March 12, 2023

Sunday of St. Gregory Palamas

Saints of the Day: Chrysanthos & Daria, Demetrios the New Martyr

WELCOME TO ALL VISITORS!!!

Thank you for worshipping with us!!! Please join us for fellowship immediately following The Divine Liturgy. For those visiting an Orthodox Church for the first time, please be aware that Holy Communion is a sign of unity of faith which is only offered to Baptized or Chrismated Orthodox Christians. All present are welcome, and encouraged, to receive the antidoron (bread given to those who do not/are not able receive Holy Communion) which is distributed at the end of the service. For those interested in learning more about the Orthodox Christian faith, please feel free to speak with Fr. Demetri after the service.

WE ENCOURAGE EVERYONE TO FOLLOW ALONG AND PARTICIPATE IN THE DIVINE LITURGY WITH THE BOOKS PROVIDED!!!

WEEK IN PREVIEW

Sun, Mar 12
Sunday of St. Gregory Palamas
Orthros 8:45am
Divine Liturgy 10am

Mon, Mar 13
Basketball
3rd Grade 4:30p
3/4 Coed 6pm
HS Boys 7:30p

Great Compline 6pm
Learn to Chant in Library 7pm
BOD 7pm

Tues, Mar 14
Choir Rehearsal 6pm
Library Memory
Project Photo ID by Zoom 7pm
Basketball
HS Boys 7pm

Wed, Mar 15
Pre-Sanctified Liturgy 9:30am
Bible Study in Library 11am

Thurs, Mar 16
Choir Rehearsal 3:30pm
Basketball
5/6 Boys 6pm
7/8 & HS Boys 7:30pm

Fri, Mar 17
Salutation Service to the Mother of God 6pm

Sat, Mar 18
Greek Preschool 9am

Sun, Mar 19
Sunday of St. the Holy Cross
Orthros 8:45am
Divine Liturgy 10am
Memorial Service Procession
Sponsored Coffee Hour
Anagennesis
General Assembly after Liturgy
Hymns Chanted Following the Small Entrance

Resurrectional Hymn in the Plagal of the Second Tone

Ἀγγελικά δυνάμεις ἐπὶ τὸ μνήμα σου, καὶ οἱ φυλάσσοντες ἀπενεκρώθησαν, καὶ ἤστατο Μαρία ἐν τῷ τάφῳ, ζητούσα τὸ ἀχραντὸν σου σώμα. Ἑσκύλευσας τὸν Ἀδην, μὴ πειρασθεῖς ὑπ’ αὐτοῦ, ὑπήνησας τῇ Παρθένῳ, δωροῦμενος τὴν ζωήν, ὁ ἀναστάς 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.

Anthem for the Hierarch in the Plagal of the Fourth Tone

Ὅθωδοξίας ὁ φωστήρ, Ἑκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος. Γρηγόριε θαυματουργὴ Θεοσαλωνίκης 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 Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

Anthem of St. George in the Fourth Tone

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

Liberator of captives and defender of the poor, physician of the sick and champion of kings, oh Trophy-bearer and Great Martyr George, intercede with Christ our God, that our souls be saved.

Seasonal/Kontakion Hymn in the Plagal of the Fourth Tone

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ’ ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοῖων με κινδύνων ἐλευθέρωσον, Ἰνα κράζω σοι. Χαίρε νύμφη ἀνύφεινε

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.
SCRIPTURE READINGS

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.

Εβραιους 1:10-14; 2:1-3

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σοῦ εἰσίν οἱ οὐρανοὶ· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὑς ἰμάτιον παλαιώθησονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτοὺς, καὶ ἀλλαγήσονται· σὺ δὲ ὁ αὐτὸς εἶ, καὶ τὰ ἐτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἰρηκέν ποτε, Κάθου ἐκ δεξιῶν μου, ἡγοῦσαν ἐν τῶν θεοῦ ἐξηράντας τινὰ ποδῶν σου; Οὐχὶ πάντες εἰσίν λειτουργικὰ πνεύματα, εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τούτου δὲ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκούσθείσιν, μὴ ποτε παραρρυώμεν. Εἰ γὰρ ὁ δὲ ἀγγέλων λαληθεῖς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἐνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευγόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ὡς, ἀρχήν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

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!"

