

OUR JOURNEY TO PASCHA! 2022
SUNDAY, March 20th – SECOND SUNDAY OF LENT

Saint Gregory Palamas

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

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

“We know that prayer in and of itself cannot save us, but carrying it out before God can. For when the Lord’s eyes are upon us, He sanctifies us, as the sun warms everything upon which it shines.”

Saint Gregory Palamas

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 Olsen, Anastasia, Sophia Eptamenitis, Edward, Taisa, Konstance & Elaine Engelsman, Maria Higginbotham, Valentina Bobrowski, Anna Konoleva, Erika 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, William Hosbach, Ioana and Carmen. Amen!!!

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

Follow us on



And remember to use:



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The Weekly Bulletin
HOLY SPIRIT
ORTHODOX CHURCH

www.HolySpiritOrthodox.org

March 20th of 2022

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 Nikodēmos of Vatopedi (July 11). After the demise of the Elder Nikodēmos, 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 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

Saturday 19th of March

Memorial Service with reading of the names of all departed at 4 pm

Great Vespers at 5 pm

Sunday 20th of March

Divine Liturgy of Saint Basil the Great at 10 am

Wednesday 23rd of March

Liturgy of the Presanctified Gifts with His Eminence Archbishop Michael at 7pm

Friday 25th of March

**The Annunciation of our Most Holy Lady Theotokos and Ever-Virgin Mary
Vesperal Divine Liturgy at 9 am**

Saturday 26th of March

Great Vespers at 5 pm

Sunday 27th of March

Divine Liturgy of Saint Basil the Great at 10 am

Announcements

Welcome!

Everyone is welcome to visit and worship with us, and especially during Great Lent, to experience the beauty of Vespers each Saturday at 5:00 pm and/or Divine Liturgy each Sunday at 10:00 am. During Great Lent, a liturgy of Pre-Sanctified Gifts is offered each Friday at 7:00 pm. Fellowship and light Lenten meal follows Divine Liturgy and the Liturgy of Pre-Sanctified Gifts.

Memorial/Panikhida & Great Vespers

On Saturday, March 19th, 4 pm, a Memorial/Panikhida will be held to remember the departed family and friends of Holy Spirit Orthodox Church parishioners and friends of the parish. This service, and especially during Great Lent, is perfect time to pay tribute and to honor our departed loved ones. Please provide to me (if you did not before) via email pejovicveljko@gmail.com, or prior to the service, a list of your departed. This is a special time and you are invited to worship with us to honor our departed family and friends. Great Vespers will follow at 5 pm.

Saint Gregory Palamas

On the second Sunday of Great Lent, the Orthodox Church commemorates our holy Father St. 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 Fast.

Upcoming Visit of His Eminence, Archbishop Michael

Please plan to worship at Presanctified Liturgy on Wednesday, March 23rd at 7 pm, with His Eminence, Archbishop Michael and many other priests from the Greek Orthodox Archdiocese. A potluck Lenten light meal will follow the service. Matushka Joanne Kedala and Nadine Olsen are coordinating this event and would appreciate your sharing what lenten foods you plan to offer to share that evening. Again, please plan to attend and invite a family member or friend.

Our Sympathies

Recently Dianne Kopac's father George fell asleep in the Lord. On behalf of Holy Spirit Orthodox Church, our deepest sympathies to Dianne and her entire family. Please keep newly departed George in your prayers. May his memory be eternal!

Third Year Memorial

Feodora M. Apanasow, a past parishioner of Holy Spirit Orthodox Church and the mother of Taisa Engelsman, fell asleep in the Lord on March 18, 2019. May her memory be eternal!

Ukrainian Refugee Relief

His Beatitude Metropolitan Tikhon makes urgent Financial Appeal for Ukrainian Refugee Relief. His Beatitude's letter as well as link for the donation can be find by following this link: [His Beatitude Metropolitan Tikhon Makes Urgent Financial Appeal for Ukrainian Refugee Relief - Orthodox Church in America \(oca.org\)](https://www.oca.org/news/oca-news/holy-synod-elects-his-grace-bishop-alexis-as-bishop-of-sitka-and-alaska)

Pray for our Catechumens

Please remember in your prayers Asia Booker Sanchez, Kristen and Hazel Steiner in your prayers as they are entering their first Great Lent and preparing for the sacrament of the Holy Chrismation.

Sunday of Orthodoxy

Last Sunday, Father Samuel Kedala and I served with other clergy at the Vespers at Holy Resurrection Church, Wayne, NJ. Parishioners from Holy Spirit Orthodox Church also attended this service.
<https://www.oca.org/news/oca-news/holy-synod-elects-his-grace-bishop-alexis-as-bishop-of-sitka-and-alaska>

Have an item for the bulletin?

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