



PARISH BULLETIN

HOLY ARCHANGHEL MICHAEL'S ROMANIAN ORTHODOX CHURCH

No. 101/ 4 March 2018



Sunday of St. Gregory Palamas

Troparion (Resurrection), Tone 6

Thou didst shatter death by Thy Cross, Thou didst open paradise to the thief; Thou didst turn the sadness of the ointmentbearing women into joy. And didst bid Thine Apostles proclaim a warning, that Thou hast

risen O Christ, granting to the world the great mercy.

Seasonal Kontakion, Tone 4

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"

**Prokeimenon. Mode Plagal 2.
Psalm 27,9,1**

O Lord, save your people and bless your inheritance.

Verse: To you, O Lord, I have cried, O my God.

The reading is from St. 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 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.



The Gospel 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, 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!"



Word of the week

The great Romanian Spiritual Father (confessor) Fr. Arsenie Papacioc, points out in a recording made while

he was still alive that refraining from food is not sufficient, because fasting is a means by which the body is helped to think more about the soul and salvation.

The fast must be accompanied by humility and prayer, by mercy, and especially by refraining from judging or speaking evil. It is also necessary to defeat the body, because "the body goes together with the soul to salvation". "I dared to say that most people are in hell because of gossip. And if you mention this they say: But I was right, and that person deserve this... Our Church considers this sin a "moral murder" because you destroy a man who was restored by Jesus blood."

Finally, fasting means "to compare yourself to the moment of Judgment or the moment of your own death. St. Basil the Great said that the greatest philosophy is the thought of death. It is a great mistake to think your life lasts only till the grave. Because that's where the true life begins. Fasting has a great value when it is held with great care. (...) Fasting means always learn, train yourself how to be prepared for that hour, for your great day, the day of your death. Let us learn to love, let us train ourselves in this great virtue", urges Father Arsenie Papacioc. To love our neighbor must be "a state of

continual presence, not so much a state of urgency, of fasting." The Father reminds us that in the Gospel reading for the day of Judgment it is said, "Why did not you seek Me? Why did not you cloth me, feed me...?" Other great sins are not mentioned, but love. Therefore we are obliged to love our brothers. The extent to which you love your neighbor is exactly the same as you love God. You are wrong if you think you love God, but you do not speak with so many people or oppose your neighbor. You haven't yet tasted from the great joy of forgiveness. To love your enemies is not a recommendation but a commandment."

At the same time Father stresses that there is no "little sin", because any small sin can become a great sin.

"I will tell you a smaller sin than yours, but that "small sin" has overthrown the sky and the earth: Adam merely bit from an apple. He came out of obedience. But you bite people. Are not you counting that? There is no little sin in life, "the littlest evil." (...) "Every little snake is a snake", "cut them off through repentance and deep confession" teaches the honorable Father Arsenie Papacioc.



Liturgical Schedule for this week

Wednesday <i>March, 7</i>	6:00pm	Pre Sanctified Liturgy – St. Nicholas Albanian Church
Friday <i>March, 9</i>	4:00pm 6:00pm	Pre Sanctified Liturgy Akatist of Holy Mother
Saturday <i>March, 10</i>	9:00am 6:00 pm	Divine Liturgy and Memorial services Vespers and Litia
Sunday <i>March, 11</i>	9:00am 10:00am	Matins Divine Liturgy

Announcements:

- **Pre Sanctified Liturgy - Communion:** the last meal and drink should be not later than **12:00 am**. We must not eat or drink anything at least **6 hours** before Holy Communion (for those under 65, over 7 and healthy).
- **Prayer group** – We pray and ask Our Lord and Holy Mother for help for our family, friends, people in need, people who have passed away. Everyone is welcomed to participate and join the prayer group. Ask Father John or preoteasa (presbitera) for details.
- **Confession** on request, call fr. John.
- **Council Parish Meeting - March 11 .**
- **Happy Birthday** for Ruth Yanka (March 5), Evangelia Collazo (March 8), Susan Brogan and Presbitera Camelia (March 10).
- **Altar candles** donated by Louise Boillard in the memory of her father **Tanas Tanka**.
- **Coffee hour** sponsored by Fr. John's family.

