**WEEKLY BULLETIN**

March 28th, 2021

Hilarion the New  
Herodion the Apostle of the 70  

Sunday of St. Gregory Palamas  
1st Mode

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| **Wednesday** | March 31 | Presanctified Liturgy  
Adult Sunday School |
| **Friday** | April 2 | Akathist Hymn (2nd Stasis)  
Strategic Planning Core Team Meeting |
| **Sunday** | April 4 | Sunday of the Veneration of the Holy Cross  
Orthros & Divine Liturgy  
Procession & Veneration of the Cross |
| **Monday** | April 5 | Great Compline |
| **Wednesday** | April 7 | Presanctified Liturgy  
Adult Sunday School |
Antiphons. 2nd Mode.

Antiphon 1. Pg. 16. (By the prayers...)

Vs. 1: Bless the Lord, O my soul, and everything within me, bless His holy name.
Vs. 2: Bless the Lord, O my soul, and forget not all His rewards.
Vs. 3: The Lord prepared His throne in heaven, and His Kingdom rules over all.

Glory...Both now...By the prayers...

Anti. 2. Pg. 18. (Save us, O Son of God, Who did rise from the dead...).

Vs. 1: Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.
2: Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.
3: The Lord shall reign forever; your God, O Zion, to all generations.
Glory...Both now...Only Begotten Son...


Verse: This is the day the Lord made; let us greatly rejoice and be glad therein.
Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σώμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωήν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλάνθρωπε.

Εἰσοδικόν. Ἡχος β’.
Δεύτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστάς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Απολυτίκια
Αναστάσιμον. Ἡχος α’.
Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων, καὶ στρατιωτῶν φυλασσόντων τὸ ἄχραντόν σου Σώμα, ἀνέστης τριήμερος Σωτήρ, δωρούμενος τῷ κόσμῳ τὴν ζωήν· διὰ τοῦτο αἱ Δυνάμεις τῶν οὐρανῶν ἐβόων σοι ζωοδότα. Δόξα τῇ Ἀναστάσει σου Χριστέ, δόξα τῇ βασιλείᾳ σου, δόξα τῇ οἰκονομίᾳ σου, μόνε φιλάνθρωπε.

Τοῦ Ἱεράρχου. Ἡχος πλ. δ’.
Ὀρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονή, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος. Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἱκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Εἰσοδικόν. Ἡχος β’.
Δεύτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστάς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Dismissal Hymns
Resurrectional. Mode 1.
The stone had been secured with a seal by the Judeans, and a guard of soldiers was watching Your immaculate body. You rose on the third day, O Lord and Savior, granting life unto the world. For this reason were the powers of heaven crying out to You, O Life-giver: Glory to Your resurrection, O Christ; glory to Your kingdom; glory to Your dispensation, only One who loves mankind.

For the Hierarch. Mode pl. 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 Wonderworker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.
For the Church. Mode 3.

All the world has you, its mighty champion, fortifying us in times of danger, and defeating our foes, O Victorious One. So, as you humbled Lyaios's arrogance by giving courage to Nestor in the stadium, thus, O holy Great Martyr Demetrios, to Christ our God pray fervently, beseeching Him to grant us His great mercy.

Kontakion. Mode pl. 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.

Epistle Reading


Let Your mercy, O Lord, be upon us, as we hope in You.

Vs.: Rejoice greatly in the Lord, O righteous ones; praise is fitting for the upright.

The reading is from 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
πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τούτο δεῖ περισσοτέρως ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσι, μή ποτε παραῤῥυῶμεν. Εἰ γάρ ὁ δι' Ἀγγέλων λαληθεῖς λόγος ἐγένετο βέβαιος, καὶ πάσα παράβασις καὶ παρακοή ἁλαβεν ἐνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἥτις ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ Κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

Ἀνάγνωσμα τοῦ Εὐαγγελίου
Κατὰ τον Μᾶρκον (2:1-12).
Τῷ καιρῷ ἐκείνῳ, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι· καὶ εὐθέως συνήχθησαν πολλοὶ, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἐρχονται παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων. καὶ μὴ δυνάμενοι προσεγγίσαι αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον ἐφ' ᾧ ὁ παραλυτικός κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· Τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν 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.

Vs. 1: The God who vindicates me, and who subdued the peoples under me.
Vs. 2: He who magnifies the salvation of His king and shows mercy to His anointed.

Gospel Reading
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,
δε τινες των γραμματεων έκει καθήμενοι και διαλογιζόμενοι εν ταις καρδιαις αυτων:
τι ουτος ουτως λαλει βλασφημιας τις δυναται αφιεναι ομορθιας ει μη εις ο Θεος:
και ευθεως επιγνους ο Ιησους τω πνευματι αυτου ότι ουτως αυτοι διαλογιζονται εν
εαυτοις ειτεν αυτοις· Τι ταυτα διαλογιζομεθε εν ταις καρδιαις υμων; τι έστιν
ευκοπωτερον ειτεν τω παραλυτικω, αφεωνται σου αι ομορθιαι, ειτειν, εγειρε
και άρον τον κραβαττον σου και περιπατει; ινα δε ειδητε ότι εξουσιαν έχει ο υιος του
ανθρωπιον αφιεναι επι της γης ομορθιας - λεγει τω παραλυτικω· Σοι λεγω, εγειρε και
άρον τον κραβαττον σου και υπαγε εις τον οικον σου. και ηγερθη ευθεως, και άρας τον
κραβαττον έξηλθεν εναντιου παντων, ώστε έξιστασθαι παντας και δοξαζει τον Θεον
λεγοντας ότι ουδεποτε ουτως ειδομεν.

