

OUR JOURNEY TO PASCHA! 2024

March 31st – SAINT GREGORY PALAMAS

Epistle Reading: Hebrews 7:26-8:2; 1:10-2:3

Gospel Reading: John 10:9-16; Mark 2:1-12

Troparion – Tone 8

**O luminary of Orthodoxy, support, and teacher of the Church,
/ ideal of monks and invincible champion of theologians, / O
wonderworker Gregory, boast of Thessalonika and herald of
grace, / always intercede for all of us that our souls may be
saved.**

We pray for our entire church family and those who do not have a family or church family, and our special prayers are for the sick and suffering and for the health and salvation of others:

The Archpriest Samuel, Archimandrite Joseph, Protopresbyter Christos, the priest Gregory, Protodeacon John, Mark, Matushka Ellen, Matushka Svetlana, Matushka Lanie, Matushka Irene, Matushka Katherine, Karen, Edward, Nadine, Michelle, Alexander, Anastasia, Sophia Eptamenitis, Edward, Taisa, Engelsman, Maria Higginbotham, Valentina Bobrowski, Anna Konoleva, Erika Dobrzynski, Douglas Dobrzynski, Andrew John Lihou, Marie Biancarelli, Joshua and Daniel Buccieri, Emma Matthews, Stephanie, Kristy, Victor Szemetylo, Helen, Bonnie Shaffner, Helen Schweizer, Zoran Pejovic, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie, JoAnne, Beatrice, Christina, Orestes, Julia, Adrian, Sonya, Biljana, Dorothy, Pauline, Brandy, Makenzie and Tyler.

***** To amend the prayer list, speak with Mary Osinski*****

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The WEEKLY BULLETIN **HOLY SPIRIT ORTHODOX CHURCH**

www.HolySpiritOrthodox.org

March 31st, 2024

2nd SUNDAY OF GREAT LENT: ST. GREGORY PALAMAS - Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. Gregory, barely twenty years old, withdrew to Mount Athos in the year 1316 (other sources say 1318) and became a novice in the Vatopedi monastery under the guidance of the monastic Elder Saint Nikódēmos of Vatopedi (July 11). After the demise of the Elder Nikódēmos, Saint Gregory spent eight years of spiritual struggle under the guidance of the Elder Nikēphōros, and after the latter's death, Gregory transferred to the Lavra of Saint Athanasius. He head of this monastery began to teach the young man the method of unceasing prayer and mental activity, which had been cultivated by monastics, beginning with the great desert ascetics of the fourth century. During his stay at Glossia the future hierarch Gregory became fully imbued with the spirit of hesychasm and adopted it as an essential part of his life. In the year 1326, because of the threat of Turkish invasions, he and the brethren retreated to Thessalonica, where he was then ordained to the holy priesthood. After he returned from a visit to Constantinople, he found a place suitable for solitary life near Thessalonica the region of Bereia. Soon he gathered here a small community of solitary monks and guided it for five years. In 1331 the saint withdrew to Mt. Athos and lived in solitude at the skete of Saint Savva, near the Lavra of Saint Athanasius. In 1333 he was appointed Igumen of the Esphigmenou monastery in the northern part of the Holy Mountain. In 1336 the saint returned to the skete of Saint Savva, where he devoted himself to theological works, continuing with this until the end of his life. About the year 1330 the learned monk Barlaam had arrived in Constantinople from Calabria, in Italy. He ridiculed the teachings of the monks about the methods of prayer and about the uncreated light seen by the hesychasts. Saint Gregory Palamas debated with Barlaam, focusing upon the nature of the light of Mount Tabor. On May 27, 1341, the Council accepted the position of Saint Gregory Palamas, that God, unapproachable in His Essence, reveals Himself through His energies, which are directed towards the world and are able to be perceived, like the light of Tabor, but which are neither material nor created. The teachings of Barlaam were condemned as heresy, and he himself was anathemized and fled to Calabria. Saint Gregory performed many miracles in the three years before his death, healing those afflicted with illness. On the eve of his repose, Saint John Chrysostom appeared to him in a vision. With the words "To the heights! To the heights!" Saint Gregory Palamas fell asleep in the Lord on November 14, 1359. In 1368 he was canonized at Constantinople Council.

