



Sunday, March 24
Bilingual Liturgy

Sunday of St. Gregory Palamas
Forefeast of the Annunciation of the Theotokos

First Antiphon

Bless the Lord, O my soul,
and all that is within me,
bless His holy Name.

Bless the Lord, O my soul,
and forget not all that
He has done for you.

The Lord in heaven has
prepared His throne,
and His kingdom rules
over all.

Second Antiphon

Praise the Lord, O my soul;
I will praise the Lord in
my life; I will chant
unto my God for as
long as I have my being.

Blessed is He of whom the
God of Jacob is his
help, whose hope is in
the Lord his God.

The Lord shall be King
unto eternity; your God,
O Zion, from
generation
to generation.

Third Antiphon

This is the day the Lord has
made; let us rejoice and
be glad in it.

Let the heavens and the
earth
praise Him.

HYMNS AT THE SMALL ENTRANCE

The Resurrection Apolytikion

Ὅτε κατήλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἢ ἀθάνατος, τότε τὸν Ἄδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεώτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύαζον· Ζωοδότα Χριστέ ὁ Θεὸς ἡμῶν δόξα σοι.

When Thou descended to an earthly death, Thou who art immortal Life, then did Thou strike down Hades by the lightning of Thy divinity and Lord when Thou did raise from the depths all those who were dead, all the Heavenly powers cried out to Thee: O Christ our God and giver of life, Glory to Thee.

Preparation Apolytikion

Σήμερον τῆς παγκοσμίου χαρᾶς τὰ προοίμια, τὴν προεόρτιον ἄσαι προτρέπεται· ἰδοὺ γὰρ Γαβριὴλ παραγίνεται, καὶ πρὸς αὐτὴν ἐκβοήσεται· Χαίρε Κεχαριτωμένη, ὁ Κύριος μετὰ σοῦ.

Today is the prelude of the joy of the universe, and it incites us to sing the forefeastal hymns. For behold, Gabriel is coming, and he will say to the Virgin: Rejoice, Maiden full of grace; the Lord is with you.

Apolytikion for Saint Gregory of Palamas

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

Orthodoxy's illuminating light, foundation and teacher of the Church, beauty of the ascetic invincible defender of the theologian, Gregory miracle worker pride of Thessaloniki, preacher of grace, beseech Him forever that our souls may be saved.

Troparion of Saint Sophia (Holy Wisdom)

Εὐλογητὸς εἶ, Χριστέ ὁ Θεὸς ἡμῶν, ὁ πανσόφος τοὺς ἁλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, φιλόνηρωπε, δόξα σοι.

Blessed are You O Christ our God, Who as all wise the fishermen You showed forth; By sending your Holy Spirit down upon them and through them the universe You drew unto your net. O lover of mankind Glory to You.

Preparation Kondakion

Ἐπελεύσει Πνεύματος τοῦ Παναγίου, τοῦ Πατρὸς τὸν σύνθρονον, καὶ ὁμοούσιον φωνῆ, τοῦ Ἀρχαγγέλου συνέλαβες, Θεοκυῆτορ, Ἄδὰμ ἡ ἀνάκλησις.

By the presentation of the most Holy Spirit and the archangel's words, you conceived the One who shares the Throne and the form of the Father, through you, Adam was restored.

Megalynarion

Ἐπὶ σοὶ χαίρει, Κεχαριτωμένη, πᾶσα ἡ κτίσις, ἀγγέλων τὸ σύστημα, καὶ ἀνθρώπων τὸ γένος, ἡγιασμένε ναέ, καὶ Παράδεισε λογικέ, παρθενικὸν καύχημα· ἐξ ἧς Θεὸς ἐσαρκιώθη, 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.

All creation rejoices in thee full of grace, the company of angels and the race of all people. O sanctified temple and spiritual paradise, the glory of virgins from whom God was incarnate and became a child our God before all ages. And your womb God made a throne more vast than the heavens. All creation rejoices in thee full of grace, glory to you.

SAINT SOPHIA CATHEDRAL

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V. Rev. Father John S. Bakas

Dean

Rev. Fr. Chris Kolentsas

Assistant Priest

Scripture Reading

Faith comes by hearing....

Epistle Reader: John Holloway

Priest: Let Us Attend...

Reader: The Lord is my strength and my song...the Lord has chastened me sorely.

Priest: Wisdom.

