



**Protection of the Most Holy Mother Of God**

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**VOL. 2 No. 27 March 20, 2022**

**2nd Sunday of Great Lent - The Holy Gregory Palamas, Archbishop of Thessalonica**

**Tone 6 Troparion** *(Resurrection)*

The Angelic Powers were at Your tomb; the guards became as dead men. Mary stood by Your grave, seeking Your most pure body. You captured hell, not being tempted by it. You came to the Virgin, granting life. O Lord, Who rose from the dead, // glory to You.

**Tone 8 Kontakion** *(St. Gregory Palamas)*

Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing your praises, O God-inspired Gregory. Since you now stand before the Original Mind, guide our minds to Him, O Father, // so that we may sing to you: “Rejoice, preacher of grace!”

**Tone 4 Kontakion** *(from the Lenten Triodion)*

Now is the time for action! Judgment is at the doors! So let us rise and fast, offering alms with tears of compunction and crying: “Our sins are more in number than the sands of the sea; but forgive us, O Master of all, // so that we may receive the incorruptible crowns!”

**Tone 5 Prokeimenon** *(Song of the Fathers)*

You, O Lord, shall protect us / and preserve us from this generation forever. *(Ps. 11:7)*  
v. *Save me, O Lord, for there is no longer any that is godly! (Ps. 11:1a)*

**Epistle** **Hebrews 1:10-2:3**

**Tone 6** Alleluia, Alleluia, Alleluia.






v. *He who dwells in the shelter of the Most High will abide in the shadow of the heavenly God*  
v. *He will say to the Lord: “My Protector and my Refuge; my God, in Whom I trust.”*

**Gospel:** **Mark 2:1-12**

**Communion Hymn**

*Praise the Lord from the heavens, praise Him in the highest! (Ps. 148:1)*  
Alleluia, Alleluia, Alleluia!

**This Week’s Schedule**

<b>Sun</b> <b>March 20</b>	<b>9:30 AM- Divine Liturgy</b> <b>4:00 PM- Lenten Vespers**</b>	<b>2nd Sunday of Great Lent - The Holy Gregory Palamas, archbishop of Thessalonica</b> <i>Hebrews 1:10-2:3. Mark 2:1-1</i> <b>**St. Paul Antiochian Orthodox Church, Emmaus</b> <i>sponsored by the Lehigh Valley Orthodox Clergy Brotherhood</i>
<b>Mon</b> <b>March 21</b>  (Abstain from meat)	<b>9:00 AM- Lenten Hours</b>	<b>Holy Theophylactus, Bishop of Nicomedia</b> <i>Isaiah 8:13-9:7 Genesis 6:9-22 Proverbs 8:1-21</i>
<b>Tues</b> <b>March 22</b>  (Abstain from meat)	<b>9:00 AM-Lenten Hours</b> <b>6:30 PM – Moleben to the Mother of God for the Peace and Stability of Ukraine *</b>	<b>The Holy 40 Martyrs of Sebaste</b> <i>Isaiah 9:9-10:4 Genesis 7:1-5 Proverbs 8:32-9:11</i> <b>* Holy Ghost Ukrainian Catholic Church, West Easton</b> Sponsored by the Brotherhood of Ukrainian Clergy
<b>Wed</b> <b>March 23</b>  (Abstain from meat and dairy products.)	<b>9:00 AM – Lenten Hours</b> <b>4:00 PM - Liturgy of the Pre-Sanctified Gifts</b>	<b>Martyr Codatus and those martyred with him</b> <i>Isaiah 10:12-20 Genesis 7:6-9 Proverbs 9:12-18</i>
<b>Thurs</b> <b>March 24</b>  (Abstain from meat.)	<b>9:00 AM- Lenten Hours</b>	<b>The Holy Sophronius, Patriarch of Jerusalem</b> <i>Isaiah 11:10-12:2 Genesis 7:11-8:3 Proverbs 10:1-22</i>
<b>Fri</b> <b>March 25</b>  (Abstain from meat and dairy products.)	<b>9:00 AM - Akafist to the Passion of Christ</b> <b>6:30 PM - Liturgy of the Pre-Sanctified Gifts</b>	<b>The Holy Theophanes the Confessor</b> <i>Isaiah 13:2-13 Genesis 8:4-21 Proverbs 10:31-11:12</i>
<b>Sat</b> <b>March 26</b>	<b>9:00 AM-Divine Liturgy with Sorokousty</b> <b>5 PM - Vespers</b>	<b>Memorial Saturday- Translation of the Relics of St. Nicephorus the Confessor, patriarch of Constantinople</b> <i>Hebrews 10:32-38 Mark 2:14-17</i>
<b>Sun</b> <b>March 27</b>	<b>9:30 AM- Divine Liturgy</b> <b>4:00 PM- Lenten Vespers. **</b>	<b>3rd Sunday of Great Lent - Veneration of the Cross (Our Venerable Father Benedict of Nursia)</b> <i>Hebrews 1:10-2:3. Mark 2:1-12</i> <b>**St. Nicholas Church, Bridle Path Road, Bethlehem</b> <i>sponsored by the Lehigh Valley Orthodox Clergy Brotherhood</i>

**Readers:** 03/20 Rdr. Daniel; 03/27 John Sokalsky; 04/03 Dennis Ritter; 04/10 Nik Fartuch