Μαρκόν 2:1-12

Τῷ καὶ ἔκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοῦμ δι' ἡμερῶν καὶ ἦκούσθη ὁτι εἰς οἶκον ἔστι, καὶ εὐθέως συνήχθησαν πολλοί, ὡστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλη αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτόν παραλυτικόν φέροντες, αἱρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσαι αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἔφε· ὃ ὁ παραλυτικός κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ τέκνον, ἀφέωνται σοι αἱ ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν γραμματέων ἢκὶ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί σὺ τότε εὗτος λαλεῖ βλασφημίας; τίς δύναται ἀφίνει αμαρτίας εἰ μή εἶς ὁ Θεὸς· καὶ εὐθέως ἐπιγνοῦσιν ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὃτι εὗτος αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εὑρεν αὐτοῖς· τὰ ταύτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἔστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνται σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἐγείρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφίναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοι λέγω, ἐγείρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὑπαγε εἰς τὸν οἶκόν σου· καὶ ἡγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὡστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὃτι οὐδέποτε οὕτως εἰδομεν.
Are you willing to spend a little time to confidentially tell us what our Parish can do to better serve your and your family’s needs?

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<td>47%</td>
<td>64%</td>
<td>21%</td>
<td>99%</td>
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<td>of cradle Orthodox have left the church</td>
<td>of young people fall away from the church</td>
<td>of Greek Orthodox Christians regularly attend Church</td>
<td>of Parishes are dependent on festivals &amp; fundraisers to fund their operations</td>
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WE NEED YOUR HELP NOW!

THE CHALLENGE
The statistics prove our Orthodox parishes are at a critical turning point. We can and must address these disturbing trends now.

EFFECTIVE PARISH ASSESSMENT
Orthodox Ministry Services (OMS) worked with over 500 Orthodox parishes and on strategic plans covering 26% of U.S. Orthodox Christians to develop a powerful Effective Parish Assessment (EPA) survey.

This EPA survey will help us determine which of the 6 Pillars and 30 Building Blocks of operational excellence require our immediate attention. It will also provide us a roadmap to address our biggest challenges.

OUR PARISH OPPORTUNITY
OMS is providing this invaluable Effective Parish Assessment Program to our parish for FREE.

If you give your parish less than 30 minutes to complete a simple, online survey, we will have the information we need to create a much stronger, healthier, and loving Christ-centered community.

You can help improve our parish with this small investment of your time.

To begin our EPA survey, visit www.effectiveparish.org/survey or scan the QR code.

SUPPORTED BY:

Please complete our Effective Parish Assessment now.

Our jurisdiction is “Greek Orthodox Archdiocese of America”
Greek Independence Day Celebration

March 22, 2023 at 4:30pm
Executive Council Chambers 2nd Floor
New Hampshire Statehouse, Concord, NH

All are invited to attend to witness the signing of the Proclamation for Greek Independence Day by Governor Sununu.
If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers.
—St. Gregory Palamas (14th century)

EXPLORE TOGETHER:
Heal the Sick—This Gospel message teaches us that we must come to Christ to be healed of our sicknesses—both physical and spiritual. Discuss how spiritual sickness can lead to physical sickness and then how physical sickness can lead to spiritual health. What are tools offered through the Church that can help us in healing both body and soul? How does today’s Gospel illustrate our need for others to help heal our illnesses? How can we help others who are sick? Visit www.lent.goarch.org for more resources on this Sunday and to guide your Lenten journey.

St. Gregory of Palamas—On this Sunday of Lent we remember St. Gregory Palamas. St. Gregory was born into a noble family in Constantinople. He left all his wealth and prestige to pursue a life of prayer on Mt. Athos where he acquired great holiness beholding the uncreated light of God. Later, he became Archbishop of Thessalonica. St. Gregory defended the doctrine of the church that divine grace is uncreated. He also explained that we experience only this divine energy of God but not His essence, which is beyond understanding. For more information about St. Gregory Palamas visit www.goarch.org.