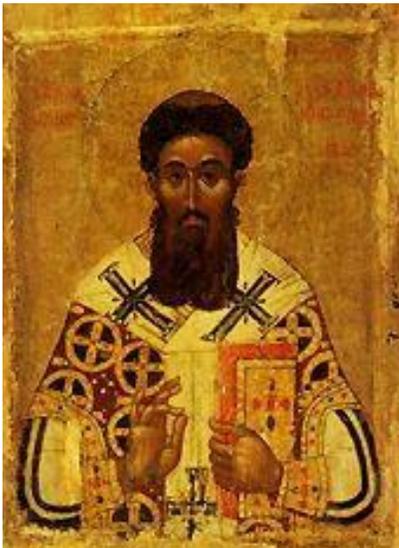
Reader: The Reading is from St. Paul's Letter to the Hebrews (1:10-14; 2:1-3)

Priest: Let us be attentive...

"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.

THE GOSPEL ACCORDING TO ST. 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!"

Memorials

May their memory be eternal...

Among the spirits of the righteous perfected in faith, give rest, O Savior to the souls of your servants...

Harry Stamatis (1 year)

Theony Petropoulos

Matilda Notara

Coralia Soylamaz

Yiannoula

Eleftherios

Efstathios

Vassilios

Constandinos

Elsie

Geraldine Apostle (40 days)

ALTAR CANDLES

Offered in loving memory of Harry Stamatis by his wife Chrysanthe Stamatis.

PERPETUAL CANDLES

Offered in loving memory of Corolia Soylamaz by Michel Soylamaz.

COFFEE HOUR SPONSORS

Offered in loving memory of Geraldine Apostle by her family.

BE WORTHY

A certain man in the Gospels went to a marriage feast. He put on unbecoming clothes, came in, sat down, and ate—for the bridegroom allowed it. However, when he saw everyone dressed in white, he should have found the same kind of clothes for himself. While he ate food like them, he wasn't like them in his fashion and purpose. And although the bridegroom was generous, he wasn't stupid. As he went around to each of the guests and observed them, he didn't care about their eating, but about their refined behavior. He saw a stranger who wasn't wearing wedding clothes and said to him, "Friend, how did you get in here? With what conscience? It wasn't because the doorkeeper didn't stop you, but because of the host's generosity. Were you ignorant of what clothes to wear to the banquet? You came in and saw the glittering style of the guests—shouldn't you have learned by what was right before your eyes? Shouldn't you have tactfully excused yourself so that you could come again dressed appropriately?" So he commands the servants, "Bind his feet which have boldly intruded. Bind his hands which didn't know how to put on bright clothes. And cast him into the outer darkness, for he is unworthy of the wedding celebration." You see what happened to that man, so be worthy of the feast.

5 THEMES OF BIBLICAL MANHOOD

Theme Two — Dennis Rainey

A man provides for his family:

First Timothy 5:8 says, “But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.” These are strident words. When a man doesn’t work and provide for his family, he feels a sense of shame. His self-worth sinks. A man who doesn’t work, who can’t keep a job, who moves from job to job, or who refuses to assume his responsibility creates insecurity in his wife and children. Every man needs to provide for his family, which also means taking responsibility to provide for emotional and spiritual needs. A father should train his children and prepare them to become responsible adults who know how to negotiate the swift and sometimes evil currents of culture.

Saint Sophia Cathedral: Lenten Schedule For 2019

Feast of the Annunciation	Monday, March 25	Orthros 8:30 AM Divine Liturgy 9:30 AM
Pre-Sanctified Liturgy	Wednesday, March 27	7:30 PM
Pre-Sanctified Liturgy	Friday, March 29	9:30 AM
3 rd Salutations to the Theotokos	Friday, March 29	7:30 PM
Sunday of the Holy Cross [Marking ½ Way Through Lent]	Sunday, March 31	Orthros 8:30 AM Divine Liturgy 10:00 AM
Pre-Sanctified Liturgy	Wednesday, April 3	7:30 PM
Pre-Sanctified Liturgy	Friday, April 5	9:30 AM
4 th Salutations to the Theotokos	Friday, April 5	7:30 PM
Sunday of John Climacus	Sunday, April 7	Orthros 8:30 AM Divine Liturgy 10:00 AM
Pre-Sanctified Liturgy	Wednesday, April 10	7:30 PM
Pre-Sanctified Liturgy	Friday, April 12	9:30 AM
5 th Salutations to the Theotokos	Friday, April 12	7:30 PM
Sunday of St Mary of Egypt	Sunday, April 14	Orthros 8:30 AM Divine Liturgy 10:00 AM
Pre-Sanctified Liturgy	Wednesday, April 17	7:30 PM
Pre-Sanctified Liturgy	Friday, April 19	9:30 AM
Saturday of Lazarus	Saturday, April 20	Orthros 9:00 AM Divine Liturgy 10:00 AM
Palm Sunday	Sunday, April 21	Orthros 8:30 AM Divine Liturgy 10:00 AM