

# SAINT GEORGE ORTHODOX CHURCH

211 E. Minnesota St., Spring Valley, IL 61362

815-664-4540 [www.springvalleyorthodox.com](http://www.springvalleyorthodox.com)

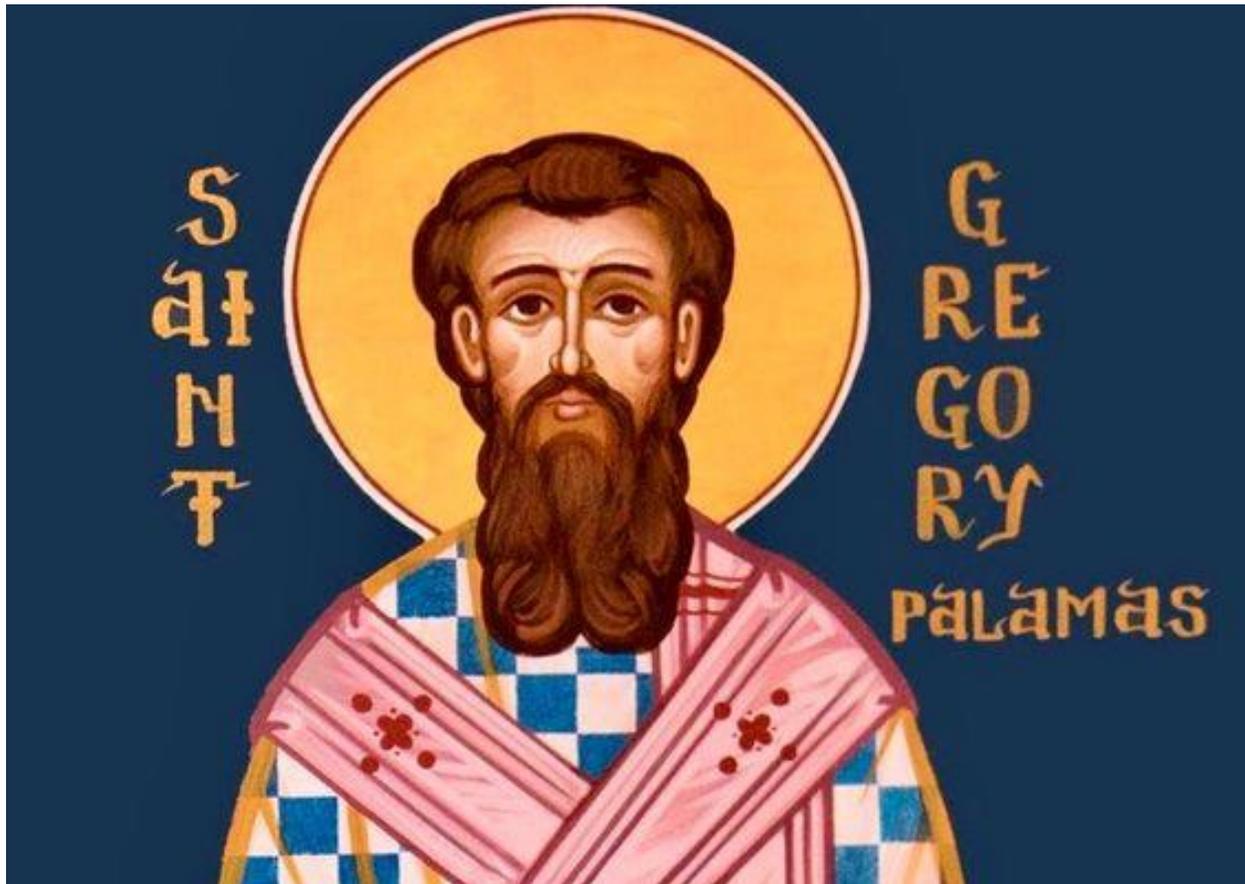
Antiochian Orthodox Christian Archdiocese of North America  
Metropolitan JOSEPH