"Υμνος εις την Θεοτόκον.
Επι σοι χαίρει, Κεχαριτωμένη, πάσα ή κτίσις, άγγελων το σύστημα, και
ανθρώπων το γένος, ήγιασμένε ναε, και Παράδεισε λογικε, παρθενικόν καυχημα·
ex ής Θεος ἐσαρκώθη, και παιδίον γέγονεν, ὁ πρὸ αἰώνων υπάρχων Θεὸς ήμων· την
γάρ σήν μήτραν θρόνον ἐποίησε, και τήν
σήν γαστέρα, πλατυτέραν οὐρανῶν ἀπειργάσατο. Έπι σοι χαίρει,
Κεχαριτωμένη, πάσα ή κτίσις· δόξα σοι.

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!"

Hymn to the Theotokos.
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.
**Greek**

Πάτερ ἡμῶν ὁ ἐν τοῖς οὐρανοῖς ἁγιασθήτω τὸ ὄνομά σου, ἐλθέτω ἡ βασιλεία σου, γενηθήτω τὸ θέλημά σου, ὡς ἐν οὐρανῷ καὶ ἐπί τῆς γῆς. Τὸν ἄρτον ἡμῶν τὸν ἐπιούσιον δός ἡμῖν σήμερον καὶ ἄφες ἡμῖν τὰ ὀφειλήματα ἡμῶν, ὡς καὶ ἡμεῖς ἀφίεμεν τοῖς ὀφειλέταις ἡμῶν καὶ μὴ εἰσενέγκῃς ἡμᾶς εἰς πειρασμόν, ἀλλὰ ῥύσαι ἡμᾶς ἀπὸ τοῦ πονηροῦ.

**Arabic**

ﻟِﻳَﺄْﺕِ،

ﺁﺳْﻣُﻙَ,

ﻟِ 어떻َٰﺩِ

ﻟِﺗَﻘَﺩﱠﺱِ

ﺍﻟﺳﱠﻣَﺎﻭَاتِ٬

ﻓِﻲ

ﺍﻟﱠﺫِﻱ

أَبَانَا 

ﻋَﻠَﻰ

ﻛَﺫَﻟِﻙَ 

ﺍﻟﺳﱠمَاءِ 

ﻓِﻲ

ﻛَﻣَﺎ 

ﻣَﺷِﻳﺋَﺕُﻙَ

ﻟِﺗَﻛُﻥْ.

ﻣَﻠَﻛُﻭﺗُﻙَ

ﻟَﻧَﺎ

ﻭَﺍﺗْﺭُﻙْ.

ﺍﻟْﻳَﻭْﻡَ

ﺃَﻋْﻁِﻧَﺎ

ﺍﻟْﺟَﻭْﻫَﺭِﻱﱠ

ﺧُبْﺯَﻧَﺎ.

ﺍﻷَْﺭْﺽِ 

ﺕُﺩْﺧِلْﻧَﺎ

ﻭَﻻَ

ﻋَﻠَﻳْﻪِ٬

ﻟَﻧَﺎ 

ﻟِﻣَﻥْ

ﻧَﺣْﻥُ

ﻧَﺗْﺭُﻙُ

ﻛَﻣَﺎ 

ﻋَﻠَﻳْﻧَﺎ٬

ﻣَﺎ

ﻣِﻥَ

ﻧَﺟﱢﻧَﺎ

ﻟَﻛِﻥْ

ﺗَﺟْﺭِبَﺔٍ٬

ﻓِﻲ

ﺕَجْرِبَةٍ، 

لِكِنْ

ﻦَجْنَا 

مِنَ

**Romanian**

Tatăl nostru care ești în ceruri,

șfințească-se numele Tău,

vie împărăția Ta, facă-se voia ta,

precum în cer așa și pe pământ.

Păinea noastra cea de toate zilele,

dă-ne-o nouă astăzi

și ne iartă nouă greșelile noastre

precum și noi iertăm greșitilor noștri

și nu ne duce pe noi în ispășă

ci ne izbăvește de cel rău.
Wisdom of the Fathers

"Now Matthew indeed saith, that "they brought him," but the others, that they also broke up the roof, and let him down. And they put the sick man before Christ, saying nothing, but committing the whole to Him. For though in the beginning He Himself went about, and did not require so much faith of them that came unto Him; yet in this case they both approached Him, and had faith required on their part. For, "Seeing," it is said, "their faith;" that is, the faith of them that had let the man down. Forasmuch then as they had evinced so great faith, He also evinces His own power ... He healed first that which is invisible, the soul, by forgiving his sins; ... He, in fact, in His abundance of counsel, made use of their envy for the manifestation of the miracle." - St. John Chrysostom

"Silence is the cross on which we crucify our ego." - St. Seraphim of Sarov

Saints of the Week
March 28

Sunday of St. Gregory Palamas

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years, and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be
celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

**Hilarion the New**

Saint Hilarion took up the monastic life from his youth and lived in seclusion. Later, as Abbot of the Monastery of Pelecete in Asia Minor (believed to be in Bithynia, not far from Triglia), he suffered much from the Iconoclasts, and reposed in the year 754.

