

OUR JOURNEY TO PASCHA! 2023

MARCH 12th – SAINT GREGORY PALAMAS

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

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

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 Thessalonica 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 Archpriests Samuel and Joseph, Archimandrite Joseph, Protospesbyter Christos, the priest Gregory, Mark Benda, Matushka Ellen, Emily Anastasia, Gabriel, Zoe, Nadine, Michelle, Anastasia, Sophia Eptamenitis, Edward, Taisa, Konstance 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 and David. Amen!!!

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

Follow us on



Holy Spirit Orthodox Church
102 Route 284, Wantage, NJ 07461

Father Michael - Priest-in-charge
(848)228-1563

holyspiritwantage@gmail.com
www.HolySpiritOrthodox.org
<https://www.holyspiritorthodox.org/>

The WEEKLY BULLETIN HOLY SPIRIT ORTHODOX CHURCH

www.HolySpiritOrthodox.org

March 12th, 2023

2nd SUNDAY OF GREAT LENT: SAINT 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 Nikēphóros, 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 a Constantinople Council.

Service Schedule

Great Vespers: 5 pm 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

Friday 10th of March

Liturgy of Presanctified Gifts at 6 pm

Saturday 11th of March

MEMORIAL SATURDAY

Divine Liturgy at 9 am

Great Vespers at 5 pm

Sunday 12th of March

Divine Liturgy at 10 am

Deanery Lenten Vespers at Saint Gregory the Theologian Church in Wappingers Falls NY at 5 pm

Wednesday 15th of March

Presanctified Divine Liturgy with Archbishop Michael at 7 pm

Saturday 18th of March

Great Vespers at 5 pm

Sunday 19th of March

Divine Liturgy at 10 am

Deanery Lenten Vespers at Saint Vladimir Church in Trenton NJ at 4 pm

ANNOUNCEMENTS!

Thank you!

Julia Pawelko (Kokosaris) and her family would like to thank all Holy Spirit Community for their unmatched support, help and heartfelt prayers for newly departed servant of God, Vasileios. Memory Eternal!

Upcoming Visit of His Eminence, Archbishop Michael

Please plan to worship at Presanctified Liturgy on Wednesday, March 15th at 7 pm with His Eminence Archbishop Michael and many other priests from the Greek Orthodox Archdiocese. A potluck Lenten meal will follow the service. Again, please plan to attend and invite a family member or friend.

Saint Gregory Palamas

On the second Sunday of Great Lent, the Orthodox Church commemorates our holy Father Saint Gregory Palamas. His feast day is actually November 14th. He is also remembered on this day because his teachings led to a second "triumph of Orthodoxy" in the 14th century. On this Sunday, we also learn the importance of earnest effort as we continue through the Great Lent.

Remember to spring ahead!

Don't forget to turn your clocks ahead by one hour on Saturday night for Daylight Saving Time.

Paschal Flowers

Donation for flowers to adorn the grave are requested and very much appreciated. This is an opportunity to remember a departed loved one or to remember and honor a family member, relative or friend. Please mark your check or note with cash, "Paschal Flowers." God Bless and many thanks.

Potluck Meal

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

Confessions

Will be heard every Saturday evening after Vespers or by appointment. The Great Lent is a season of repentance, and it is a great opportunity to confess our sins.

Food Donation Cart

Whenever you are shopping remember those who are hungry and purchase one or more items for our donation cart. If you would like to know the current needs of the Sussex Help Center, please talk with Dan Taylor. Thank you and God bless you!

Have an item for the bulletin?

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