Diocese of Toledo and the Midwest  
Bishop ANTHONY

“One, Holy, Catholic & Apostolic Church”

SUNDAY, 28 MARCH 2021; TONE 1 / EOTHINON 9

## Second Sunday of Lent



ORTHROS, 8:45 AM • DIVINE LITURGY, 10:00 AM

**PASTOR:** Father Mark Sahady; **VISITING PRIEST:** Father Habib Ghantous

**ECCLESIAARCH:** Michael Baum; **SACRISTAN:** David Anderson

### PARISH COUNCIL MEMBERS:

Melanie Thompson, *Chair*  
Mark Kerasotes, *Vice-Chair*  
Ronald Malooley, *Treasurer*  
Michael Kasap, *Secretary*  
George Nimee

Genie Sanders, *Chanters/Choir*  
Dee Khoury, *Antiochian Women*  
David Anderson, *Sunday School*  
Wayne Sanders, *Facilities*  
Markella Fousekas

**BULLETIN PART ONE – ANNOUNCEMENTS**

**CHURCH FINANCES**

**February 2021 Income-Expense**

Total Feb Income: \$7,728.00  
Total Feb Expenses: \$4,730.22  
Total Jan-Feb Income: \$12,929.10  
Total Jan-Feb Expenses: \$9,038.36



**February 2021 Income Breakout**

More Giving Tuesday: \$1,000  
Angelo’s Fundraiser: \$1,500  
More Memorial Income: \$720  
Stewardship Offerings: \$4,508

*Thank you to all our parishioners, friends, donors and benefactors for your support.*

“Blessed are the merciful for they will receive mercy (Mt 5:7). Express mercy by giving to others, whether it is money, food, strength, a helpful word, a prayer, or anything else you can.

**We are collecting a specific type of food for Hall Township Food Pantry** in Spring Valley. Bring to church Ready to Eat or microwave food for youth–like Cups of Mac & Cheese, Cereal or PB Crackers. There are many youth at home alone who have to make their own meals.



**Parish “Golf & Dine”  
Sunday, May 16, 2021 – Join Now!**

2:00 pm 18 Hole Start @ \$100, 4:00 pm  
9 Hole Start @ \$75, 6:30 pm Dinner

*(Dinner included when golfing or \$50 alone)*



**In order to make this event a success** both in Fellowship and Financially, the Parish Council is asking for **at least 20 parishioners to participate** in either golfing or the dinner. So, Please, **let Mark Kerasotes know by April 4<sup>th</sup>** of your interest. When we get 20 parishioners wanting to participate, we will proceed with the event.

**Save yellow onion skins, bring them to Church and put them in the Freezer plastic bag by Palm Sunday (April 25) to dye Easter-Pascha Eggs red on Holy Friday.**

**MARCH BIRTHDAYS**

- |                          |                                       |
|--------------------------|---------------------------------------|
| March 4 – Ron Ford       | March 23 – Anne Abraham               |
| March 6 – Dee Khoury     | March 24 – George Kaleel              |
| March 13 – Nick Schaefer | March 30 – Christopher Baran          |
| March 14 – Bill Miller   | <i>Notify Father of missing info!</i> |

**Congratulations to Nick Kerasotes** for successfully completing his Eagle Scout project and having it approved by the local council. Nick’s project is waiting for National approval to gain official Eagle Scout status. Only about 3% of Scouts attain Eagle Scout status. Nick is in a very elite company who have achieved the Eagle Scout ranking.



**Parish Lenten Retreat – “Angels”  
At Church & On Zoom**

**New Date** Apr 10, Sat, 10 am – 2 pm  
**Worship – Presentations – Discussion – BYOL – Slide Show**  
**Sponsored by the Ladies Group**

## BULLETIN PART TWO – WORSHIP

- The “Glory” hymns at the end of Matins:

### DOXASTICON FOR SECOND SUNDAY OF LENT IN TONE SIX

*Glory to the Father, and to the Son, and to the Holy Spirit.*

Thou didst shine forth, O Christ, a Light to those who dwell in the darkness of sin, in the season of abstinence. Show us, therefore, the glorious day of Thy passion, that we may cry to Thee aloud: Arise, O God, and have mercy upon us.

