



HOLY GHOST ORTHODOX CHURCH

BRIDGEPORT, CONNECTICUT

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P.O. Box 55339, Bridgeport, CT 06610

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MARCH 31 – SECOND SUNDAY OF LENT – Tone 2

Saint Gregory Palamas

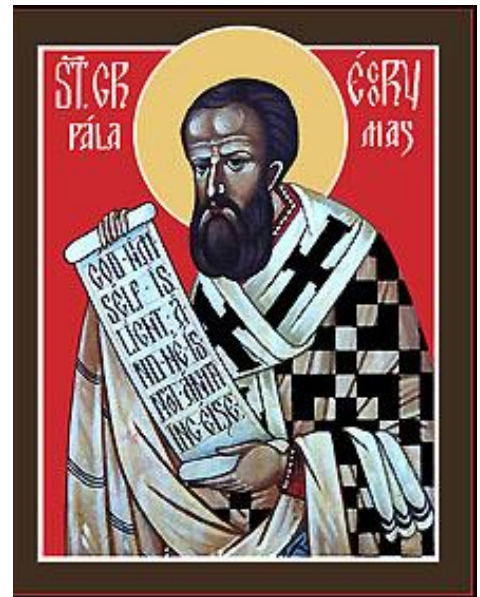
<u>Scripture Readings</u>	<u>Services</u>
<p>MONDAY, APRIL 1 Genesis 6:9-22 Proverbs 8:1-21</p> <p>TUESDAY, APRIL 2 Genesis 7:1-15 Proverbs 8:32-9:11</p> <p>WEDNESDAY, APRIL 3 Genesis 7:6-9 Proverbs 9:12-18</p> <p>THURSDAY, APRIL 4 Genesis 7:11-9:3 Proverbs 10:1-22</p> <p>FRIDAY, APRIL 5 Genesis 8:4-21 Proverbs 10:31-11:12</p> <p>SATURDAY, APRIL 6 Hebrews 10:32-38 Mark 2:14-17</p>	<p>WEDNESDAY, MARCH 27 Presanctified Liturgy.....5:30 p.m. Pot-luck (fast-friendly dish) downstairs, following Liturgy</p> <p>FRIDAY, MARCH 29 Presanctified Liturgy.....9:00 a.m.</p> <p>SATURDAY, MARCH 30 Great Vespers.....4:00 p.m.</p> <p>SUNDAY, MARCH 31, SECOND SUNDAY OF LENT St. Gregory Palamas Synaxis of the Venerable Fathers of the Kiev Caves Lavra. Repose of St. Innocent, Metropolitan of Moscow, Enlightener of the Aleuts and Apostle to the Americas Divine Liturgy.....9:00 a.m. Mission Vespers.....4:00 p.m. Holy Trinity, 4070 Park Avenue, Bridgeport</p> <p>WEDNESDAY, APRIL 3 Presanctified Liturgy.....5:30 p.m.</p> <p>SATURDAY, APRIL 6 Great Vespers.....4:00 p.m.</p> <p>SUNDAY, APRIL 7 – THIRD SUNDAY OF LENT Veneration of the Cross. Repose of St. Tikhon, Patriarch of Moscow and All Russia and Enlightener of NA. Divine Liturgy.....9:00 a.m. Mission Vespers.....4:00 p.m. St. John the Baptist, 364 Mill Hill Avenue, Bridgeport</p>
<p><i>All services will also be streamed online via Facebook Live as follows:</i> https://www.facebook.com/Holy-Ghost-Russian-Orthodox-Greek-Catholic-Church-681248091936330/</p> <p>Reminder: The schedule of services can be found on the front page of our website, holyghostbpt.org. The schedule is recorded on the Google Calendar of the church’s account. You can add it to your own Google Calendar by clicking the + sign on the bottom right corner of the calendar window.</p>	

2nd Sunday of Great Lent: St Gregory Palamas

Commemorated on March 31

This Sunday was originally dedicated to Saint Polycarp of Smyrna (February 23). After his glorification in 1368, a second commemoration of Saint Gregory Palamas (November 14) was appointed for the Second Sunday of Great Lent as a second “Triumph of Orthodoxy.”

