre-sanctified Liturgy

7 PM **Our Life in Christ**

Thursday, March 19
12 PM 3rd/6th Hour
6 PM Great Compline

Friday, March 20
9 AM Lenten Orthros
7 PM 3rd Salutations

GOYA Spring Retreat @ Camp Nazareth

Saturday, March 21
6 PM Great Vespers

Next Sunday, March 22 – Sunday of Holy Cross
Acolytes Group 3 (Seraphim): G. Koumaras, N. Lountzis, N. Rohm, H. Macarantonis, T. Antonellos, B. Wadsworth, N. Simotas, Z. Simotas, J. Noll, D. Antonellos

Other Announcements

- Support Sts. Constantine & Helen by buying gift cards from us for your grocery shopping at Giant, Redner's, and Weis supermarkets. They will be on sale each week at Fellowship.



In the Hospital (Remember in Prayer)
Reading: John Karamichalakos
Pavlos Kitixis

Agapius the Martyr & His Companions (March 15)



The holy Martyrs contested for piety's sake during the reign of Diocletian (284-305), when Urban was Governor of Caesarea of Palestine. When Urban had commanded that together with a heathen festival, certain condemned Christians be publicly cast to wild beasts, Timolaus, a native of Pontus, Dionysius of Tripolis in Phoenicia, Romulus of Diospolis, Plesius (or Paisius) and Alexander from Egypt, and another Alexander from Gaza, tied their own hands and presented themselves to Urban when the exhibition was about to begin, professing their faith in Christ; they were immediately

cast into prison. A few days later Agapios and Dionysius also presented themselves. All were beheaded together at Caesarea. Their martyrdom is recorded by Eusebius (Eccl. Hist., Book VIII, ch.3, called The Martyrs of Palestine).

This past week, your Stewardship made these possible:

- 12 fellow parishioners received Holy Confession.
- A couple in distress received counseling.
- A family in mourning received consolation.

Sunday School Teachers Retreat



The Daily Cycle of Divine Services:
how to structure our life to be mindful of
God at all times.

Sunday, March 15
12:15-2:15 PM
In the Senior High Class Room
Guests welcome

Sts. Constantine and Helen Greek Orthodox Church
1001 East Wyomissing Boulevard
Reading, PA 19611
The Weekly Church Bulletin

Rev. Fr. Theodore Petrides Dn. James Elliker
Church Phone: 610-374-7511 FAX: 610-374-5890

Sunday, March 15 Sunday of St. Gregory Palamas