*Both now and ever, and unto ages of ages. Amen.*

Most blessed art thou, O Virgin Theotokos, for through Him that was incarnate of thee is Hades despoiled, Adam is recalled from the dead, the curse is made void, Eve is set free, death is slain, and we are endowed with life. Wherefore, in hymns of praise, we cry aloud: Blessed art Thou, O Christ our God, Who is thus well pleased, glory to Thee.

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- The Hymns of the Day during the Divine Liturgy of St. Basil the Great

*During the Little Entrance, chant the Tone 1 Resurrectional Apolytikion. The Eisodikon (Entrance Hymn) is “O come, let us worship... save us, O Son of God, Who art risen from the dead...” After the Little Entrance, chant the apolytikia in the following order:*

### RESURRECTIONAL APOLYTIKION IN TONE ONE

While the stone was sealed by the Jews, and the soldiers were guarding Thy most pure body, Thou didst arise on the third day, O Savior, granting life to the world. For which cause the heavenly powers cried aloud unto Thee, O giver of life. Glory to Thy Resurrection, O Christ, glory to Thy kingdom, glory to Thy providence, O Thou Who alone art the lover of mankind.

### APOLYTIKION FOR SAINT GREGORY PALAMAS IN TONE EIGHT

O Star of Orthodoxy, support of the Church and its teacher, O comeliness of ascetics, and incontestable champion of those who speak in theology, Gregory the wonder-worker, the pride of Thessalonica and preacher of grace, implore thou constantly for the salvation of our souls.

### APOLYTIKION OF SAINT GEORGE IN TONE FOUR

Since thou art a liberator and deliverer of the captives, a help and succour of the poor and needy, a healing physician of the sick, a contender and fighter for the kings, O great among martyrs, the victory-clad George: Intercede with Christ God for the salvation of our souls.

### KONTAKION FOR SUNDAYS IN LENT IN TONE EIGHT

Verily, I, thy city, O Theotokos, inscribe to thee the banners of conquest, O defending soldier, and offer thee thanks as a deliverer from tribulations. And since thine is the unconquerable might, deliver me from sundry oppressions, that I may cry unto thee, Rejoice, O groomless bride.

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- The Scripture of the day, following the Trisagion Hymn:

### THE EPISTLE

**Clergy:** Let us attend!

**Reader:** Thou, O Lord, shalt keep us and shalt preserve us.

Save me, O Lord, for the godly man is no more!

**Clergy:** Wisdom!

**Reader:** The Reading from the Epistle of Saint Paul to the Hebrews. (1:10-2:3)

**Clergy:** Let us attend!

**Reader:** Brethren, Thou, “O Lord, in the beginning didst lay the foundation of the earth, and the heavens are the works of Thy hands; they will perish; but Thou remainest; and they will all grow old like a garment, and like a mantle Thou wilt roll them up, and they shall be changed; but Thou art the same, and Thy years will not fail.” But to which of the angels did He say at any time, “Sit on My right hand, until I make thine enemies a footstool for thy feet?” Are they not all spirits for liturgical ministry, sent forth to minister for the sake of those who are to inherit salvation? Therefore, we ought to give the more earnest heed to the things that were heard, lest at any time we drift away from them. For if the word spoken through angels was confirmed, and every transgression and disobedience received a just retribution, how shall we escape, if we neglect so great a salvation, which having at first been spoken through the Lord, was confirmed to us by those who heard?

**Clergy:** Peace be to thee, who readest.

**Reader:** And to thy spirit.

**Choir:** God magnifies the salvation of the King and deals mercifully with David,  
His anointed, and his seed forever.