Saint Gregory Palamas, Archbishop of Thessalonica, was born in the year 1296 in Constantinople. Saint Gregory’s father became a prominent dignitary at the court of Andronicus II Paleologos (1282-1328), but he soon died, and Andronicus himself took part in the raising and education of the fatherless boy. Endowed with fine abilities and great diligence, Gregory mastered all the subjects which then comprised the full course of medieval higher education. The emperor hoped that the youth would devote himself to government work. But 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). There he was tonsured and began on the path of asceticism. A year later, the holy Evangelist John the Theologian appeared to him in a vision and promised him his spiritual protection. Gregory’s mother and sisters also became monastics.



After the demise of the Elder Nikódēmos, Saint Gregory spent eight years of spiritual struggle under the guidance of the Elder Nikēphoros, and after the latter’s death, Gregory transferred to the Lavra of Saint Athanasius (July 5). Here he served in the trapeza, and then became a church singer. But after three years, he resettled in the small skete of Glossia, striving for a greater degree of spiritual perfection. The 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: Evagrius Pontikos and Saint Macarius of Egypt (January 19).

Later on, in the eleventh century Saint Simeon the New Theologian (March 12) provided detailed instruction in mental activity for those praying in an outward manner, and the ascetics of Athos put it into practice. The experienced use of mental prayer (or prayer of the heart), requiring solitude and quiet, is called “Hesychasm” (from the Greek “hesychia” meaning calm, silence), and those practicing it were called “hesychasts.”

To read the entire passage, see:

<https://www.oca.org/saints/lives/2024/03/31/12-2nd-sunday-of-great-lent-st-gregory-palamas>

LENTEN REMINDER FROM FR. MARK ...

This year for Great Lent, I encourage everyone to read *Pilgrimage to Pascha* by our former pastor, Fr Steven Belonick of blessed memory. In this book are short but rich meditations for each day of the Great Fast. Copies are available for purchase in the basement, or can be ordered online here: <https://store.ancientfaith.com/pilgrimage-to-pascha-a-daily-devotional-for-great-lent/>

CONFESSION SCHEDULE ... Please take the opportunity in this Great Lenten season of repentance to come to confession. According to the holy canons of the Orthodox Church, confession at least once per year is required for membership in good standing. Fr Mark will be available to hear your confession at church every Wednesday 30 minutes before Presanctified Liturgy, and every Saturday for 30 minutes before and after Vespers. You can also schedule confession individually with Fr Mark if you are not available those times. May God give us all grace and courage to come and be reconciled to Christ and His Church!

Hebrews 7:26-8:2

(Epistle, Saint)

26

For such a High Priest was fitting for us, who is holy, harmless, undefiled, separate from sinners, and has become higher than the heavens;

27

who does not need daily, as those high priests, to offer up sacrifices, first for his own sins and then for the people's, for this He did once for all when He offered up Himself.

28

For the law appoints as high priests men who have weakness, but the word of the oath, which came after the law, appoints the Son who has been perfected forever.

1

Now this is the main point of the things we are saying: We have such a High Priest, who is seated at the right hand of the throne of the Majesty in the heavens,

2

a Minister of the sanctuary and of the true tabernacle which the Lord erected, and not man.

Hebrews 1:10-23

(Epistle)

10

And: "You, LORD, in the beginning laid the foundation of the earth, and the heavens are the work of Your hands.

11

They will perish, but You remain; and they will all grow old like a garment;

12

like a cloak You will fold them up, and they will be changed. But You are the same, and Your years will not fail."

13

But to which of the angels has He ever said: "Sit at My right hand, till I make Your enemies Your footstool"?

14

Are they not all ministering spirits sent forth to minister for those who will inherit salvation?

1

Therefore, we must give the more earnest heed to the things we have heard, lest we drift away.

Hebrews 1:10-23*(Epistle Cont'd.)*

2

For if the word spoken through angels proved steadfast, and every transgression and disobedience received a just reward,

3

how shall we escape if we neglect so great a salvation, which at the first began to be spoken by the Lord, and was confirmed to us by those who heard Him,

John 10:9-16*(Gospel, Saint)*

9

I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.