**March 31**

**Innocent, Enlightener of Alaska**

Saint Innocent (Veniaminov), Metropolitan of Moscow and Kolomensk (August 26, 1797—March 31, 1879), was glorified by the Russian Orthodox Church on October 6, 1977. He was born in the village of Anginsk in the Irkutsk diocese. The Apostle of America and Siberia proclaimed the Gospel “even to the ends of the earth”: in the Aleutian islands (from 1823), in the six dialects of the local tribes on the island of Sitka (from 1834), among the Kolosh (Tlingit); in the remotest settlements of the extensive Kamchatka diocese (from 1853); among the Koryak, Chukchei, Tungus in the Yakutsk region (from 1853) and North America (in 1857); in the Amur and the Usuriisk region (from 1860).

Having spent a large part of his life in journeys, Saint Innocent translated a Catechism and the Gospel into the Aleut language. In 1833, he wrote in this language one of the finest works of Orthodox missionary activity: "Indication of the Way to the Kingdom of Heaven.

In 1859, the Yakut first heard the Word of God and divine services in their native language. Twice (in 1860 and 1861) Saint Innocent met with Saint Nicholas the Apostle to Japan (February 3), sharing with him his spiritual experience.

A remarkable preacher, Saint Innocent said, “Whoever abounds in faith and love, can have mouth and wisdom, and the heart cannot resist their serving it.”

Having begun his apostolic work as a parish priest, Saint Innocent completed it as Metropolitan of Moscow (January 5, 1868—March 31, 1879). He obeyed the will of God all his life, and he left behind a theme for the sermon to be preached at his funeral: “The steps of a man are rightly ordered by the Lord” (Ps 36/37:23).

Saint Innocent is also commemorated on October 5 (Synaxis of the Moscow Hierarchs) and on October 6 (his glorification).

