



Saint George Greek Orthodox Cathedral

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

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

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 πειρασθεῖς ὑπ' αὐτοῦ· ὑπήντησας τῇ Παρθένῳ, δωρούμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

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

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.

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

Ὡς τῶν αἰχμαλώτων ἐλευθερωτής, καὶ τῶν πτωχῶν ὑπερασπιστής, ἀσθενούντων ἰατρός, βασιλέων ὑπέρμαχος, Τροπαιοφόρε Μεγαλομάρτυς Γεώργιε, πρέσβευε Χριστῷ τῷ Θεῷ, σωθῆναι τὰς ψυχὰς ἡμῶν.

As liberator of captives, defender of the poor, physician of the ailing, and champion of Kings, be-
seech Christ our God, O great martyr George, Standard Bearer, for the salvation of our souls.

Kontakion of the Feast

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.

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 mul-
titude of dangers liberate me, so I can cry out to you: Hail Bride who knew no bridegroom.

Megalynarion (sung instead of Axion Estin)

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος,
ἡγιασμένε ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκώθη, καὶ
παιδίον γέγονεν, ὁ πρὸ αἰώνων ὑπάρχων Θεὸς ἡμῶν· τὴν γὰρ σὴν μήτραν θρόνον ἐποίησε,
καὶ τὴν σὴν γαστέρα, πλατυτέραν οὐρανῶν ἀπειργάσατο. Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη,
πᾶσα ἡ κτίσις· δόξα σοι.

In you, O Lady full of grace, rejoices all creation, the orders of Angels and the human race togeth-
er. 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.



April 9, 2022
9am to 3pm

*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' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὥσεί περιβόλαιον ἐλίξεις αὐτούς, καὶ ἀλλαγῇσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; Οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ὅτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ 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.



The Gospel Lesson – Sunday, March 20, 2022

The Gospel Lesson is from Saint 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!"

Κατὰ Μάρκον 2.1-12

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς Καφαρναοὺμ καὶ ἠκούσθη ὅτι εἰς οἶκον ἔστι. Καὶ συνήχθησαν πολλοὶ ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν, καὶ ἐλάλει αὐτοῖς τὸν λόγον. Καὶ ἔρχονται φέροντες πρὸς αὐτὸν παραλυτικὸν αἰρόμενον ὑπὸ τεσσάρων. Καὶ μὴ δυνάμενοι προσενέγκαι αὐτῷ διὰ τὸν ὄχλον ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον ὅπου ὁ παραλυτικὸς κατέκειτο. Καὶ ἰδὼν ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ, Τέκνον, ἀφίενταί σου αἱ ἁμαρτίαι. Ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθημένοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν, Τί οὕτως λαλεῖ; βλασφημεῖ· τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ θεός; καὶ εὐθὺς ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως διαλογίζονται ἐν ἑαυτοῖς λέγει αὐτοῖς, Τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, Ἀφίενταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, Ἐγείρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἁμαρτίας ἐπὶ τῆς γῆς λέγει τῷ παραλυτικῷ, Σοὶ λέγω, Ἐγείρε ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. Καὶ ἠγέρθη καὶ εὐθὺς ἄρας τὸν κράβαττον ἐξῆλθεν ἔμπροσθεν πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν θεὸν λέγοντας ὅτι Οὕτως οὐδέποτε εἶδομεν.

ANNOUNCEMENTS

Sunday March 20

Greek Independence Day Celebration 1 p.m.

At Assumption Greek Orthodox Church

Monday March 21

Greek Pre-School 5 p.m.

Family Movie Night: *Man of God* at AMC in

Londonderry 7 p.m.

Tuesday March 22

Basketball 6 p.m.

Library Memory Project: Photograph Identifications 7 p.m.

Weekly Zoom meeting; link is available on Facebook
or by email request at library@stgeorgenh.org

Wednesday March 23

Bible Study 11 a.m.

Liturgy of the Pre-Sanctified Gifts 5:30 p.m.

Lenten Potluck Supper and Lenten Lecture

in community center

Thursday March 24

Basketball 6 p.m.

Friday March 25

Feast of the Annunciation of the Virgin Mary

Divine Liturgy 10 a.m.

Doxology for the Feast of the Annunciation at the end of the
Liturgy

Third Salutation Service 7 p.m.

Saturday March 26

Basketball Clinic 9 a.m.

Miss NH Outstanding Teen Tea Party 11 a.m.

Sunday March 27

Veneration of the Cross

Orthros 8:45 a.m.

Divine Liturgy 10:00 a.m.

Procession with tray of daffodils after Divine Liturgy

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 Vougas.

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.

JOIN US!

\$15, per person, Children under 16 - free. Lunch will be provided.
Contact the Church Office for Tickets



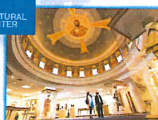
Holy Cross Chapel



Maliotis Cultural Center



Archbishop Iakovos Library



Archbishop Iakovos Collection

CDC guidelines for mask wearing will be observed.
Handicap access available but limited. Please inquire at the office

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

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

The Children's Word

"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven." Mark 10:14

Sunday, March 20, 2022

Volume 10, Issue 12

A Ministry of the
Orthodox Christian Network



"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?

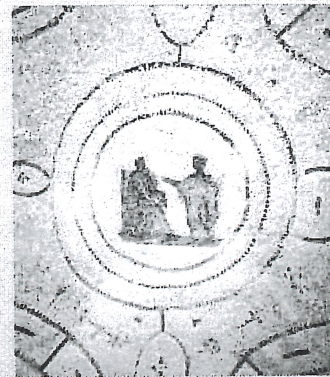
Annunciation
Catacombs
Compassion
Friends
Gabriel
Gospel
Healing
Hymns
Icon
Mary
Paralytic
Roof

W	C	W	L	V	G	A	G	G	S	C	W	G	D	K
G	F	A	C	R	T	H	O	D	I	S	N	G	V	V
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N	O	I	S	S	A	P	M	O	C	H	F	T	C	N

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).

“The Lord is with you!”



The Children's Word is a weekly bulletin for Orthodox Christian young people. Copyright 2022 Alexandra Houck.
Email is [orthodoxchildrensword \(at\) gmail.com](mailto:orthodoxchildrensword@gmail.com). Find it each week at myocn.net.