

Upcoming Services

- Wed. Mar. 15** **Reader's Akathist 6 p.m.**
- Fri. Mar. 17** **Reader's Lenten Vespers 6 p.m.**
- Sat. Mar. 18** **Divine Liturgy 9:30 a.m. (Fr. Joseph)**
Vespers 4 p.m.
- Sun. Mar. 19** **Reader's Service (Typika) 9:30 a.m.**

Parish News

Pastoral visit - A warm welcome to His Eminence Archbishop Mark who was the main celebrant for the Divine Liturgy today. A lenten luncheon will be served after Divine Liturgy. Everyone is invited!

Parish Education Class –Sunday, March 19 after Typika service.

Choir Rehearsal – Saturdays, March 18 and April 8 at 3 p.m.

Almsgiving – There will be an almsgiving can on the side table throughout the season of Lent. Everyone is encouraged to put their spare change and / or bills in the can. At the end of Lent, the money will be collected and given to a specific charity. Please be a cheerful giver! Let's help those who are less fortunate than us!

Parish Charity Project for Great Lent – This year for Great Lent our parish charity project will be to help Birthright. Birthright is a nonprofit group, located in Frackville, helping area mothers and babies. A list of items they need is on the church bulletin board. Please help in donating some of these items. There will be a box in the church hall to put the donated items. At the end of lent we will give them to Birthright. Any questions, see Larissa Holowaty.

Birthday Wishes – Amy Sagan celebrates her birthday, March 18. May God grant her many years.

St. Ephraim Prayer

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea O Lord and King, grant me to see my own sins, and not to judge my brother, for Thou art blessed unto ages of ages. Amen

ST. MARY'S ORTHODOX CHURCH

47 South Nicholas Street

P.O. Box 85

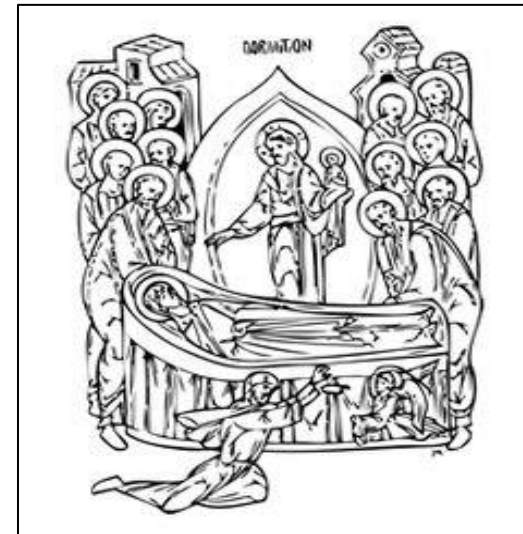
St. Clair, PA. 17970

www.stmaryssaintclair.com

*Orthodox Church in America (OCA)
Diocese of Eastern PA*

March 12, 2023

**Second Sunday of Great Lent
St. Gregory Palamas**



Welcome! Please join us for coffee and light refreshments after the service.

Tone 6 Troparion (Resurrection)

The Angelic Powers were at Thy tomb;/ the guards became as dead men./ Mary stood by Thy grave,/ seeking Thy most pure body./ Thou didst capture hell not being tempted by it./ Thou didst come to the Virgin, granting life./ O Lord, Who didst rise from the dead,// glory to Thee.

Tone 8 Troparion (St. Gregory Palamas)

O light of Orthodoxy, teacher of the Church, its confirmation./ O ideal of monks and invincible champion of theologians./ O wonderworking Gregory, glory of Thessalonica and preacher of grace,// always intercede before the Lord that our souls may be saved!

Tone 5 Prokeimenon

Thou, O Lord, shalt protect us // and preserve us from this generation forever.

V. Save me, O Lord, for there is no longer any that is godly!

Hebrews 1:10-2:3 (Epistle)

Brethren: In the beginning, Thou, Lord, hast laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You remain; and they will all grow old like a garment; like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail." But to which of the angels has He ever said: "Sit at My right hand, till I make Your enemies Your footstool"? Are they not all ministering spirits sent forth to minister for those who will inherit salvation? Therefore we must give the more earnest heed to the things we have heard, lest we drift away. For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward, how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him,

Tone 6 Alleluia, Alleluia, Alleluia!

V. He who dwelleth in the shelter of the Most High will abide in the shadow of the heavenly God.

V. He will say to the Lord: "My Protector and my Refuge; my God, in Whom I trust."

Mark 2:1-12 (Gospel)

Jesus entered Capernaum after some days, and it was heard that He was in the house.

Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. Then they came to Him, bringing a paralytic who was carried by four men. And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." And some of the scribes were sitting there and reasoning in their hearts, "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?" But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? But that you may know that the Son of Man has power on earth to forgive sins" – He said to the paralytic, "I say to you, arise, take up your bed, and go to your house." Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

Tone 8 Kontakion (St. Gregory Palamas)

Holy and divine instrument of wisdom./ joyful trumpet of theology./ together we sing thy praises, O God-inspired Gregory./ Since thou now standest before the Original Mind, guide our minds to Him, O Father./ so that we may sing to thee: "Rejoice, preacher of grace!"

Tone 4 Kontakion (from the Lenten Triodion)

Now is the time for action!/ Judgment is at the doors!/ So let us rise and fast,/ offering alms with tears of compunction and crying:/ "Our sins are more in number than the sands of the sea;/ but forgive us, O Master of all,// so that we may receive the incorruptible crowns!"

Hymn to the Theotokos (Instead of It is Truly meet) Tone 6

All of creation rejoices in you, / O Full of Grace./ the assembly of angels and the race of men./ O sanctified temple and spiritual paradise./ the glory of virgins./ from whom God was incarnate and became a Child:/ our God before the ages./ He made your body into a throne./ and your womb He made more spacious than the heavens./ All of creation rejoices in you,// O Full of Grace. Glory to thee!

Sundays of Great Lent

The Second Sunday of Lent is the commemoration of Saint Gregory Palamas. It was Saint Gregory (d.1359) who bore living witness that men can become divine through the grace of God in the Holy Spirit; and that even in this life, by prayer and fasting, human beings can become participants of the uncreated light of God's divine glory.