*For more lives of the Saints, visit goarch.org/chapel.*
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<td><strong>St. Sunday of St. Gregory Palamas</strong>&lt;br&gt;Stephen the Wonderworker&lt;br&gt;Hebrews 1:10-14; 2:1-3&lt;br&gt;Mark 2:1-12&lt;br&gt;Orhyth (8:50 am)&lt;br&gt;Divine Liturgy (10:00 am)</td>
<td><strong>The Martyrs Jonas and Barachisius</strong>&lt;br&gt;Mark, Bishop of Arethusa&lt;br&gt;Isaiah 8:13-9:7&lt;br&gt;Genesis 6:9-22&lt;br&gt;Proverbs 8:1-21&lt;br&gt;Great Compline (6:00 pm)</td>
<td><strong>John Climacus the Righteous</strong>&lt;br&gt;Zacharias the New Martyr&lt;br&gt;Isaiah 9:9-10:4&lt;br&gt;Genesis 7:1-5&lt;br&gt;Proverbs 8:32-9:11</td>
<td><strong>Akakios the Confessor</strong>&lt;br&gt;Isaiah 10:12-20&lt;br&gt;Genesis 7:6-9&lt;br&gt;Proverbs 9:12-18&lt;br&gt;Presanctified Liturgy&lt;br&gt;Adult Sunday School</td>
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<td><strong>Sunday of the Holy Cross</strong>&lt;br&gt;Righteous Plato the Studite&lt;br&gt;George the Righteous of Maleon&lt;br&gt;Hebrews 4:14-16; 5:1-6&lt;br&gt;Mark 8:34-38; 9:1&lt;br&gt;Orhyth (8:50 am)&lt;br&gt;Divine Liturgy (10:00 am)</td>
<td><strong>Theodora the Righteous of Thessaloniki</strong>&lt;br&gt;George the new Martyr&lt;br&gt;Isaiah 14:24-32&lt;br&gt;Genesis 8:21-9:7&lt;br&gt;Proverbs 11:19-12:6&lt;br&gt;Great Compline (6:00 pm)</td>
<td><strong>Gregory of Sinai</strong>&lt;br&gt;Platonis the Nun of Nisibis&lt;br&gt;Isaiah 25:1-9&lt;br&gt;Genesis 9:8-17&lt;br&gt;Proverbs 12:8-22</td>
<td><strong>George, Bishop of</strong>&lt;br&gt;Isaiah 26:21-27:9&lt;br&gt;Genesis 9:18-10:1&lt;br&gt;Proverbs 12:23-13:9&lt;br&gt;Presanctified Liturgy&lt;br&gt;Adult Sunday School</td>
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<td><strong>Sunday of St. John Climacus</strong>&lt;br&gt;Antipas, Bishop of Pergamum&lt;br&gt;Hebrews 6:13-20&lt;br&gt;Mark 9:17-31&lt;br&gt;Orhyth (8:50 am)&lt;br&gt;Divine Liturgy (10:00 am)&lt;br&gt;Daughters of Penelope Meeting</td>
<td><strong>Basil the Confessor, Bp. of Parium</strong>&lt;br&gt;Anthous the Righteous&lt;br&gt;Isaiah 37:33-38:6&lt;br&gt;Genesis 13:12-18&lt;br&gt;Proverbs 14:27-15:4&lt;br&gt;Great Compline (6:00 pm)&lt;br&gt;Parish Council Meeting (7:00 pm)</td>
<td><strong>Martin the Confessor, Pope of Rome</strong>&lt;br&gt;Theodosios the Martyr&lt;br&gt;Isaiah 40:18-31&lt;br&gt;Genesis 15:1-15&lt;br&gt;Proverbs 15:7-19</td>
<td><strong>Aristarchus, Pudeas</strong>&lt;br&gt;Apostles of the Church&lt;br&gt;Isaiah 41:4-14&lt;br&gt;Genesis 17:1-9&lt;br&gt;Proverbs 15:20-16:9&lt;br&gt;Presanctified Liturgy&lt;br&gt;Adult Sunday School</td>
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<td><strong>Sunday of St. Mary of Egypt</strong>&lt;br&gt;Holy Father John the Righteous&lt;br&gt;Hebrews 9:11-14&lt;br&gt;Mark 10:32-45&lt;br&gt;Orhyth (8:50 am)&lt;br&gt;Divine Liturgy (10:00 am)&lt;br&gt;Philoptochos Meeting</td>
<td><strong>Holy Hieromartyr Paphnutius</strong>&lt;br&gt;George the Confessor&lt;br&gt;Isaiah 48:17-49:4&lt;br&gt;Genesis 27:1-41&lt;br&gt;Proverbs 19:16-25&lt;br&gt;Great Compline (6:00 pm)</td>
<td><strong>Theodore the Trichinas</strong>&lt;br&gt;Zacchaeus the Apostle of Caesarea&lt;br&gt;Isaiah 49:6-10&lt;br&gt;Genesis 31:3-16&lt;br&gt;Proverbs 21:3-21</td>
<td><strong>Holy Hieromartyrs Those With Him in Egypt</strong>&lt;br&gt;Isaiah 58:1-11&lt;br&gt;Genesis 43:26-31; 45:1-6&lt;br&gt;Proverbs 21:23-22:4&lt;br&gt;Presanctified Liturgy&lt;br&gt;Adult Sunday School</td>
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<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
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<tr>
<td><strong>Palm Sunday</strong>&lt;br&gt;Mark the Apostle &amp; Evangelist&lt;br&gt;Philippians 4:4-9&lt;br&gt;John 12:1-18&lt;br&gt;Orhyth (8:50 am)&lt;br&gt;Divine Liturgy (10:00 am)&lt;br&gt;Bridal Matins (6:00 pm)</td>
<td><strong>Holy Monday</strong>&lt;br&gt;Holy Martyr Basil, Bp. of Amasea&lt;br&gt;Matthew 21:18-43&lt;br&gt;Matthew 24:3-35&lt;br&gt;Presanctified Liturgy (9:00 am)&lt;br&gt;Bridal Matins (6:00 pm)</td>
<td><strong>Holy Tuesday</strong>&lt;br&gt;Holy Hieromartyr Symeon, Kinsman of the Lord&lt;br&gt;Matthew 22:15-46; 23:1-39&lt;br&gt;Matthew 24:36-51; 25:1-46; 26:1-2&lt;br&gt;Presanctified Liturgy (9:00 am)&lt;br&gt;Bridal Matins (6:00 pm)</td>
<td><strong>Holy Week</strong>&lt;br&gt;The Holy Nine Martyrs&lt;br&gt;John 12:17-50&lt;br&gt;Matthew 26:6-16&lt;br&gt;Presanctified Liturgy&lt;br&gt;Bridal Matins&lt;br&gt;Holy Unction (6:00 pm)</td>
</tr>
</tbody>
</table>

