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## Week of March 31, 2024

Sunday, March 31

SUNDAY OF ST. GREGORY PALAMAS — Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Repose of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas (1879). Tone 2.

9:00am Matins

10:00 The Divine Liturgy of St. Basil the Great

11:45-12:15 Sunday school

12:00pm Fellowship

### This Divine Liturgy's Hymns & Readings

#### *Tone 2. Troparion of the resurrection*

When You descended to death, O Life Immortal, You slew hell with the splendor of Your Godhead. And when from the depths You raised the dead, all the powers of heaven cried out: "O Giver of life, Christ our God, glory to You!"

#### *Tone 8. Troparion of the saint*

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 2. Kontakion of the resurrection*

Hell became afraid, O almighty Savior, seeing the miracle of Your Resurrection from the tomb! The dead arose! Creation, with Adam, beheld this and rejoiced with You, and the world, my Savior, praises You forever.

*Tone 8. Kontakion of the saint*

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

*Tone 5. Prokeimenon*

You, O Lord, shall protect us and preserve us from this generation forever. Save me, O Lord, for there is no longer any that is godly!

*Epistle: Hebrews 1:10-2:3*

*Tone 2. Alliluias*

May the Lord hear you in the day of trouble! May the name of the God of Jacob protect you!

Save the King, O Lord, and hear us on the day we call!

*Gospel: Mark 2:1-12*

*Hymn to the Theotokos*

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 you!

### **This week's schedule**

*Monday, April 1.* Ven. Mary of Egypt (522)

**1:00-3:00pm** Fr. Silviu office hours

*Tuesday, April 2.* Virgin Martyr Theodora of Tyre. .

*Wednesday, April 3.* Ven. Niketas the Confessor, Abbot of Medikion (824).

**3:00-5:00pm** Fr. Silviu office hours

**6:00-8:00pm** Ninth Hour and the Liturgy of the Presanctified Gifts.

*Thursday, April 4.* Ven. Joseph the Hymnographer (883).

*Friday, April 5.* Martyrs Agathopodes the Deacon and Theodulus the Reader at Thessalonica (ca. 303).

*Saturday, April 6.* St. Eutychius, Patriarch of Constantinople (582).

**5:00-5:45pm** Adult education class with Fr. Kyril

**6:00-7:00pm** Reader's Ninth Hour and Great Vespers

**7:00-7:30pm** Choir practice

## Announcements

### *Parish council meeting on Sunday, April 7*

The next parish council meeting will be on April 7, at 1:00pm, immediately after our customary fellowship. Among the many important topics the council, the council will discuss the project of beautifying the church. Feel free to come to listen or contribute to the discussions.

### *Proskomidi on Sunday, April 14, at 9:30am*

On Sunday, April 14, we will not have the customary Matins before the Divine Liturgy, but Fr. Silviu will serve the Proskomidi out in the nave, the main room of the church, for everyone to see. This service is the one which prepares the divine gifts (the wine and the bread) for the Divine Liturgy and is usually served before all other Sunday services, when Fr. Silviu is in church by himself, before anyone else even gets there and before any out loud service even begins. Come and see how the gifts are prepared and how the names of all those given for commemoration are remembered!

### *Talk on the influence of screens on our lives on April 21*

On Sunday April 21, at 1:00pm (immediately after our fellowship), Dr. Ovidiu Dulgheru and Fr. Silviu will talk on the influence of screens on our lives, from psychiatric and spiritual perspectives. The two talks will be followed by questions and answers. Please feel free to bring your friends and bring prepared questions, ask questions ad-hoc, or just be there to take it all in.

## Quote of the Week

When St. Maximos the Confessor speaks about love, he gives us the opportunity to understand how easy it is to love God. All we need to do is pay attention to where our mind goes. If it doesn't go to God, we need to realize that our mind does not see clearly, and has need of a physician who can perform

the right kind of surgery in order to correct our vision.

When a person is born, it is natural for him to see people singly and whole, and not double; to see things clearly and correctly, not as slanted or twisted, which is not natural. It is natural to see things clearly and correctly. What is natural, simple, and easy, and makes us healthy and happy, is the love of God, which is as natural as the eyes seeing and the mouth speaking. The mouth is not able to walk, but has been made to speak. The hand is for holding, embracing, giving alms, and to make the sign of the cross. These are their natural functions and they are all very easy. If you try to walk on your hands, it will be difficult and uncomfortable, since this is not what they were made for. In the same way, it is natural for the mind to be turned to and focused on the love of God, because it is toward God that the human mind naturally tends. Just as our eyes naturally open to the light, so too does our mind open naturally to God, who is the creator of light.

The absence of love is a sickness, while the presence of love is health. Whenever someone wants to, he can love God genuinely and become the spouse of God. What more could a person desire?

(from Elder Aimilianos of Simonopetra, *The Mystical Marriage. Spiritual Life according to St. Maximos the Confessor*, Newwrome Press, 2018, pages 22-23)