Before church next week, read the scripture passages for the 3rd Sunday of Lent: Veneration of the Holy Cross
Hebrews 4:14-16, 5:1-6 & Mark 8:34-38, 9:1

FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:
Center for Family Care of the Greek Orthodox Archdiocese of America
www.family.goarch.org
Our Journey Through Great Lent

March 12  Sunday of St. Gregory Palamas  Matins 8:45am D.L. 10:00am
March 13  Great Compline  6:00pm
March 15  Pre-Sanctified Liturgy  9:30am
March 17  3rd Salutation to the Mother of God  6:00pm
March 19  Sunday of the Holy Cross  Matins 8:45am D.L. 10:00am
           Procession of the Holy Cross (inside Church)
March 20  Great Compline  6:00pm
March 22  Pre-Sanctified Liturgy  6:00pm
March 24  Great Vespers w/ 4th Salutation  6:00pm
March 25  FEAST OF ANNUNCIATION  Matins 8:30am D.L. 10:00am
March 26  Sunday of St. John Climacus  Matins 8:45am D.L. 10:00am
March 27  Great Compline  6:00pm
March 29  Pre-Sanctified Liturgy  9:30am
March 31  The Akathist Hymn  6:00pm
April 2   Sunday of St. Mary of Egypt  Matins 8:45am D.L. 10:00am

** Please note time change on March 15 and March 29 **
PRAYER LIST

Pondering on the words of St. Paul, “Let no one seek his own, but each one the other’s wellbeing. (I Cor. 10:24).

Give rest to the weary, visit the sick, support the poor, for this is also worship. Aphahat

For any prayer concern (salvation, health, employment, stress and anxieties, etc.) please send baptismal names only to: office@stgeorgenh.org

We may not be able to help others materially or medically, but God does hear our prayers and always asks us to pray for each other and so build up the Body of Christ (Eph. 4:11-16).

For health, recovery from illness and surgery: Fr. Nicholas, Fr. Peter, Leah, Thomas, Tom, Soultana, Nick, Maura, Ernie, Dean, Vasilios, Rigley, Zachary, Luke, Rachel, Vasiliki, Maria, Daniel


For couples, parents and their families: Neal and Elena, Paul – Kristin & Michael Francis, Penelope & Florence, Teddy, Alyssa and George, Tracy & family, Christina & Casey

For those engaged to be married: Karleigh and Stavros

For conceiving of children:

For childbearing:

For those in the Armed Forces: Benjamin, Michael, Gabriel, Felipe

For those travelling abroad:

For those seeking employment: Lia, Jillian
PARISH ANNOUNCEMENTS

GREAT LENT REFLECTION TABLE - Check out the Great Lent Reflection table to the left of the entrance to the community center. There are various articles and reflections for you to take for yourself or to share with a loved one.

WEEKLY BIBLE STUDY - You are invited to join us for our weekly Bible Study which meets on Wednesdays at 11am in the Library. We are discussing St. Paul’s 2nd Letter to the Thessalonians. We do respect one’s time and therefore the Bible Study will be one hour. We hope you will join us!

EASTER FLOWER DONATIONS - The Anagennesis Ladies Society will be decorating the Cathedral to celebrate Easter. Easter Flower Offering Forms are available in the Narthex and Community Center. Thank you for your generosity!

LIGHT UP THE CATHEDRAL - The Daughters of Penelope invite you to purchase luminaries in memory of your loved ones which will be lit around the Cathedral on Good Friday Evening. Please see the forms for more information.

UPCOMING MEMORIALS - March 19, Maria Palangas (40 days) and James (Demetrios) Palangas (1 year); March 26, George Mallios (40 days)

SPONSORED COFFEE HOUR - Coffee Hour will be sponsored on Sunday March 19 in memory of Maria and James Palangas by the Palangas and Gekas families.

SERVICES DURING GREAT LENT - We ask that all members of our Cathedral Family do their best to come to as many services as possible during this beautiful season of Great Lent. **Note the time change: Pre-Sanctified Liturgy on March 15 and March 29 is at 9:30am.**

PALM SUNDAY FISH DINNER - Save the date of April 9 for the Anagennesis Palm Sunday Fish Dinner! Tickets will be available next week.

GYRO DRIVE-THRU - Join us on Saturday April 22 between 11am and 5pm for the Gyro Drive-Thru. Receive a gyro, a bag of chips, and a drink for $10 (cash only).
“BEHOLD, THE BRIDEGROOM COMES AT MIDNIGHT!”

In the Gospel of St. Matthew, we find the chilling PARABLE OF THE 10 VIRGINS. According to wedding customs at the time of our Lord, a groom was expected to go for his bride at her father’s house. Young maidens were assigned to meet the groom with burning lamps and escort him to the one he was to marry. Christ relates how 5 of these maidens took extra oil with them when they went to carry out this task, while the other 5 did not. The bridegroom was delayed and the virgins fell asleep, with their lamps burning.