**All:** Alleluia! Alleluia! Alleluia!

### THE GOSPEL

#### The Reading from the Holy Gospel according to Saint Mark. (2:1-12)

At that time, when Jesus returned to Capernaum after some days, it was reported that He was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and He was preaching the Word to them. And they came, bringing to Jesus a paralytic carried by four men. And when they could not get near Jesus because of the crowd, they removed the roof above Him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven.” Now, some of the scribes were sitting there, reasoning in their hearts, “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” And immediately Jesus, perceiving in His spirit that they thus reasoned within themselves, said to them, “Why do you reason thus in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? But that you may know that the Son of Man has authority on earth to forgive sins” – He said to the paralytic – “I say to you, rise, take up your pallet and go home.” And he rose, and immediately took up the pallet and went out before them all. So that they were all amazed and glorified God, saying, “We never saw anything like this!”

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• **Instead of “It is truly meet” sing the Saint Basil Liturgy Megalynarion:**

In thee rejoiceth, O full of grace, all creation: the angelic hosts, and the race of men, O hallowed Temple and noetic paradise, glory of Virgins, of whom God was incarnate and became a little child, even our God Who is before all the ages; for He made thy womb a throne, and thy body He made more spacious than the heavens. In thee rejoiceth, O full of grace, all creation; and it glorifieth thee.

• After “One is Holy, One is Lord...” & “I Believe O Lord and I Confess...” intone:

I have committed against Thee countless sins, and expect unnumbered punishments—the gnashing of teeth, inconsolable weeping, the fire of hell, the darkness and Tartarus. Wherefore, O righteous Judge, grant me tears wherewith I may find forgiveness of sins and delivery from mine iniquities, that fasting, I may cry to Thee, Have compassion on me, O Christ Lord, for Thy rich and Great Mercy.

Seek me, O Word, who am lost in the hills of evil iniquities, who call to Thee, and who for the multitude of my evil traits have been put far away from Thee. Restore me from death to life, and purify me with fasting and constant weeping and crying to Thee, O Christ Lord, Have compassion on me, O Christ Lord, for Thy rich and Great Mercy.

Having begun, O believers, the third week of the Fast, let us praise the venerable Trinity, passing the rest with gladness and joy, emaciating the passions of the flesh. Let us cull from our souls divine flowers, plaiting therewith crowns for the day that is lord of days, that, all being crowned, we may praise Christ as triumphant.

Praise the Lord from the Heavens. O Praise ye Him in the Highest. Alleluia

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**COMMEMORATIONS OF THE DAY** - Gregory Palamas, archbishop of Thessalonica; Venerable Hilarion the New; Apostle Herodion of the Seventy; Venerable Stephen of Triglia.

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**PRAYER LIST:** Mary Miller, Sarah Sanders, Richard Malooley, Sahady Family  
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| <b>Offering Schedule</b>                      | <b>Holy Bread or Memorial</b>   | <b>Epistle Reader</b> | <b>Usher</b> |
|---|---|-----------------------|--------------|
| <b>Sunday, March 28</b>                       | Kh Barbara Sahady<br>Nina Gaspar 12 Yr Memorial<br>& Philip Rex Sahady Memorial | Kh Barbara Sahady     | Ruth Baum    |
| <b>Sunday, April 4</b>                        | Robert Abraham  |                       |              |
| <b>Sunday, April 11</b>                       |   |                       |              |
| <b>Sunday, April 18</b>                       | Medawar & Sanders Families  |                       |              |
| <b>Sunday, April 25</b><br><b>Palm Sunday</b> | Leonard & Panizzi Families<br>Fish Fry Picnic                                   |                       |              |

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**THIS THIRD WEEK OF LENT'S SERVICES & EVENTS AT CHURCH**

YouTube Events: [https://www.youtube.com/channel/UCVy\\_\\_6R3xbIrx-UI8H63AUA](https://www.youtube.com/channel/UCVy__6R3xbIrx-UI8H63AUA)

Mar 27 Sat, 6 pm **Vespers** – [On YouTube](#)

Mar 28 Sun, 8:45 am **Orthros**, 10 am Divine **Liturgy** – [On YouTube](#),

**Antiochian Women Project Collection**

Mar 29, Mon, 7 pm **Grand Compline** – [On YouTube](#)

