



## *Weekly Bulletin*

# **Orthodox Church of the Annunciation**

### ***The Sunday of Gregory Palamas***

#### ***Troparion of the Resurrec- tion, Tone 2***

When the stone had been sealed by the Jews, while the soldiers were guarding Thy most pure body, Thou didst rise on the third day, O Savior, granting life to the world. The powers of heaven therefore cried to Thee, O Giver of Life: Glory to Thy Resurrection, O Christ! Glory to Thy Kingdom! Glory to Thy dispensation, O Thou who lovest mankind!

#### ***Troparion of Annunciation, Tone 4***

Today is the beginning of our salvation, the revelation of the eternal mystery! the Son of God becomes the Son of the Virgin as Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: Rejoice, O Full of Grace, the Lord is with you.

#### ***Troparion for St. Gregory Palamas Tone 7***

O Light of Orthodoxy! Teacher of the Church. Its Confirmation! O Ideal of Monks and invincible Champion of Theologians! wonder-working Gregory, glory of Thessalonica and Preacher of Grace! Always intercede before the Lord that our souls may be save

### ***The Second Sunday of Great Lent Tone 2, March 31st, Mk. 2:1-13***

Now is the truly great preacher of the Radiant Light led by the Source of Light to the never-setting Light. This son of the divine and never-setting Light was a true man of God indeed, and a wondrous servant and minister of the divine mysteries, having been born in the imperial city (Constantinople) of most radiant and glorious parents. Through his virtue and instruction he desired to adorn not only the outer of mankind according to the senses, but also much of the unseen inner being.

When he was yet quite young, his father died. His mother, brothers and sisters raised him and instructed him in morals, catechism and sacred scripture, and sent him to teachers of worldly wisdom, from whom he learned well. Cleverly combining his learning with a natural zeal, he soon became skilled in verbal arts. At the age of twenty, regarding all earthly things as inferior and passing dreams, he sought recourse to God the Author and Giver of all wisdom, to consecrate his entire self to God through a perfect life. Hence he disclosed his great love for God, his pious intentions and burning desire to his mother, and he found that for a long she too had been desirous of this and rejoiced at his decision. And straightway gathering her children his mother said with joy, "Behold, I and the children God has given me!" And she disclosed to them the intent of the great Gregory, asking if it seemed to them to be good. And he with words of instruction soon convinced them all in earnestness to follow him in his love and withdrawal from life. Distributing then his earthly possessions to the poor according to the teachings of the Gospel, and cheerfully abandoning human love, earthly honor and the approbation of men, he followed after Christ. Placing his mother and sisters in a convent, he and his brothers went to the sacred Mount Athos, where he convinced his brothers to stay in different monasteries, so that they would have no time to be together, thereby perfecting their life in God. He himself became obedient to a wondrous man named Nicodemus who had consecrated his life of silence to God alone. Learning from him through actions every precept and every virtue, through a mystical revelation there he received the protection of the all pure Theotokos, an invincible help in all things.

After Nicodemus' parting from this life to God, having lived for several years in the Great Lavra most zealously with perfection of thought and a love of

## Announcements and Activities

**Lenten Vespers**— 5PM Monday. Occasionally, Fr. Lawrence serves a Lenten, daily version of either Vespers or Matins. It is support for our Lenten effort.

**Presanctified Liturgy**— Wednesday, at 6PM. Those desiring to receive Holy Communion should say Pre-communion prayers and fast from food and drink from the time after their lunchtime meal to the reception of Holy Communion at the Presanctified Liturgy.

**Akathist for the Reposed**— 6PM on Friday. This beautiful and moving service (not appointed in the Lenten regimen) is served with in mind the fact that most of the Saturdays of Lent are for memory of our departed loved ones.

**Great Vespers**— Saturday, at 5:30PM.

**Divine Liturgy**— Sunday, at 10AM.

**Coffee Hour**— This week's Coffee Hour is being sponsored by Diane F. and the Conrads. Next week's Coffee Hour will be sponsored by the Nantzes and Sunday. Until PASCHA, on May 5th, no meat, eggs or dairy may be served at Coffee Hours. Keep in mind that that includes byproducts: no MILK chocolate, no sour CREAM, no regular Mayo, etc. There are, of course, vegan substitutes for many of these items, and these are fine. Fish (with a backbone) is permitted twice in Lent: on March 25th, our feast day, and on Palm Sunday (April 28th). Shrimp, clams and other shellfish are permitted to be served, but should be prepared in a vegan manner.

**Church School/Adult Ed**— April 7th, at 9AM.

**Landscaping Project**— As you can see, the crew spread, leveled and compacted the DG (Decomposed Granite) over the whole of the property. We strategically placed five, large boulders to do what we can to protect the temple from a car that might jump the curb (as our temple is close to a busy street). We had a narrow miss some years ago, when a young diabetic passed out at the wheel and missed our temple by a couple feet, on his way to ending up in the county's retention basin. We can't thank John Will enough for his providing both the boulders and the equipment to get them in place. We also recognize the help from Joseph Engineering (where Sunday works) and Hertz Equipment Rental, along with Sunday's coordination of getting equipment and materials on site at the needed times. We also had a nice lady donate a lot of the blocks we will place around the planters. Mike Meko, our facility manager, has helped coordinate plans and our labor, spending many hours doing so. We have had several ladies working on site: Matushka, Tricia and Diane F. They all really put the backs into spreading materials and evening the grounds. Thanks to Andrew and his son Tom for their excellent operation of equipment and to Jim P, Christopher C, Brian and Christian R., Mike Miller, Steve Fetzko, Don Slater and a young man, Ethan that we hired to give him work. Many of you have, no doubt, noticed the empty planter boxes we intend to plant in. If, by chance, you would like to make a designated donation to help with plant materials, it will be appreciated.

