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Church office hours: Monday-Friday: 9:00am to 4:00pm (Closed Saturday & Sunday)

For pastoral emergencies only please call 626-855-3640

MARCH 15TH, 2020 – SUNDAY OF ST. GREGORY PALAMAS

Saints: Agapius the Martyr and his Companions

ORTHROS ~ 8:45 A.M.

MEMORIAL ~ 9:45 A.M.

Alexios Pappas, 1 year; Nicholas Blahiotis, 30 years

DIVINE LITURGY ~ 10:00 A.M.

NO SOCIAL HOUR TODAY.

UPCOMING DIVINE SERVICES: (*saint-anthonys.org/calendar*):

Wednesday, March 18th:

*Pre-Sanctified Liturgy (6:00pm)*Followed by Studies in the Faith*

Friday, March 20th:

Salutations to the Theotokos (7:00pm)

Tuesday, March 24th:

*Great Vespers of Annunciation (6:00pm)*Followed by Studies in the Faith*

Wednesday, March 25th:

ANNUNCIATION (Orthros 9:00am, Liturgy 10:00am)

(NOTE: There will be NO Pre-Sanctified Liturgy this evening)

Friday, March 27th:

Salutations to the Theotokos (7:00pm)

RESURRECTIONAL APOLYTIKION. MODE PLAGAL 2 (BEFORE ENTRANCE)

When the angelic powers appeared at Your grave, the soldiers guarding it feared and became as dead. And standing by the sepulcher was Mary who was seeking Your immaculate body. You devastated Hades, not afflicted by it. You went to meet the virgin, and granted eternal life. You resurrected from the dead. O Lord, glory to You.

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.

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APOLYTIKION OF THE ST. GREGORY PALAMAS. MODE PLAGAL 4

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

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.

MEMORIAL HYMN. MODE PLAGAL 4

Remember, O Lord, as You are good, Your servants, and forgive every sin they have committed in this life. For no one is sinless except You, Who have power to grant rest to those who have fallen asleep.

Μνήσθητι Κύριε, ὡς ἀγαθὸς τῶν δούλων σου, καὶ ὅσα ἐν βίῳ ἡμάρτων συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰ μὴ σὺ ὁ δυνάμενος, καὶ τοῖς μεταστᾶσι δοῦναι τὴν ἀνάπαυσιν.

APOLYTIKION FOR ST. ANTHONY THE GREAT. MODE 4

Emulating the ways of Elijah the zealot, and following the straight paths of the Baptist, O Father Anthony, you made the wilderness a city, and did support the world by your prayers. Wherefore intercede with Christ our God, that our souls be saved.

Τὸν ζηλωτὴν Ἡλίαν τοῖς τρόποις μιμούμενος, τῷ Βαπτιστῇ εὐθείαις ταῖς τρίβοις ἐπόμενος, Πάτερ Ἀντώνιε, τῆς ἐρήμου γέγονας οἰκιστής, καὶ τὴν οἰκουμένην ἐστήριξας εὐχαῖς σου· διὸ πρόσβευε Χριστῷ τῷ Θεῷ σωθῆναι τὰς ψυχὰς ἡμῶν.

SEASONAL KONTAKION. MODE PLAGAL 4.

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. Inasmuch as you have power unassailable, from all kinds of perils free me, so that unto you I may cry aloud: Rejoice, O unwedded Bride.

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθεῖσα τῶν δεινῶν, εὐχαριστήρια, ἀναγράφω σοι ἡ Πόλις σου, Θεοτόκε· ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων με κινδύνων ἐλευθέρωσον ἵνα κράζω σοι· Χαῖρε, Νύμφη ἀνύμφευτε.

ORTHROS GOSPEL READING

Sixth Orthros Gospel

The Gospel According to Luke 24:36-53

At that time, Jesus, having risen from the dead, stood in the midst of his disciples and said to them, "Peace to you." But they were startled and frightened, and supposed that they saw a spirit. And he said to them, "Why are you troubled, and why do questionings rise in your hearts? See my hands and feet, that it is I myself; handle me, and see; for a spirit has not flesh and bones as you see that I have." And when he said this, he showed them his hands and his feet. And while they still disbelieved for joy, and wondered, he said to them, "Have you anything here to eat?" They gave him a piece of broiled fish, and he took it and ate before them. Then he said to them, "These are my words which I spoke to you, while I was still with you, that everything written about me in the law of Moses and the prophets and the psalms must be fulfilled. Then he opened their minds to understand the scriptures, and said to them, "Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be preached in his name to all nations, beginning from Jerusalem. You are witnesses of these things. And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high." Then he led them out as far as Bethany, and lifting up his hands, he blessed them. While he blessed them, he parted from them, and was carried up into heaven. And they worshiped him, and they returned to Jerusalem with great joy, and were continually in the temple blessing God.

EPISTLE READING

Prokeimenon: 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.

GOSPEL READING

Sunday of St. Gregory Palamas
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!"

PARISH ANNOUNCEMENTS:

All Social Hours after Divine Liturgy are suspended until further notice.

CHURCH SCHOOL dates to remember:

- 4-11 Saturday of Lazaros—Set the tone for Holy Week by praying at this important Divine Liturgy as a family. Then enjoy a pancake breakfast and make Palm Crosses!
- 4-12 Palm Sunday-Regular class. Students will return to church for their crosses at 12:00.

HOPE & JOY Holy Friday retreat April 17, 11:45 AM registration and program will begin at noon. We encourage children to remain and attend the Unnailing service at three o'clock. HOPE ages 4 ½ to 7 years old, JOY 8 to 10 years old. This retreat is intended to bring together our young children, reinforce events of Great Lent and Holy Week. Contact Irene Albeck for further information at mcmg2a@aol.com.

