HOLY CROSS
GREEK ORTHODOX CHURCH
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Sunday, March 31, 2024
Sunday of St. Gregory Palamas
St. Hypatios of Gangra

Eothinon/Orthros Gospel: Tenth (John 21:1-14)
Mode of the Week: Second / Δεύτερος

QR Codes (scan with smart phone for service texts)

Orthros

Divine Liturgy

Upcoming Schedule

Today, March 31
9:15am Orthros
10:30am Divine Liturgy on the Sunday of St. Gregory Palamas
Sunday School for the Youth following Holy Communion
40-Day Memorial for Eleon Cassandras at the end of the Liturgy
Coffee Fellowship in the Parish House after Liturgy
12:30pm Usher Meeting in the Church
12:45pm Adult Greek School (in the Parish House)

Tuesday, April 2
6:00pm Great Compline
7:00pm Choir Practice in the Church

Wednesday, April 3
5:30pm 8th Hour and Pre-Sanctified Liturgy
7:15pm Light Lenten Meal and Spiritual Discussion in the Parish House
6:00pm Small Compline and 3rd Salutations to the Theotokos

Friday, April 5
4:00pm Byzantine Chant Class in the Library
5:00pm Great Vespers

Sunday, April 7
9:15am Orthros
10:30am Divine Liturgy on the Sunday of the Veneration of the Cross
Holy Chrismation of C.J. Newberry and Ethan Pellegrino
Sunday School for the Youth following Holy Communion
Coffee Fellowship in the Parish House after Liturgy
12:45pm Youth Greek School/Adult Bible Study

Our Parish Hymn of the Holy Cross of Christ:
Save, O Lord, save your people and bless Your inheritance. Give victory to those who battle evil and protect us all by Your Holy Cross.

Σῶσον Κύριε τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς Βασιλεῦσι κατὰ βαρβάρων δωρούμενος καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολίτευμα.

To our Visitors and Guests: We extend a warm welcome to all worshiping with us today! While Holy Communion, following ancient practice, is reserved for Orthodox Christians, non-Orthodox may receive the blessed bread (antidoron) offered at the conclusion of the service.

Please join us in the Parish House after the Divine Liturgy for Coffee Fellowship!
Τὸ καιρὸ ἐκεῖνον, εἰσῆλθε ὁ Ἰησοῦς εἰς Καπερναοῦμ δι’ Ἰμαρίου καὶ Ηκούςῃ ὅτι εἰς οἶκόν ἐστί. καὶ εὐθέως συνήχθησαν πολλοὶ, ὥστε μηκέτι χαριν μηδὲ τὰ πρὸς τὴν θύραν καὶ ἐλάλη αὐτοῖς τὸν λόγον, καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἱρόμενον ὑπὸ τεσσάρων· καὶ μή δυνάμειν προσελθεῖσαν αὐτὸν διὰ τὸν ὅχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, εἰς ὁ παραλυτικός κατέκειτο. Ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ τούτῳ, ἀφέωνται σοι ἁμαρτίαι σου. ἦσαν δὲ τινες τῶν ἱερέων τις ἱερεῖς ἐξουσία ἔχει ὁ υἱὸς τοῦ ἀνθρώπου σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι τίνι ἐστιν εὐκοπώτερον, εἰπεῖν τῷ ἔφη: ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν εἰσοδένιον τῆς γῆς ἁμαρτίας ἔξουσι ἐχειν ὁ υἱὸς τοῦ ἀνθρώπου σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς ἀρχὴν ἐχθροῦ σου ὑποπόδιον τῶν ποδῶν περισσοτέρως ἡμᾶς προσέχειν τοῖς ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν γὰρ ὁ δι᾽ ἀγγέλων λαληθεὶς λόγος σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ; τί δὲ τῶν ἀγγέλων εἴρηκέ ποτε ἀπολοῦνται, σὺ δὲ διαμένεις τό Τάφον λέγει τῷ ἔφη: ἐγεῖρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν εἰσοδένιον τῆς γῆς ἁμαρτίας ἐξουσία ἔχειν ὁ υἱὸς τοῦ ἀνθρώπου σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι τίνι ἐστιν εὐκοπώτερον, εἰπεῖν τῷ ἔφη: ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν εἰσοδένιον τῆς γῆς ἁμαρτίας ἐξουσία ἔχειν ὁ υἱὸς τοῦ ἀνθρώπου σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς ἀρχὴν ἐχθροῦ σου ὑποπόδιον τῶν ποδῶν περισσοτέρως ἡμᾶς προσέχειν τοῖς ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν γὰρ ὁ δι᾽ ἀγγέλων λαληθεὶς λόγος σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ; τί δὲ τῶν ἀγγέλων εἴρηκέ ποτε ἀπολοῦνται, σὺ δὲ διαμένεις. ἰδὼν δὲ ὁ Ἰησοῦς τῷ ἔφη: ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν εἰσοδένιον τῆς γῆς ἁμαρτίας ἐξουσία ἔχειν ὁ υἱὸς τοῦ ἀνθρώπου σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς ἀρχὴν ἐχθροῦ σου ὑποπόδιον τῶν ποδῶν περισσοτέρως ἡμᾶς προσέχειν τοῖς ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν γὰρ ὁ δι᾽ ἀγγέλων λαληθεὶς λόγος σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ; τί δὲ τῶν ἀγγέλων εἴρηκέ ποτε ἀπολοῦνται, σὺ δὲ διαμένεις. ἰδὼν δὲ ὁ Ἰησοῦς τῷ ἔφη: ἔγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν εἰσοδένιον τῆς γῆς ἁμαρτίας ἐξουσία ἔχειν ὁ υἱὸς τοῦ ἀνθρώπου σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς ἀρχὴν ἐχθροῦ σου ὑποπόδιον τῶν ποδῶν περισσοτέρως ἡμᾶς προσέχειν τοῖς ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν γὰρ ὁ δι᾽ ἀγγέλων λαληθεὶς λόγος σου; οὐχὶ πάντες εἰσὶ λειτουργικὰ; τί δὲ τῶν ἀγγέλων εἴρηκέ ποτε ἀπολοῦνται, σὺ δὲ διαμένεις.
This Week's Daily Scripture Readings and Fasting Guidance:
Wednesday (4/3–Strict Fast): Isaiah 10:12-20; Genesis 7:4-8; Psalms 1:1-22
Friday (4/5–Strict Fast): Isaiah 13:2-13; Genesis 8:4-21; Proverbs 10:31-11:12
Saturday (4/6–Wine+Oil): Hebrews 10:32-38; Mark 2:14-17