Finally at midnight, the bridegroom arrived, and the 5 foolish virgins who were caught unprepared had to go out and purchase more oil. By the time they returned, they were shut out of the marriage feast, forced to hear the stinging words of the bridegroom: “Truly I say, I do not know you.”

This message is particularly appropriate for our consideration during Great Lent, THE SEASON OF REPENTANCE. A certain urgency is attached to the penitential process now, as we are warned that our lives can come to an end “in the twinkling of an eye.” Returning to God through CONFESSION and CONTRITION, therefore, may be viewed as a perfect example of the wise saying: “Don’t put off until tomorrow what you can do today.” Indeed, tomorrow may never come!

It must be noted that in our Church, a special service – The Bridegroom Matins – is celebrated the first 3 evenings of Holy Week, stressing this important message: “Behold, the Bridegroom comes at midnight, blessed is the servant that He shall find watching. And unworthy is the servant whom He shall find heedless.”

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

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Office Telephone: (603) 622-9113  E-mail: office@stgeorgenh.org
Fr. Demetrios Costarakis, Cathedral Dean
Father's E-mail: frdcostarakis@stgeorgenh.org

Lord’s Day (Sunday) Services:
Orthros/Matins: 8:45 a.m.  Divine Liturgy: 10:00 a.m.

An electronic copy of this bulletin is available on the website.
A true friend

What’s the best thing you ever did for a friend?

Today, we hear a Gospel reading about four men who did the best thing any of us could do—they helped their friend come closer to Jesus Christ.

In the story, a man who was paralyzed wanted to see Christ, so he could be healed. The problem was that he couldn’t see Christ because there were so many people surrounding Him. Everybody knew that Jesus had the power to heal! So this man’s friends made a hole in the roof, and they lowered their friend through it.

When Christ saw the faith of the four friends, He forgave the paralyzed man of his sins, and later He healed him. The man could walk again!

Even though we probably won’t ever be in that situation, we can still do what the friends did for their sick friend. They helped him see Jesus Christ. We can help our own friends see Christ too. But how? We can try to act like Him. By being kind to others. By being helpful. By not fighting. By being humble. By not gossiping. By showing love to everybody around us. Then, when our friends see us, they will be seeing Christ in us, too!
WORD SEARCH

Can you find these words in the jumble?

Friend
Gregory Palamas
Healing
Jesus
Lent
Miracle
Nina
Paralytic
Roof
Susanna
Zebulon

AR MADA WGCAGPTGY
S QMNDMTRGADDTAN
GUTIBUEBYNCUNG
VNSNRNTRGLFOORD
YDIAZVMIOINEKTB
TVCLNJRMRZEBULON
HLPBANFYSVQPNLF
EFATYEAPGAUIZEY
QIRLJLHANBITGAK
VBAJHQCCLCVBYWZM
NQLFNVNWAEJESUSPJ
YBYMEMZMUFLGYUJ
WNTSRIABEVZMLX
IIIILGLSNMLLOGXG
JHCRQVRTDWTILEOJ

WHAT’S IN THE ICON?

Here we can see Saint Nina as a little girl.

What is her father, Saint Zebulon, carrying? It’s a spear, because he was a brave soldier, just like his cousin, Saint George!
SAINTLY PARENTS
SAINTS ZEBULON AND SUSANNA

Sometimes, we hear about an athlete or a singer or somebody else with a great talent. We might wonder, “What made him so good at that?” Then, we might find out that his parents were great athletes too, or great singers, or something else! Our parents can help shape us into something great.

Back in January, we celebrated the feastday of Saint Nina. She was a saint who lived in the country of Georgia. She told many people about Christ, and thousands of people became Christian because of her words and her prayers! She is even called, “Equal-to-the-Apostles” because she did so much for our Christian Church.

But what about her parents? Well, they are saints too! Zebulon was an important and rich military officer. Once, he visited Jerusalem, and on the way, he gave away all his possessions. He met Susanna there, and they were married. Later, Saints Zebulon and Susanna together taught their daughter Nina about Christ. They also showed her a great example of helping the poor. They lived a simple life so that they could focus their lives on God. Do you see how these saintly parents helped guide their daughter to be a saint too?

Saints Zebulon and Susanna, pray for us!