10

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

11

I am the good shepherd. The good shepherd gives His life for the sheep.

12

But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them.

13

The hireling flees because he is a hireling and does not care about the sheep.

14

I am the good shepherd; and I know My sheep, and am known by My own.

15

As the Father knows Me, even so I know the Father; and I lay down My life for the sheep.

16

And other sheep I have which are not of this fold; them also I must bring, and they will hear My voice; and there will be one flock and one shepherd.

Mark 2:1-12*(Gospel)*

1

And again He entered Capernaum after some days, and it was heard that He was in the house.

2

Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them.

3

Then they came to Him, bringing a paralytic who was carried by four men.

4

And when they could not come near Him because of the crowd, they uncovered the roof where He was. So, when they had broken through, they let down the bed on which the paralytic was lying.

5

When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you."

6

And some of the scribes were sitting there and reasoning in their hearts,

7

"Why does this Man speak blasphemies like this? Who can forgive sins but God alone?"

8

But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts?"

9

Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'?

Mark 2:1-12

(Gospel Cont'd.)

10

But that you may know that the Son of Man has power on earth to forgive sins” – He said to the paralytic,

11

“I say to you, arise, take up your bed, and go to your house.”

12

Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, “We never saw anything like this!”

CANDLE DESK DUTY

March 31 – Dave Lepesko

April 7 – Barb Dulin

If you are unable to make your scheduled day, please switch with another member.

DONATIONS / CANDLES / FLOWERS

- In loving memory of Dorothy Kopko from George & Mary Kasper, \$50 to the Myrrh Bearers.

LENTEN SOUP FUNDRAISER ... Cooks are still needed!

Week	Name 1	Soup	Name 2	Soup
March 31	LoveAnn Curran	Vegetable Soup	Daria DeAngelis	Borscht
April 7	Rich/Irene Kendall	Split Pea Soup		
April 14	Sue Maugeri	Pasta & Bean		
April 21	Jackie/Rich Jankura	Onion Soup	Carol & Daria	Cabbage Soup
April 28 Palm Sunday				

Please pick up your soup today! Thank you!

MARCH SUNDAY SCHOOL MONITORS ...

Teachers Debbie Rapaport Steve Pronechen Mat Claire

3/31 Javier Trinidad Joe Curran Bob Denhup

4/14 Richard Kendall Mike Nettle Open

If there are any schedule conflicts, please see Carole Kaputa. Thank you!

PARISH COUNCIL MEETING UPDATE (Sue Maugeri, Financial Secretary)

		<u>February</u>	<u>Total/Actual</u>
Total Income		\$17,776.84	\$108,375.26
Total Expenditures		<u>13,990.29</u>	<u>100,443.22</u>
Net Operating Income		<u>\$ 3,786.55</u>	<u>\$ 7,932.04</u>

We had a profit for the month of \$3,786.65 and for the year of \$7,932.04.

THE NEXT PARISH COUNCIL MTG. is scheduled for **April 21st**

ASK THE PRIEST ...



Come with questions for Fr Mark at coffee hour, today!
The next one is scheduled for April 28th, Palm Sunday.

**Board of Trustees meeting is scheduled for today after
*Ask the Priest.***

CORSAGE PINS ARE NEEDED FOR PUSSYWILLOW CORSAGES ... Donations can be dropped off at the Candle Desk. Thank you very much!

PUSSY WILLOWS ARE ALSO NEEDED FOR PALM SUNDAY ... Thank you!



CHURCH DEEP-CLEANING HAS BEEN SCHEDULED ... Please be sign up to volunteer and help the Cleaning Crew do a thorough cleaning of the church prior to Pascha. Meet at the church on **April 20th at 8:00 a.m. -- ?** The sign-up sheet can be found at the candle desk. Thank you to those who have already signed up to help clean our church!

IMPORTANT REMINDERS...

1) Outreach / Missions – Clothing Drive

The Parish Council is requesting new or clean clothing, shoes, or bedding donations for the needy or homeless. Please place them on the bench against the wall. Donations will be sent to the Bridgeport Rescue Mission.

