Sunday, March 20, 2022 / Second Sunday of Great Lent

Resurrection Apolytikion of the tone of the week (Plagal 2)

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.

Apolytikion of the Sunday of Saint Gregory

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 Wonderworker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Apolytikion of our Church

Of the saints and of the martyrs, and of all who it is possible to enumerate the names, let us not cease to meditate upon your life.
As liberator of captives, defender of the poor, physician of the ailing, and champion of Kings, beseech Christ our God, O great martyr George, Standard Bearer, for the salvation of our souls.

**Kontakion of the Feast**

Τῇ ὑπερμᾶχῳ στρατηγῷ τὰ νικητήρια, ὡς λυτρωθείσα τῶν δεινῶν, εὐχαριστήρια, ἀναγράφω σοι ἡ Πόλις σου, Θεοτόκε· ἄλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, ἐκ παντοίων με κινδύνων ἐλευθέρωσον ἵνα κράζω σου Χαῖρε, Νύμφη ἀνόμφευτε.

To you the champion commander and deliverer, your city offers a thanksgiving song of victory, for been spared from trials, O Theotokos. But because you have the power invincible, from a multitude of dangers liberate me, so I can cry out to you: Hail Bride who knew no bridegroom.

**Megalynarion (sung instead of Axion Estin)**

Επὶ σοι χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος, ἠγιασμένε ναέ, καὶ Παράδεισος λογικό, παρθενικόν καύχημα· ἐξ ἡς Θεός ἐσαρκώθη, καὶ παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων Θεός ἡμῶν· τὴν γὰρ σὴν μήτηραν θρόνον ἐποίησε, καὶ τὴν σὴν γαστέρα, πλατυτέραν σώφρων ἄπειραγάσατο. Επὶ σοι χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ὅξα νοεῖ.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race together. O hallowed temple and rational Garden of Paradise, the pride of virgins, from you did God become incarnate, and our God who existed before the ages became a child. For He made your womb a throne for himself, and your body He made wider than the heavens. In you, O Lady full of grace, rejoices all creation. Glory to you.

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**RUMMAGE SALE**

*Bring donations from your spring cleaning to St. George for the Rummage Sale!*

*Donations may be dropped off before Thursday April 7 at the church*

*Monday through Friday from 8:30 am to 4 pm.*
The Epistle Reading - Sunday, March 20, 2022

You, O Lord, shall keep us and preserve us. Save me, O Lord, for the godly man has failed.

The Reading is from St. Paul’s Letter to the Hebrews 1:10-14; 2:1-3

"IN THE BEGINNING, you O Lord, didst found the earth, and the heavens are the work of thy hands; they will perish, but you will remain; 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.

Πρὸς Ἑβραίους 1:10-14; 2:1-3

Κατ’ ἄρχας, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου ἔσων οἱ οὐρανοὶ· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ιμάτιον παλαιωθήσονται, καὶ ἀσεὶ περιβόλαιον ἐλίξεις αὐτοὺς, καὶ ἀλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἐπὶ σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἄγγελων εἰρήκεν ποτε, Κάθοι ἐκ δεξιῶν μου, ἦς ἂν θῷ τοὺς ἔχθρους σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσίν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομοῦντας σωτηρίαν; Διὰ τούτο δὲ περισσοτέρως ἡμᾶς προσέχετε τοὺς ἀκουσθέσιν, μήποτε παραφρόωμεν. Ἐι γὰρ ὁ δὲ ἄγγελων λαληθείς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοῆ ἠλαβέν ἐνδικὸν μισθαποδοσίαν, τῶς ἡμῖν ἐκφευγόμεθα τῆλικαύτης αμελήσαντες σωτηρίας; Τίτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὕπο τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

The Choir wants YOU!

It’s the time of year when everyone enjoys the special hymns the choir sings for Lent and Easter. Please join us! We look forward to filling the church with the sound of many voices singing these special hymns.
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!"