Prayer Requests:
Fr. Symeon (mission priest supported by our parish), Panteleimon, Michael, Kassianti, Dimitrios, Georgia, Pavlos, Maria, Betty, Irene, Valerie, Dianna, Keith, Jeannie, Dawn, Kenneth, Hermione, Mary, Kay, Helen, Nikia, Mena, Austin, Kiley, Garrett, Carolina, Maria, Laurie, Lindsey, Randy, Marina, Eifffie, Christina, Ashley, Foster, Peggy, Lynn, Dimitri, Steliano, Brian, Vassilios, Resee, Katherine, Virginia, Karl, Colin, Mitch, Rinne, Michael, Christian

Prayers for those recently reposed:
Eni (+February 24), Jeffrey (+March 23)

Prayers for expecting mothers:
Juliette L., Muryah S., Muryah S., Bobbie I., Julieta L.

Prayers for Military Personnel and Their Families:
Aubriana Butchko, Kyle Glotzbach, Robert Ice, Aaron Vrathotes, Alekssander Zajac

Prayers for our Catechumens and Inquirers into the Orthodox Church:
Bobbi, Liz, Jessica, Nate, Schyler and pray for those who are seeking Christ and His Church!

Weekly Wisdom of the Fathers:
St. Gregory Palamas, whom we honor this Second Sunday of the Great Fast:
“Fasting and Self-Control are a double wall defense and whoever lives within them enjoys great peace.”
“Prayer changes from entreaty to thanksgiving, and even now receives direct experience, and so it comes to know in part the surpassing richness of God’s bounty, in accordance with the Psalmist’s words, Taste and know that the Lord is bountiful” (Ps. 34:8). For He is the jubilation of the righteous, the joy of the upright, the gladness of the humble, and the solace of those who grieve because of Him.”

Upcoming Celebrations This Week
Name Days—Chronia Polla, Many Years!
- In the Records
- None in the Records
Birthday—Happy Birthday!
April 4: Elei Dermatas Alvarez, Cheryl Stefanas
April 6: Alea Hortman, Stephanie Lord
Anniversaries—Congratulations!
- If you have a celebration that did not make it into the bulletin, please e-mail Fr. Theodore!