**Pray for...** Sarah, the daughter of Fr. Lawrence's godfather, health issues. **Youseff and Jimmy**— who are ill. **Jonathan**— ill. **Reposed Barbara Ranjo**. **Laure**— battling Cancer. **Paul**— ill **Ralph**— ill **Archpriest Lawrence**, from Canada, progressive eye disease. **Tsige Roman**— our beloved Tsige reposed on December 3rd. Please keep praying for her homeland of Ethiopia. **Brian**— ill. **Jonathan**— ill. **Katia**— sister of Shkbarra's. **Patrick**, reposed. **Heather Mary**— uncommon fatigue. **Dr. Joseph**— personal needs. **Lance**— special request for prayers. **Christian**— prayers for upcoming surgery. **Mike Meko's** Mother-in-law, **Larissa's** newly-reposed husband **Raphael**. Departed **Matushka Priscilla** and **Newly-departed, George**. **Luci F.** recovering from surgery. **Newly- Departed Marylyn**; ill, **Diane**, ill, **Colin**. **John Truman**—lightheadedness and a recent fall. **Daniel** reposed, Tom and Amy, who lost their son. **Nicholas**, the father of a friend. **Rose Marie**— Rachel's mother, cancer. **Barbara H.**—recovering from a fall. **Claude (Moses)**— in need of housing. **Eleni**—aftermath of a stroke. **Sharon**. **Baby Archie**. **Phil**— covid. **Reposed Makhoul**. **Marius and Lucia**. (aka **Darrell** and **Laura Beth**) health issues

silence, Gregory left the Lavra and embraced the wilderness. Increasing ever in love and always desiring to be with God, he dedicated himself to a life of utmost severity, strengthening his reasoning with earnest attention, raising his thoughts to God, practicing prayer at all times, meditating on divine things, and leading an excellent life. With the help of God he overcame the attacks of demons, and cleansing his soul with fountains of tears at all night vigils, he became a chosen vessel of the gifts of the Spirit of God, and often had visions of the Godhead.

Wondrously, because of the commencement of attacks of the Ishmaelites on Thessalonica, he retreated to the summit skete, and was constrained to speak with several of the citizenry. Having led a diligent life, for he was no longer young, and having cleansed his body and soul entirely, at God's command, he received the great anointing to the priesthood, and like an angel, becoming transcendent in the celebration of the sacred mysteries, so that all who observed him were moved. He was truly great and was recognized as a bearer of the Spirit by those who lived godly lives, revealing himself to those who witnessed the following outward signs: He had authority over demons and was able to release those possessed from their wiles and deceit. He could change barren trees into fruitful ones. He foresaw things to come, and was blessed with other gifts and fruits of the Divine Spirit. For when it lies within our power to act upon the virtues,

(Taken from the *Synaxarion for St. Gregory Plamas*)

## From the Lives of the Saints... THE HOLY APOSTLE THADDAEUS

This Thaddaeus was one of the Seventy Apostles, but was not the Thaddaeus who was one of the Twelve Apostles. St. Thaddaeus first encountered John the Baptist and received baptism from him; then he found the Lord Jesus and followed Him. The Lord numbered him among the Seventy Lesser Apostles, whom He sent out two by two before His face: After these things, the Lord appointed other seventy also and sent them two and two before His face into every city and place where He Himself would come (Luke 10:1). After His glorious Resurrection and His Ascension, the Lord sent Thaddaeus to Edessa, Thaddaeus's birthplace, according to the promise He gave to Prince Abgar when He returned Abgar's towel with the image of His face on it (the Icon of the Lord "Not Made With Hands," August 16). By kissing the towel, Abgar was healed of leprosy, but not completely. [A little leprosy still remained on his face.] When St. Thaddaeus appeared to Abgar, he received him with great joy. The apostle of Christ instructed him in the true Faith, and after that baptized him. When Abgar arose out of the baptismal water, he was completely healed. Glorifying God, Prince Abgar also determined that his people should know the true God and glorify Him. The prince assembled all the citizens of Edessa before the holy Apostle Thaddaeus to hear his teaching about Christ. Hearing the words of the apostle and seeing their prince miraculously healed, the people rejected their former idolatry and unclean living, embraced the Christian Faith, and were baptized. Thus the city of Edessa was illumined by the Christian Faith. Prince Abgar brought much gold and offered it to the apostle, but Thaddaeus said to him: "Since we left our own gold, how can we receive the gold of others?" St. Thaddaeus preached the Gospel throughout Syria and Phoenicia. He reposed in the Lord in the Phoenician city of Beirut.

Taken from the Prologue of Ochrid, Compiled and written by St. Nikolai Velimirovic

*"There do not exist many or few, nor small or great problems. The only problem is the absence of Christ from our lives" (From the life and teachings of Elder Epiphanius Theodoropoulos)*