- Shaded days denote a fast day.  
- denotes a Liturgy  
- Great Vespers/Compline  
- Akathist/Paraklesis  
- Presanctified Liturgy
<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>April 1</strong>&lt;br&gt;Mary of Egypt&lt;br&gt;Euthemios of Suzdal&lt;br&gt;Isaiah 11:10-12:2&lt;br&gt;Genesis 7:11-8:3&lt;br&gt;Proverbs 10:1-22</td>
<td><strong>2</strong>&lt;br&gt;Titus the Wonderworker&lt;br&gt;Isaiah 13:2-13&lt;br&gt;Genesis 8:4-21&lt;br&gt;Proverbs 10:31-11:12&lt;br&gt;Akathist Hymn &amp; Salutations (6:00 pm)</td>
<td><strong>3</strong>&lt;br&gt;Joseph the Hymnographer&lt;br&gt;Theodosia and Irene the Martyrs&lt;br&gt;Hebrews 10:32-38&lt;br&gt;Mark 2:14-17</td>
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<tr>
<td>8&lt;br&gt;Holy Apostles of the 70: Herodion, Agabus, Rufus, Asyncritus, Phlegon, and Hermes&lt;br&gt;Celestine, Pope of Rome&lt;br&gt;Isaiah 28:14-22&lt;br&gt;Genesis 10:32-11:9&lt;br&gt;Proverbs 13:19-14:6</td>
<td><strong>9</strong>&lt;br&gt;Vadim the Righteous of Persia&lt;br&gt;Isaiah 29:13-23&lt;br&gt;Genesis 12:1-7&lt;br&gt;Proverbs 14:15-26&lt;br&gt;Akathist Hymn &amp; Salutations (6:00 pm)&lt;br&gt;Men's Peer Group (8:00 pm)</td>
<td><strong>10</strong>&lt;br&gt;Holy Father Theonas, Archbishop of Thessalonica&lt;br&gt;Terence and his Companions beheaded at Carthage&lt;br&gt;Hebrews 6:9-12&lt;br&gt;Mark 7:31-37</td>
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<tr>
<td>15&lt;br&gt;Crescens the Martyr&lt;br&gt;Isaiah 42:5-16&lt;br&gt;Genesis 18:20-33&lt;br&gt;Proverbs 16:17-17:17&lt;br&gt;Great Canon of St. Andrew (6:00 pm)&lt;br&gt;AHEPA Meeting</td>
<td><strong>16</strong>&lt;br&gt;Agape, Chionia, and Irene, the Holy Martyrs&lt;br&gt;Isaiah 45:11-17&lt;br&gt;Genesis 22:1-18&lt;br&gt;Proverbs 17:17-18:5&lt;br&gt;Akathist Hymn &amp; Salutations (6:00 pm)</td>
<td><strong>17</strong>&lt;br&gt;The Akathist Hymn&lt;br&gt;Symeon the Holy Martyr&lt;br&gt;Hebrews 9:1-7&lt;br&gt;Luke 1:39-49, 56&lt;br&gt;Strategic Planning Retreat</td>
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<tr>
<td><strong>22</strong>&lt;br&gt;Theodore of Sykeon&lt;br&gt;Nathaniel, Luke, &amp; Clemente the Apostles&lt;br&gt;Isaiah 65:8-16&lt;br&gt;Genesis 46:1-7&lt;br&gt;Proverbs 23:15-24:5</td>
<td><strong>23</strong>&lt;br&gt;George the Great Martyr&lt;br&gt;Isaiah 66:10-24&lt;br&gt;Genesis 49:33-50:26&lt;br&gt;Proverbs 31:8-31&lt;br&gt;Men's Peer Group (8:00 pm)</td>
<td><strong>24</strong>&lt;br&gt;Saturday of Lazarus&lt;br&gt;Elizabeth the Wonderworker&lt;br&gt;Hebrews 12:28-29;13:1-8&lt;br&gt;John 11:1-45&lt;br&gt;Orthros (9:00 am)&lt;br&gt;Divine Liturgy (10:00 am)&lt;br&gt;Palm Cross Folding</td>
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<tr>
<td><strong>29</strong>&lt;br&gt;Holy Thursday&lt;br&gt;Jason and Sosipater the Apostles of the 70 and their Companions&lt;br&gt;Luke 22:1-39&lt;br&gt;1 Corinthians 11:23-32&lt;br&gt;Twelve Passion Gospels&lt;br&gt;Vesperal Liturgy (9:00 am)&lt;br&gt;Passion Service (6:00 pm)</td>
<td><strong>30</strong>&lt;br&gt;Holy Friday&lt;br&gt;James the Apostle&lt;br&gt;I Corinthians 5:6-8&lt;br&gt;Matthew 27:62-66&lt;br&gt;Great Hours (8:00 am)&lt;br&gt;Unnailing Vespers (2:00 pm)&lt;br&gt;Service of the Epitaphio (6:00 pm)</td>
<td><strong>May 1</strong>&lt;br&gt;Holy Saturday&lt;br&gt;Jeremias the Prophet&lt;br&gt;Hebrews 12:28-29;13:1-8&lt;br&gt;John 11:1-45&lt;br&gt;Vesperal Liturgy - Protoanastasi (9:00 am)&lt;br&gt;Paschal Vigil (11:00 pm)</td>
<td></td>
</tr>
</tbody>
</table>

- Fish/wine/oil allowed.
- Wine/oil allowed.
Guidelines for Receiving Holy Communion

For Orthodox Christians

Orthodox Christians fully participate in the celebration of the Eucharist by receiving Holy Communion in fulfillment of Christ's command to eat His Body and drink His Blood. In order to be properly disposed to receive Holy Communion, communicants should not be conscious of grave sin, have fasted appropriately and strive always to love God and their neighbor. Persons conscious of grave sin should seek immediately to be reconciled through the Mystery of Confession so they can begin again to receive Communion immediately. Frequent communion is recommended to all faithful Orthodox Christians.

For other Christians

We welcome to this celebration of the Eucharist those Christians who are not fully united with us. It is a consequence of the sad divisions of Christianity that we cannot extend to them a general invitation to receive Holy Communion. Orthodox Christians believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship of the community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist and for which we must all pray. All, however, are welcome to partake of the blessed bread (Antidoron) which will be distributed at the end of the service.