Mar 31, Wed, 5:30 pm **PreSanctified Liturgy** – [On YouTube](#)

Apr 2, Fri, 7 pm **Akathist/Medayeh with 3<sup>rd</sup> Part** – [On YouTube](#)

Apr 3, Sat, 6 pm **Vespers** – [On YouTube](#)

Apr 4 **Holy Cross Sunday**, 8:45 am **Orthros**, 10 am Divine **Liturgy** – [On YouTube](#)

**(Donations for Flowers for Cross Welcome)**

Zoom Events at: <https://us02web.zoom.us/j/5822049765>



## Food for Hungry People & Charitable Outreach 47th Anniversary Campaign

This year we celebrate **47 years of raising funds for our FOOD FOR HUNGRY PEOPLE (FFHP) Program.** Through your generosity, over \$6.2 million has been distributed to the hungry poor in the United States and around the World.

**Following the *Feast of the Resurrection*, please bring your collection boxes to Church for the money to be sent to FFHP Coordinator Robin Lynn Nicholas. Get Your Food For Hungry People Collection Boxes Today!**

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|--|--|---|---|--|--|---|
| 28<br>"Button up your overcoat" - so simple to do. They are not only hungry but very cold too. Deposit .50 for each coat in your home. | 29<br>For every cellphone in your home, pay .30. It is "long distance" to hungry areas in most parts of the world. Let's make it a toll free number. | 30<br>How many extension cords do you have in your home? Pay .25 for each. Let's "extend" a helping hand to those who need it.    | 31<br>For each pie or cake in your home, deposit .40. We should never "dessert" the hungry.                                       | April 1<br>How many Apple products do you own? For every one deposit .35. Let's never "tune out" the hungry.   | 2<br>For every salt and pepper shaker, pay .25. Let's all "sprinkle" their lives with a little seasoning.  | 3<br>For every TV show that was watched today pay .35. TV helps us see around the world, this money will help us feed the hungry around the world.            |
| 4<br>How many computers do you own? Pay .30 for each. Let's take a "byte" out of hunger!   | 5<br>How many pictures do you have on your walls? Just "picture" yourself without food & deposit .15 for each picture.                               | 6<br>Pay .30 for each pair of contacts or eyeglasses you have. This will help us "see" clearly the need of caring for the hungry. | 7<br>Do you have musical instruments in your home? Pay .75 for each. This is a "key" to sharing and caring.                       | 8<br>How many phone chargers can you find in your home? Pay .25 for each. You'll get a "charge" out of helping the hungry.                             | 9<br>Count your tea or coffee cups and deposit .10 each. Our "cup" runneth over, so let's fill theirs.   | 10<br>"I've got my love to keep me warm," that's true, but the hungry have only you. Pay .15 for each blanket in your home.                                   |
| 11<br>How many cars are in your family? You can't "Dodge" the hungry, but you can a "Ford" to pay .50 for each car.                    | 12<br>"Day by day," from dawn till night, Hunger knows no hour - nor if it's day or night. Pay .20 for each lamp in your home.                       | 13<br>How many cameras do you have? Pay .30 for each. This will help us make all "negatives" positives.                           | 14<br>Pick up all the loose change laying around the house. Put it in your FFHP Box. This will help make a "change" in the world! | 15<br>Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hunger-y!                                      | 16<br>How many members are in your family? Pay .20 for each. The hungry have families to feed also; let's make this a real "family affair!"                | 17<br>How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.                                     |
| 18<br>"Hey Big Spender" drop a coin in the slot - give unto others what they haven't got! Put in a coin or bill of your choice.        | 19<br>How many heads of lettuce are in your refrigerator? Pay .30 for each. "Lettuce" show the hungry that we care.                                  | 20<br>Count the cans in your cupboard. Pay .05 for each. Don't let their cupboards be like "Old Mother Hubbard's!"                | 21<br>How many friends do you have on Facebook? Pay .05 for each friend. Let's be-"friend" those in need.                         | 22<br>How many sweaters do you have? Pay .10 for each. Sweaters keep you warm. This is one time they won't mind if we "pull the wool over their eyes." | 23<br>How many chairs are in your home? Pay .15 per chair. We can't just "sit" around when so many people are hungry.                                      | 24<br>How many cookbooks do you own? Pay .20 for each. We will be able to "cook up" a better recipe for the hungry to live by.                                |
| 25<br>How many eggs are you going to color for Pascha? Pay .05 for each. Let's help "color" their world with love!                     | 26<br>"Brother can you spare a dime?" or maybe two? The FFHP program really depends on you. Put your dimes in the box.                               | 27<br>How many songs are on your playlist? Pay .05 for each song. Let's make this a "record- breaking" year for FFHP!!!           | 28<br>How many songs have you listened to today? Pay .15 for each. Let's stay "in tune" with the hungry.                          | 29<br>How many crosses do you have? Pay .15 each. Crosses remind us of Christ's suffering, let's not make the hungry suffer anymore.                   | 30<br>"A dream is a wish your heart makes," and our dream is for hunger to stop. For the wish that we are wishing, is for FFHP program to go over the top! | May 1<br>We pray you have been generous in your almsgiving. "For inasmuch as you have done it unto the least of these my brethren, you have done it unto ME!" |

