

## OUR JOURNEY TO PASCHA! 2025

March 16<sup>th</sup> – SAINT GREGORY PALAMAS

Epistle Reading: Hebrews 1:10-2:3

Gospel Reading: John 10:9-16 and 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 Archbishop Melchizedek, Archpriest Samuel, Archimandrite Joseph, Archpriest Paul, Protospesbyter Christos, the priest Gregory, Protodeacon John, Mark, Matushka Ellen, Matushka Svetlana, Matushka Irene, Matushka Katherine, Catherine Xenia, Karen, Nadine Olsen, Michael Olsen, Michelle, Alexander, Anastasia, Sophia Eptamenitis, Edward, Taisa, Engelsman, 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, Sunny Hunsicker, Ioana, Carmen, Michael, John, Sarah, Linda, Pamela Anne and Kimberly Marie, JoAnne, Beatrice, Christina, Orestes, Julia, Adrian, Sonya, Biljana, Pauline, Brandy, Makenzie, Tyler, Anna, Aleksei, Elena, Denis, Nadezhda, Izabella, Olga, Rita, Olga, Olga, Sofia, Iosif, John, Dawn, Pavel, Elena, Avery, Halyna (Klima), Sergey, John, Francis, Anna, Birgin, Tanya and John Francis and Pamela.

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

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# The WEEKLY BULLETIN

## HOLY SPIRIT ORTHODOX CHURCH

[www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

## March 16<sup>th</sup>, 2025

**2<sup>nd</sup> 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 Nikēphóros, and after the latter's death, Gregory transferred to the Lavra of Saint Athanasius. He headed this monastery and 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 in 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 anathematized 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](mailto:holyspiritwantagenj@gmail.com)**

Monthly calendar at [www.HolySpiritOrthodox.org](http://www.HolySpiritOrthodox.org)

## Dates to Remember

**Friday 14<sup>th</sup> of March**

**Presanctified Divine Liturgy at 6:30 pm**

**Saturday 15<sup>th</sup> of March (Memorial Saturday)**

**Divine Liturgy at 9 am**

**Great Vespers at 5 pm**

**Sunday 16<sup>th</sup> of March**

**Divine Liturgy at 10 am**

**Deanery Vespers with**

**His Eminence Archbishop Michael at 5 pm**

**Wednesday 19<sup>th</sup> of March**

**Presanctified Divine Liturgy at Holy Cross Orthodox Church**

**Middletown, NY, at 7 pm**

**Friday 21<sup>st</sup> of March**

**Presanctified Divine Liturgy at 6:30 pm**

**Saturday 22<sup>nd</sup> of March (Memorial Saturday)**

**Divine Liturgy at 9 am**

**Great Vespers at 5 pm**

**Sunday 23<sup>rd</sup> of March**

**Divine Liturgy at 10 am**

## ANNOUNCEMENTS!

### Visitor Welcome

After Sunday's Divine Liturgy you are invited to join us for light refreshment in the parish hall. You'll find a friendly welcome, good conversation and ask any question you may have.

### Together for Presanctified Liturgy

On Wednesday, March 12<sup>th</sup>, the Presanctified Liturgy at Holy Spirit Orthodox Church, Wantage was presided by His Eminence Archbishop Michael with Very Reverend Father Samuel Kedala, Hieromonk Jeremiah Berbec, Very Reverend Father Chris Telleos, Very Reverend Iakovos Fitzpatrick and Priest Michael Pejovic. The parishioners of Holy Spirit Orthodox Church provided a delicious Lenten meal and fellowship following the service.

### Deanery Lenten Mission Vespers 2025

Holy Spirit Orthodox Church will host the first Deanery Lenten Mission Vespers on Sunday, March 16<sup>th</sup>. The Vespers will start at 5 pm and His Eminence Archbishop Michael will be main celebrant. **Please plan to attend this service!** After the service we will have a Lenten potluck so please plan to bring your favorite Lenten meal to share.

### 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.

### Lenten Retreat

St Gregory the Theologian Orthodox Church, 1500 Route 376, Wappingers Falls, NY 12590, will have their Lenten Retreat on March 22<sup>nd</sup>, 2025. The presentation will be given by Dr. Peter Bouteneff, Professor of Systematic Theology at St. Vladimir's Orthodox Theological Seminary. The retreat will start at Noon, and it will last until 4 pm. Everyone is welcomed.

### Food Donation Cart

The need to continue to assist those in need continues and we ask that when you are shopping, please remember those who are less fortunate. Dan Taylor informed us that the needs of the Sussex Help Center did not change and that they are accepting peanut butter, jelly, tuna fish cans, cereal boxes and other non-perishables. **They are also in need of donation of used shopping bags.**

### Have an item for the bulletin?

Please email Father Michael at [holyspiritwantagenj@gmail.com](mailto:holyspiritwantagenj@gmail.com) or Mary Osinski at [mary.osinski@gmail.com](mailto:mary.osinski@gmail.com).