Shut-ins and Hospital Visitation

If anyone is in the hospital or otherwise in need of prayer or visitation, we are happy to publish their information (name and/or visitation information) in the bulletin. Please note, however, that we are unable to publish such information without a direct request.

If you are interested in helping with the visitation of the sick, please speak to Presvytera Peggy or contact the Church office.

In your prayers:

Please continue to pray for the health and recovery of: Augusta Ahejew, Petro Ahejew, Ann De Corte, Soula Economou, Edward & Gabriella Economous, Jean Farrington, James Kokas, Krista Koopman, Paul Kushner, Mark Legner, Sharon Legner, Marge Paron, Bill Tarachas, and Eva Zestos.

(If you would like to have a name added to or removed from this list, please contact the Church office).

A Prayer for the Sick

O holy Father, heavenly Physician of our souls and bodies, Who sent Your Only-begotten Son our Lord Jesus Christ to heal all our ailments and deliver us from death: do You visit and heal Your servant (name), granting him/her release from pain and restoration to health and vigor, that he/she may give thanks unto You and bless Your holy Name, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

**Prayer courtesy of the Antiochian Archdiocese, from the "Pocket Prayer Book"**
St. Demetrios Greek Orthodox Church
2021 Stewardship Commitment Form

“When Jesus landed and saw a large crowd, He had compassion on them and healed their sick.” - Matthew 14:14

THE GREATEST OF THESE IS LOVE

Please bring this form to the Church or mail it to the Church Office at 4970 Mackinaw Rd., Saginaw, MI 48603

Name: _____________________________________________________________

Street Address: ____________________________________________________ City: __________________ State: ______ Zip Code: ________________

<table>
<thead>
<tr>
<th>Individual or Family</th>
<th>Spouse (if applicable)</th>
<th>Children (if applicable)</th>
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<tbody>
<tr>
<td>Name: ____________________________________</td>
<td>________________________</td>
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<tr>
<td>Home Tel: ______________</td>
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<td>Mobile Tel: ______________</td>
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<td>Work Tel: ______________</td>
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<td>Occupation: __________________</td>
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<td>(Last, current)</td>
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In gratitude for God’s blessings, I/we pledge to contribute for Christ’s work at St. Demetrios Church for 2021.

$________ annually

Please indicate areas of expertise or interest where you would like to serve:
(Individuals should provide a check mark and families provide "H" for husband, "W" for wife and "C" for children)

<table>
<thead>
<tr>
<th>ADMINISTRATION</th>
<th>Newsletter / Publications</th>
<th>Family Ministry</th>
</tr>
</thead>
<tbody>
<tr>
<td>___ Audit Committee</td>
<td>___ Website / Email</td>
<td>___ Hospitality / Welcome Ministry</td>
</tr>
<tr>
<td>___ Election Committee</td>
<td></td>
<td>___ Visitation (Sick / Shut-ins)</td>
</tr>
<tr>
<td>___ Office help</td>
<td></td>
<td>___ Outreach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>BUILDING &amp; GROUNDS</th>
<th>Liturgical</th>
<th>Youth</th>
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</thead>
<tbody>
<tr>
<td>___ Property Maintenance</td>
<td>___ Baking Phosphora</td>
<td>___ Church School Teacher</td>
</tr>
<tr>
<td>___ Garden &amp; Landscape</td>
<td>___ Music Ministries</td>
<td>___ Church School Administration</td>
</tr>
<tr>
<td>___ Iconography / Beautification</td>
<td>___ Sanctuary &amp; Altar Care</td>
<td>___ GOYA Advisor</td>
</tr>
</tbody>
</table>

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<tr>
<th>COMMUNICATIONS</th>
<th>Ministries</th>
<th>Other</th>
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<tbody>
<tr>
<td>___ Computer / Technical</td>
<td>___ Coffee Hour</td>
<td></td>
</tr>
</tbody>
</table>

I/we would like to receive notifications from St. Demetrios by: ___ email ___ paper mail

You can also submit your stewardship card and your contributions online at www.stdemetrios.mi.goarch.org/

CONFIDENTIAL: For Authorized Parish Personnel Only
Our 2021 Stewardship goal is $170,000. As of March 22, we have received pledges reflecting 66% of that goal. Thank you to the following faithful stewards who have submitted their pledge cards for 2021. Please join them in their support of our St. Demetrios Greek Orthodox Church and submit your pledge card today! (Please submit any corrections to the Church office).