**Saint Gregory Palamas** (c.1296–1359) of Mount Athos, taught about Hesychia (ἡσυχία, Being Quiet before God) defending it against the attack of the western humanist Barlaam from Calabria, Italy. Barlaam said one can not actually know or unite with God, but only learn about God. Palamas defended the assertion that humans can know and become like God (deification) without compromising God's transcendence. Palamas distinguished between God's inaccessible essence and the energies through which he becomes known and enables us to share his divine life (unite with God). The central idea is a distinction between the divine essence and the divine energies that it is not a merely conceptual distinction, but experiential. This theology has been described as representing the deepest assimilation of the monastic and dogmatic traditions, combined with a repudiation of the philosophical notion of exterior wisdom only. Contemplative prayer, which is available to everyone, involves focusing the mind on God by constant repetition of a phrase or word and allowing God's energies (Grace) to permeate the "heart". The Jesus Prayer is mostly used – "O Lord, Jesus Christ, Son of God, have mercy upon me a sinner." This is called contemplation. It is to pray to God unceasingly. The practice of Hesychasm has its beginnings in the bible, Matthew 6:6 *"But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly."* The tradition of contemplation with inner silence or tranquility is shared by all ascetics, exemplified by St Anthony the Great of Egypt. The hesychasts state that at higher stages of their prayer practice they reach the actual contemplation-union with the Tabor Light, i.e., Uncreated Divine Light seen by the apostles in the event of the Transfiguration of Christ. As an Athonite monk, Palamas had learned to practice Hesychasm. Although he had written about Hesychasm, it was not until Barlaam attacked it and Palamas, as its chief proponent, that Palamas was driven to defend it in a full exposition which became a central component of Orthodox theology. The debate between the Palamites and Barlaamites continued for over a decade and resulted in a series of councils which culminated finally in 1351 when the Palamite doctrine was canonized as Orthodox dogma. In Orthodoxy, theology is not treated as an academic pursuit; instead, it is based on revelation, meaning that Orthodox theology and its theologians are validated by ascetic pursuits, rather than academic degrees (i.e. scholasticism). Saint Gregory of Nazianzus asserts that one cannot be a true theologian or teach knowledge of God without having experienced God, as is defined as the vision of God (θεωρία, theoria) which leads to theosis (deification). Theosis (θέωσις) is like metal put into a fire. The metal obtains all the properties of the fire (heat, light), while its essence remains that of a metal. The goal of the Christian life is to attain theosis or deification, understood as 'likeness to' or 'union with' God. Theosis results from leading a pure life, practicing restraint by adhering to the commandments, and putting the love of God above all else. *All flesh is as grass, and all human glory like the flower of the grass, which withers and fades, but the work of virtue endures forever.* (1 Peter 1:24)