Service Schedule

Great Vespers: 5pm Saturdays

Hours: 9:45am Sundays

Divine Liturgy: 10:00am Sundays

Confessions: Will be heard every Saturday evening after Vespers or by appointment.

Call, text or email Father Michael at (848)228-1563 or holyspiritwantagenj@gmail.com

Monthly calendar at www.HolySpiritOrthodox.org

Dates to Remember

Saturday 30th of March

Great Vespers at 5 pm

Sunday 31st of March – St. Gregory Palamas

Divine Liturgy at 10 am

Deanery Vespers at St. John Baptist Church, Passaic NJ

Wednesday 3rd of April

**Presanctified Divine Liturgy at Holy Cross Orthodox Church
Middletown NY, at 7 pm**

Friday 5th of April

Presanctified Divine Liturgy at 6:30 pm

Saturday 6th of April

MEMORIAL SATURDAY

Divine Liturgy at 9 am

Great Vespers at 5 pm

Sunday 7th of April

Divine Liturgy at 10 am

Deanery Vespers at St. Vladimir Church, Trenton NJ

ANNOUNCEMENTS!

Thank you

Our sincere thanks to all those who served, attended, prepared and brought food, and provided assistance in the setup and clean up for the Presanctified Divine Liturgy with His Eminence, Archbishop Michael.

Baptism

Sophia Urilov, infant daughter of Edgar and Anna Urilov, was baptized at Holy Spirit Orthodox Church on Saturday, March 23rd. Many blessed years to Sophia, her parents and sponsors.

Together for Presanctified Liturgy

On Wednesday, March 27th, the Presanctified Liturgy at Holy Spirit Orthodox Church, Wantage was presided by His Eminence Archbishop Michael with Very Reverend Father Samuel Kedala, Priest Michael Pejovic, Hieromonk Jeremiah Berbec, Very Reverend Father Chris Telleos, Very Reverend Iakovos Fitzpatrick and Very Reverend John Angel. The Very Reverend Joseph Chupeck also joined brothers on the altar. The parishioners of Holy Spirit Orthodox Church provided a delicious Lenten meal and fellowship following the service.

Deanery Lenten Mission Vespers 2024

The first Deanery Lenten Mission Vespers will take place at St. John the Baptist Church, 170. Lexington Avenue, Passaic NJ. The Vespers will start at 5 pm and His Eminence Archbishop Michael will be main celebrant. Everyone is welcomed.

Potluck Meal

Throughout Great Lent we will aim to have agape potluck dinner after every presanctified liturgy. Please bring your favorite Lenten dish to share. Thank you.

Confessions

Will be heard every Wednesday before Presanctified Liturgy and Saturday evening before or after Vespers. Alternatively, you can always make an appointment with me.

St. Tikhon's Orthodox Theological Seminary celebrated 85th anniversary

On March 8th – 10th, 2024, Archangel Michael Church, Broadview heights, OH helped to celebrate St. Tikhon's Orthodox Theological Seminary's 85th anniversary. To read more please follow the link: [St. Tikhon's Orthodox Theological Seminary celebrates 85th anniversary - Orthodox Church in America \(oca.org\)](https://oca.org)

Food Donation Cart – Update

Dan Taylor informs us that the needs of Sussex Help Center have changed. They have been blessed with a great deal of food over the past few months. The food pantry still needs baby diapers. Also, baby supplies, pet foods (cat and dog) and household cleaning supplies.

Have an item for the bulletin?

Please email Father Michael at holyspiritwantagenj@gmail.com or Mary Osinski at mary.osinski@gmail.com