<table>
<thead>
<tr>
<th>Total Pledges: $112,715.00</th>
<th>Offerings Received: $46,197.73</th>
<th>Largest pledge: $6,760.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewards pledged: 83</td>
<td>Pledges Unfulfilled: $76,637.27</td>
<td>Median pledge: $950.00</td>
</tr>
</tbody>
</table>

Rev. Fr. Timothy & Pr. Catherine Cook
Rev. Fr. Peter & Pr. Peggy Bistolarides
Augusta Ahejew
Petro & Sandra Ahejew
Chris & Olga Anagost
Dr. Thomas & Angela Barris
Johnathan Bernhart
Sophia Bernhart
Thomas & Joan Billingsley
Dr. John & Dr. Judy Blebea
Jeremy & Taylor Blohm
Dr. Kevin & Bessie Bone
Tula Brown
Brady & Sandy Duke
Mark & Anastasia Bristley
Georgia Caris
Bill & Vonnie DeLong
Soula Economou
Bill & Alexia Evans
Corey & Andrea Ferris
Kathleen Gavalas
Betty Lou Gustafson
Evan & Alexia Houpis
Doug & Linda Hubbell
Matina Ioannidis
Risty & Karen Kalivas
Mersina Karris
Katerina & Athanasios Katsiouras
Anna Kennedy
Ron & Connie Kelso
Sameer & Areen Khoury
Elaine Kimerly
James & Mary Kokas
Thomas & Anastasia Kokas
Anthony & Rula Koutras
Thomas & Athena Kurtz
Mr. & Mrs. Legakis
Mark & Koula Legner
Dr. Elaine Makas
Grace Makrianis
Katherine Metropoulos
John Mighion &
  Christine Rapanos
Dymitr Malik
Barbara Milionis
Adam & Eleni Morris
Tom & Peggy Nemode
Dr. David & Elan Nichols
David Ortega
Dennis & Soula Ostler
Eleutheria Paez
Dr. Kelly Paron
Jamey Paron
Marge Paron
Dr. Nicholas & Julie Paron
Tim Patishnock
Eliana Porchia
Jonie & Jose Porchia
Leonardo Porchia
Doug & Leta Povich
Julia Povich
Doug & Leta Povich
Elaine Rapanos
Jason Rapanos
George & Fran Rouman
Eftihios & Beverly Siradakis
Andy & Voula Skoutelas
Jacob & Ruha Sous
Michael & Dawn Sous
Nicholas Sous
Bill & Linda Stavropoulos
Elaine Tambouridis
Elektra Tarachas
William & Thespo Tarachas
George Triantafillou & Jean Farrington
Art Tselepis
Dr. George & Virginia Ulmer
Athanasios & Eipnvn Veremis
John Veremis
Theodore & Georgia Veremis
Kathleen Zacharko
George & Gladys Zubulake
Jim & Esmini Zublake
When you support the Friends of the Metropolis campaign, you are part of a greater outreach that proclaims with one universal voice that God is truly our hope and our rock of salvation. Because of your devotion to the Friends program, ministries and programs are implemented on a Metropolis-wide basis which strengthen and enhance our faith and our joint ministry of service. I would like to invite you to join forces with the faithful throughout the Metropolis of Detroit in support of the ministries which are part of the Office of the Metropolitan.

Thanking you for your kind and generous response,
I remain, with paternal blessings and prayers,

+NICHOLAS
Metropolitan of Detroit

MORE INFO AT:
WWW.DETROIT.GOARCH.ORG/FRIENDS

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**FRIENDS OF THE METROPOLIS**

When you support the Friends of the Metropolis campaign, you are part of a greater outreach that proclaims with one universal voice that God is truly our hope and our rock of salvation. Because of your devotion to the Friends program, ministries and programs are implemented on a Metropolis-wide basis which strengthen and enhance our faith and our joint ministry of service. I would like to invite you to join forces with the faithful throughout the Metropolis of Detroit in support of the ministries which are part of the Office of the Metropolitan.

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Metropolitan of Detroit

MORE INFO AT:
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**General Support**

Fully fund the general expenses of the Metropolis office, including programs and travels.

**Clergy/Parish Support**

Develop and provide instructional seminars and services for clergy and parishes.

**Outreach/Missions**

Create opportunities to introduce our faith to society. Participate in inter-Christian and interfaith activities. Provide quick responses to national and international disasters.

**Youth Ministries**

Support the youth & young adult ministries, including our summer camps, as well as the activities of a full-time Metropolis Director of Youth and Young Adult Ministries.

**Education**

Enhance various scholarship opportunities, adult education programs, and support Metropolis students at Hellenic College/Holy Cross.

**Leadership**

Organize Clergy-Laity Conferences, Oratorical Festivals, Youth Worker and Religious Education Training, and Adult Education Seminars.

**Hellenism**

Develop programs for Hellenic Cultural Outreach, including language, history, and arts.

**Special Programs**

Continued website development, hospitality to visiting dignitaries, charity and philanthropy.

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**Make checks payable to Greek Orthodox Metropolis of Detroit. Fill out this card and send it with payment to Greek Orthodox Metropolis of Detroit 2560 Crooks Road Troy, MI 48084**
This Lent, we are running a fundraiser to benefit the Orthodox Christian Mission in Guatemala, at which Dn. Thomas & Diakonissa Elizabeth Manuel (who visited us a couple of years ago) are currently serving.

We will be raising funds from Sunday of Orthodoxy (March 21st) to Pascha (May 2nd).

The tournament will be between three jars - one for Michigan, one for CMU, and one for Michigan State. All donations to benefit IOCC.

We will announce the winner on Pascha. The jars are in the Narthex, let the games begin!