Myrrh Bearers To participate as a Myrrh Bearer a girl must be eight years old, enrolled in and regularly attend church school. Requirements are they must attend practices and help with collecting peanut butter and jelly as an outreach project. If your child has participated before and they meet the age requirement they are welcomed to participate again. Parent and child meeting will be on Sunday, March 22 following Church School in Room 1A. Contact: Irene Albeck at mcmg2a@aol.com

Studies in the Faith with Fr. Peter are taking place on Wednesday nights after the Pre-Sanctified Liturgy in the boardroom from 7:15pm-8:15pm through April 8th. These classes will give the participant an understanding of the faith, beliefs, worship, and practices of the Orthodox Church.

Weekly Bible Studies will be postponed until further notice.

Young Adult Paraklesis and Social is postponed until further notice.

Greek School Celebration and Fundraiser is cancelled.

GOYA Basketball Season Suspended. Considering current developments regarding the Covid-19 Virus, the Greek Orthodox Basketball League 2020 has been suspended. The health and safety of our players, coaches, fans, and communities is our top priority and we must take these precautions seriously.

PARISH ANNOUNCEMENTS:

Metropolis Young Adult Lenten Retreat: Calling all Young Adults! Join us for the Metropolis Young Adult Lenten Retreat at St. Nicholas Ranch & Retreat Center, April 3 - 5, 2020. This retreat is open to all Orthodox young adults ages 18-30's from across the Archdiocese. Please share this with your friends and encourage them to register as well! gosfyouth.org/young-adult-lenten-retreat

St. Sophia Philoptochos Debutante Presentation Ball 2021: Plans are underway for the St. Sophia Philoptochos Debutante Presentation Ball to be held on Sunday, January 17, 2021 at the Four Seasons Beverly Wilshire Hotel. Interested young ladies who will be high school juniors (aged 16) and older should contact the Presentation Ball Chair, Trish Mentas (562) 472-7485 or email: saintsophiadebball@gmail.com. An informational meeting will be held at Saint Sophia Cathedral Huffington Center Sunday, May 3, 2020 at 12:30pm

St. Sophia Easter Picnic Cancelled. In the interest of mitigating a risk to our health and the health of the 1,800 guests who attend the Easter Picnic each year, the Easter Picnic committee, in conjunction with the Saint Sophia Foundation, has decided to make the difficult decision to CANCEL the 2020 Easter Picnic that was to be held at Brookside Park in Pasadena on April 19th.

Union Station Homeless Services - There is a sign-up poster in the entrance of Trinity Ballroom. Make a New Year's resolution to book a month to serve in 2020. Our sign-up calendar for 2020 is open. Please contact Sophia Angelos at sangelos2000@gmail.com, Stephanie Sowers at szanglis@aol.com or Irene Albeck at mcmg2a@aol.com.

Hospital/Shut-in visitations: It is a priority for our priests to visit and minister to our loved ones in need, and we are not aware of parishioners in need unless we are directly notified. If you, or a loved one, are in the hospital, rehab center, assisted living, or hospice care, please contact the church office for a pastoral visit.

Order for Holy Communion (*only Baptized or Chrismated Orthodox Christians*): Please allow ushers to dismiss you row by row in an orderly fashion.

Make a donation or update your regular stewardship giving to St. Anthony's by visiting saint-anthonys.churchgiving.com.

Patrick the Enlightener of Ireland (March 17th)

Saint Patrick, the Apostle of the Irish, was seized from his native Britain by Irish marauders when he was sixteen years old. Though the son of a deacon and a grandson of a priest, it was not until his captivity that he sought out the Lord with his whole heart. In his Confession, the testament he wrote towards the end of his life, he says, "After I came to Ireland-every day I had to tend sheep, and many times a day I prayed-the love of God and His fear came to me more and more, and my faith was strengthened. And my spirit was so moved that in a single day I would say as many as a hundred prayers, and almost as many at night, and this even when I was staying in the woods and on the mountain; and I would rise for prayer before daylight, through snow, through frost, through rain, and I felt no harm." After six years of slavery in Ireland, he was guided by God to make his escape, and afterwards struggled in the monastic life at Auxerre in Gaul, under the guidance of the holy Bishop Germanos. Many years later he was ordained bishop and sent to Ireland once again, about the year 432, to convert the Irish to Christ. His arduous labors bore so much fruit that within seven years, three bishops were sent from Gaul to help him shepherd his flock, "my brethren and sons whom I have baptized in the Lord - so many thousands of people," he says in his Confession. His apostolic work was not accomplished without much "weariness and painfulness," long journeys through difficult country, and many perils; he says his very life was in danger twelve times. When he came to Ireland as its enlightener, it was a pagan country; when he ended his earthly life some thirty years later, about 461, the Faith of Christ was established in every corner.

Please visit saint-anthonys.churchgiving.com to make your offering and schedule your regular stewardship giving



WELCOME!



We hope you enjoy your time with us today and that your worship experience is inspirational and uplifting.

If you are a visitor to our parish, please join us for our social hour in the community center and introduce yourself to the pastors and people. Please note that ***only baptized and/or Chrismated Orthodox Christians may partake of the Sacrament of Holy Communion.*** At the end of the Divine Liturgy, you are welcome to come and receive the *Antidoron* (blessed bread) from the priest.

Contact our office at 626-449-6943 or office@saint-anthonys.org to receive more information about our parish or the Orthodox Christian faith.