Katâ Mârkon 2.1-12

Τῷ καυρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς Καπραναύμη ὁ ηκούσθη ὅτι εἰς οἶκον ἔστι. Καὶ συνήχθησαν πολλοὶ ὡσε ὑπερῆκεν χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν, καὶ ἔλαλεν αὐτοῖς τὸν λόγον. Καὶ ἔρχονται φέροντες πρὸς αὐτὸν παραλυτικὸν αἱρόμενον ὑπὸ τεσσάρων. Καὶ μὴ δυνάμενοι προσευνέγκαι αὐτῷ διὰ τὸν όχλον ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἔξορυζοντες χαλώσι τὸν κράβαττον ὅπου ὁ παραλυτικὸς κατέκειτο. Καὶ ἔδω καί ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ. Τέκνων, ἀφίνεται σοι αἱ ἁμαρτίαι. Ἡσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν. Τὶ οὕτως οὕτως λαλεῖ βλασφημεῖ τις δύναται ἀφίνει ἁμαρτίαι εἰ μὴ εἰς τὴν θεότητα ἐν παραλυτικῷ ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως διαλογίζονται ἐν αὐτοῖς λέγει αὐτοῖς. Τὶ ταύτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ. Ἀφίνεται σοι αἱ ἁμαρτίαι, ἡ εἰπεῖν, ἔγειρε καὶ ἀρνεῖς τὸν κράβαττόν σου καὶ περιπατεῖνα δὲ εἰδῆτε ὅτι ἐξουσιάν ἔχει ὁ θεός τοῦ ἀνθρώπου ἀφίνει ἁμαρτίας ἐπὶ τῆς γῆς λέγει τῷ παραλυτικῷ. Σοὶ λέγω, ἐγείρε ἀρνεῖς τὸν κράβαττόν σου καὶ υπάγει εἰς τὸν οἶκον σου. Καὶ ἔγειρε καὶ εὐθὺς ἀρας τὸν κράβαττόν ἔξηλθεν ἐμπροσθεν πάντων, ὅστε ἔξιστασθαι πάντας καὶ δοξάζειν τὸν θεόν λέγοντας ὅτι ὁ θεός σαυτοῦ εἰδομεν.
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<td>At Assumption Greek Orthodox Church</td>
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<td>Monday March 21</td>
<td>Greek Pre-School 5 p.m.</td>
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<td>Family Movie Night: <em>Man of God</em> at AMC in Londonderry 7 p.m.</td>
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<td>Tuesday March 22</td>
<td>Basketball 6 p.m.</td>
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<td>Library Memory Project: Photograph Identifications 7 p.m.</td>
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<td>Weekly Zoom meeting; link is available on Facebook or by email request at <a href="mailto:library@stgeorgenh.org">library@stgeorgenh.org</a></td>
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<td>Wednesday March 23</td>
<td>Bible Study 11 a.m.</td>
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<td>Liturgy of the Pre-Sanctified Gifts 5:30 p.m.</td>
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<td>Lenten Potluck Supper and Lenten Lecture in community center</td>
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<tr>
<td>Thursday March 24</td>
<td>Basketball 6 p.m.</td>
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<td>Friday March 25</td>
<td>Feast of the Annunciation of the Virgin Mary</td>
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<td>Divine Liturgy 10 a.m.</td>
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<td>Doxology for the Feast of the Annunciation at the end of the Liturgy</td>
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<td>Third Salutation Service 7 p.m.</td>
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<td>Saturday March 26</td>
<td>Basketball Clinic 9 a.m.</td>
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<td>Miss NH Outstanding Teen Tea Party 11 a.m.</td>
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<td>Sunday March 27</td>
<td>Veneration of the Cross</td>
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<td>Orthros 8:45 a.m.</td>
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<td>Divine Liturgy 10:00 a.m.</td>
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<td>Procession with tray of daffodils after Divine Liturgy</td>
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Greek Independence Day Celebration
Signing of the Proclamation
Thursday March 24, 2022   3 p.m.
NH Statehouse
Executive Council Chambers, 2nd Floor

INVITATION

The Daughters of Penelope invite you to attend a short presentation on “Wills and Trusts” given by our own Theo Vougias.

DATE: Wednesday April 13, 2022
TIME: 7 p.m.
PLACE: Annex

We are opening this up to our St. George family. Plan to attend this informative get together.

Palm Sunday Fish Dinner
Sunday, April 17 Following Divine Liturgy
Eat In or Take Out

Tickets must be purchased by Thursday April 14!!

On sale at coffee hour and in the church office weekdays from 8:30am to 4:00pm
STRIVE TO UNITE YOURSELF WITH CHRIST

On this Second Sunday of the Great Fast, the Church provides us with a great teacher on PRAYER. Honored this day is ST. GREGORY OF PALAMAS, famed Byzantine monk and theologian of the 14th century. He was raised in Constantinople, then became an ascetic on Mount Athos. From there he came to Thessalonica, Greece, and became its Archbishop. Born in 1296, Gregory fell asleep in Christ in 1359.