**How to Play**

- Bring in pennies, nickels, dimes, quarters, cash or checks
- Deposit your donations in the jar of your choice.
- The jar with the most funds raised by Pascha wins!
ST. DEMETRIOS LENTEN
UNDERGROUND RAILROAD DRIVE

Donations

This year for our Lenten Outreach we will be collection donations and items for the Underground Railroad, a local emergency shelter for victims of domestic & sexual violence in the community. Annually, they provide 14,000 safe bed nights for over 500 women & children, along with additional services for more than 4,000 families in Saginaw County. All funds and items raised will go to the shelter.

Each week we will be raising a different set of items. Donations during that week will either be sent directly to Underground Railroad or will be used to purchase additional items for that week. All items must be new (nothing used). You can drop donations in the Underground Railroad bin in the Narthex.

Items for the 3rd Week of Lent (March 29th - April 4th) are:

• Paper products (paper towels & toilet paper)
• Large dinner plates / cereal bowls
• Forks/Spoons
• Plastic cups
• Ziploc bags

We are also looking for volunteers to deliver each week's donations to the shelter, or purchase additional items using any donated funds. To volunteer, speak to Fr. Timothy or contact Andrea Ferris (amackool@gmail.com).

Please place all donated items in the Donation Bin in the Narthex. All donations (cash or check) should be made out to the Church, with "UR Drive" in the memo line, and placed in the tray.

Orthodox Lent is more than fasting.
Prayer.......Fasting.......Almsgiving
Metropolis of Detroit COVID-19 Pandemic Response

General Requirements
(see website or call office with questions)

- Anyone who is currently experiencing any symptoms of illness must stay at home.

  St. Demetrios will continue to live-stream all of our services, so anyone who is so desires may continue streaming our services from home.

- Everyone is required to wear masks. Masks are available at the door.
- Everyone is required to sign-in as they enter the Church. This information is held at the Church and is not distributed to anyone else. We collect this only for our own contact-tracing purposes (which hopefully will not be necessary).
- Please maintain a physical distance of at least six feet between families.
- The faithful should refrain from kissing the icons and other holy objects, showing reverence instead with a bow.

Prayer of St. Ephraim & Marriage Conflict

“...grant me to see my own sin and not judge my brother or sister, for You are blessed to the ages of ages, amen.”

As married persons, we have something very significant to learn from this prayer, which is most associated with Great Lent, but one we can pray year round. We tend to place blame on “the other” in the face of conflict, as did Adam after he and Eve ate from the one forbidden tree in the Garden of Eden. The way of Christ, as taught in the Prayer of St. Ephraim, is to look at ourselves first. Deliberately “practice” this discipline of looking inwardly when conflict arises for the next two weeks and then take some time to discuss with one another what impact this “discipline” has on your marriage.
WELCOME TO ALL VISITORS: For those visiting today, we are excited to welcome you to St. Demetrios Church. Everyone is welcome at our services, though only those who are baptized and chrismated Orthodox Christians may receive the Holy Mysteries. We hope you will stay not only for the service, but afterwards for coffee hour, so we can greet you and get to know you. If anyone has any questions about the Orthodox Faith or joining St. Demetrios, please feel free to speak with Fr. Timothy after the service.

CONFESSION: If you would like to come to Confession, you can call Fr. Timothy or the Church Office to make an appointment. Fr. Timothy is not keeping regular office hours at the Church as of now, but he is generally available by appointment for most days. Fr. Peter is also available by appointment.

SECRETARY OUT: Gabby, our parish secretary, is still recovering from her surgery. Please keep her in your prayers for a successful operation and speedy recovery. Office hours and operations may be a little sporadic, as a result.

FLOWERS FOR THE EPITAPHION: Thank you to everyone who has pledged and donated to help beautify the Church during Great Lent & Holy Week! We are also raising funds to help cover the costs of the flowers and other materials to decorate the Kouvouklion for Holy Friday this year. If you would like to help with this, the envelopes are at the pangari.

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TODAY'S GREETERS
Vaia Clifford & Kosta Povich

Prophora
For the time being, we are operating with the Prophora that is in the freezer. This will only take us so far, however, so if you can, please consider baking and bringing some prophora to the Church.

Coffee Hour
Due to COVID, Coffee Hour has been suspended until further notice. We look forward to when we can safely resume our normal routine.
March 28th

Sunday of St. Gregory Palamas

On this day we celebrate one of the great spiritual fathers of the Church. Use your prayer rope and pray the Jesus Prayer every day this week!

This is also a good week to practice silence. St. Seraphim of Sarov says that "silence is the cross on which we crucify our ego." Sometimes this just means practicing being still and silent, even if only for a minute. Sometimes this means being silent when we very much want to say something. Sometimes this means being silent so someone else can speak.

March 31st

Presanctified Liturgy

Join us as we gather to receive spiritual nourishment for the struggle of Lent (and any other struggle) by communal prayer and receiving the Eucharist.

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**ST. DEMETRIOS**
**GREEK ORTHODOX CHURCH**

**LENTEN SERVICE SCHEDULE**

<table>
<thead>
<tr>
<th>Day</th>
<th>Service</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Great Compline</td>
<td>6:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Presanctified Liturgy</td>
<td>5:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>Akathist Hymn &amp; Salutations</td>
<td>6:00 PM</td>
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*Only celebrated on the first five Fridays of Lent.