2) Church Restoration Committee – Please join!

As a result of the flooding of the basement last January, the church received substantial insurance payments. This money creates an exciting opportunity: not just to repair but to remodel and beautify our church spaces. Now we need your help!

The parish council has decided to form a committee to determine the best way to use this money. If you want to be a part of it, please email Fr Mark.

FLOWERS FOR PASCHA... Please find attached, an order form for flowers. You will be able to purchase them for the “health of” or “in loving memory of” and can take them home on Thomas Sunday. Thank you.

LENTEN SERVICES



Presanctified Liturgy March 20th

St. Dimitri, Mission Vespers, March 24th



Feast of Annunciation, March 25th

Visitors, Mat Shirley Lickwar

Fr. Joseph Lickwar, Holy Transfiguration

Fr. Adrian Budica, Vlad. Sem.

The Feast of Annunciation celebrates when the Angel Gabriel announced to the Virgin Mary of God's plan for her to become the Mother of the Messiah, the Son of God, and she said yes, giving her consent. It is the moment of the incarnation, or "taking-flesh" of the Lord in the womb of the Theotokos. On Holy Doors of the iconostasis, you often see an icon of the Annunciation. According to the symbolism of Orthodox church architecture, the Holy Doors open up to paradise—to heaven—which is represented by the altar. The church thus reminds us that the Annunciation, as it says in the Troparion for the feast, is the "Beginning of our salvation." That moment in time becomes the "door" that we enter to be united more deeply to God.



PARISH METRICS (MARCH 31 THRU APRIL 6)

BIRTHDAYS

Cathleen Durden McCormick, April 4th; Maeve Elizabeth Dias, April 5th; LoveAnn Curran, April 8th; and Daria Sinchuk DeAngelis, April 12th

ANNIVERSARIES

None Listed.

DEPARTED FROM THE PARISH METRICS

MARCH 31 – Sophie Gribko, 1918 (30); Anastasia Olga Nastu, 1919 (9 months); Maria Labash, 1927 (35); Havilan M. Tweedy, 1967 (55); Anastasia Tihonchik, 1970 (80); Catherine Remenchik Hodska, 1974 (77); George Bakos, 1975 (77); Michael Super, 2001 (94); Anna Mosser, 2002 (91)

APRIL 1 – Anna Chikosh, 1900 (1); Stephen Dachko, 1900 (2); Michael Cherveniak, 1915 (46); Nikita Cherniak, 1933 (50); Olga Leskewich Shostak, 1961 (68); Elena Hristova, 1995 (86); Barbara Balko, 1970

APRIL 2 – Michael Loziniak, 1900 (2); Luba Besche, 1907 (35); Theodore Balbot, 1922 (32); Stephen Cherveniak, 1922 (58); Anna Primak, 1927 (21); Paul Myron, 1947 (70); Ignaty Senko, 1949 (62); Maria Lukachik Bella, 1964 (40); Stephen Cherpak, 1971 (77); Gary John Somoskovec, 1973 (19); Anna Homenchuk, 1987 (64)

APRIL 3 – Vasily Molchan, 1971 (78); George Dirga, 1971 (64); Anne Pishtey, 1985 (82); Austin Manko, 1996 (74); Barbara (Turko) Albright, 2000 (65)

APRIL 4 – Mary Homenchok, 1961 (58); John Katrenic, 1964 (76); Joseph J. Demchak, 1986 (70); Mary Hamilla Karpie, 1987; Gloria S. Kruk Ivanoff, 2012 (88)

APRIL 5 – Catherine Gutsky, 1902 (4 months); Paraskeva Levchuk, 1947 (68); Daria (Dorothy) Mazurick, 1957 (62)

APRIL 6 – Anna Ilko, 1900 (20); Michael Kashper, 1900 (1 year, 7 months); Paraskeva (Mary) Konen, 1962 (74); Michael J. Pistey, 1967 (63); George Ivanov, 1974 (80); Martha Hamilla, 1986 (78); Joseph Labash, 1991 (91)

Memory Eternal!

Вечная память!