Over the centuries, the ascetics of the East developed a system of mystical contemplation of God which had as its aim the union of the person with the Lord. This has been called “deification in Christ.” The method involved physical exercise, bodily posture, silence, proper breathing, and the Jesus Prayer: “Lord Jesus Christ, Son of God, have mercy on me a sinner.” The height of this spiritual experience was said to be a vision of the Divine Light, the radiance which Jesus showed at His transfiguration. It is termed “hesychasm,” which means tranquility or quietness.

Here is what St. Gregory had to say about praying without ceasing: “Let no one think that it is the duty only of priests and monks to pray without ceasing, and not of laymen. No, no; it is the duty of all Christians to remain always in prayer...” “Bear in mind the method of prayer... namely by prayer in the mind. And this we can always do if we wish. For when we sit down to work with our hands, when we walk, when we eat... we can always pray mentally - the true prayer pleasing to God. Let us work with the body and pray with the soul...”

The Orthodox Weekly Bulletin ............ Vestal, Cliffwood, New Jersey ............ Litho in U.S.A.

Spring Bus Trip To Brookline, MA!
Saturday, April 2, 2022 - 9am - 4pm
Open to all ages and all Orthodox Churches in Manchester, N.H.

$15 per person (Children under 16 free. Lunch will be provided. Forward the Church Office for tickets.

Holy Cross Chapel * Maliotis Cultural Center *
Archbishop Iakovos Library * Archbishop Iakovos Collection

Spring Bus Trip to Brookline, MA!
Offered by the Library Memory Project

Saturday, April 2, 2022 9am—4pm
$15 per person, children under 16 free.
Contact the church office for tickets
"That's too bad!"

Has anybody ever told you something sad? Maybe a friend hurt her foot playing sports. Maybe your father had a flat tire coming home from work. Maybe a classmate told you he is having trouble with an assignment.

When you hear something sad, you might say something like, "Oh, that's too bad!" and then you start thinking about something else. Sometimes we don't try too hard to feel sorry for the person or even to do something about it!

But in today's Gospel reading, we hear about some friends who really felt sorry for their friend. Their friend was paralyzed; he couldn't walk. But this group of friends didn't just say, "That's too bad!" and start thinking about other things. They felt sorry. They tried to do something about it. They knew that Jesus was healing lots of people, and when He came to their town, they brought their paralyzed friend to Him. They even put him through the roof so he could get through to Him!

This Lent, let's really try to feel for others. It's easy to say, "Oh that's too bad!" and move on. But the best thing is for us to really try to help, just like the friends in the story today. God wants us to look out for each other! And the best way to do that is to ask God to help us, just like the friends did, too!
WORD SEARCH

Can you find these words in the jumble?

Annunciation
Catacombs
Compassion
Friends
Gabriel
Gospel
Healing
Hymns
Icon
Mary
Paralytic
Roof

WHAT'S IN AN ICON?

Do you want to see the very oldest icon we have of the Annunciation? Archaeologists found this picture on a wall in underground Rome. It is probably from about the year 170.

Can you see Mary sitting on a throne, and the angel pointing at her, telling her something?
THE ANNUNCIATION
THE BEGINNING OF OUR SALVATION

Do you know how many Christmas songs there are? Almost 10,000 songs! And every year, people write even more.

We love Christmas because we celebrate how our Lord Jesus Christ came to earth for us. Our God became man.

This week, we celebrate again how our God became a man. We remember the special news that the angel Gabriel gave Mary, the Theotokos. The angel told her she would have a baby, Jesus. He would be called the Son of the Most High. His kingdom would last forever!

The Annunciation is such a great feast in our Church, but do you know any Annunciation songs? Do you ever hear Annunciation songs on the radio? No, we never do!

We can start to learn the special song for this feastday. It starts, “Today marks the crowning of our salvation.” On the Annunciation, we celebrate how Jesus is already here on earth, He is already with His mother, the Theotokos. On Christmas, we celebrate Jesus’s birthday, but this week, we celebrate how Jesus is already here, growing in His mother.

We can learn this one Annunciation hymn, because this is a big day! God wants to save all of us, and this is the beginning of His plan!

We celebrate the Annunciation on Friday, March 25th (OC: April 7th).

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"The Lord is with you!"