



"Love, Pray, Repent"
"One, Holy, Catholic & Apostolic Church"

SAINT GEORGE ORTHODOX CHURCH

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

815-664-4540 www.springvalleyorthodox.com

Antiochian Orthodox Christian Archdiocese of North America
Metropolitan JOSEPH

Diocese of Toledo and the Midwest
Bishop ANTHONY

Sunday, 20 March 2022; Tone 6 / Eothinon 6 Saint Gregory Palamas



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

PASTOR: Father Mark Sahady

ECCLESIAARCH: Rdr Michael Baum

SACRISTAN: Sbdn David Anderson

PARISH COUNCIL MEMBERS:

Melanie Thompson, *Chair*
Wayne Sanders, *Vice-Chair*
Ronald Malooley, *Treasurer*
Nicholas Schaefer, *Secretary*
George Nimee

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

BULLETIN PART ONE – ANNOUNCEMENTS

CHURCH FINANCES

February 2022 Income-Expense

Total February Income: \$3,217.39
Total February Expenses: \$5,677.02
Net Income February: \$-2,459.63

January-February 2022 Totals

Total Year Income: \$ 10,020.13
Total Year Expense: \$10,078.36
Total Year Net Income: \$-58.23

+++++ Remember that in order for our fasting to be effective and beneficial to our souls, it must be accompanied by prayer, repentance, forgiveness, & alms-giving (helping others). Fast from anger, judging, pride, gossip, lust, and foul talk. Let us not bite our neighbor!

+++++ **WORSHIP** On Youtube: https://www.youtube.com/channel/UCVy__6R3xbIrx-UI8H63AUA
STUDIES & MEETINGS On Zoom: <https://us02web.zoom.us/j/5822049765>

+++++ March 18, Friday, **7 pm Akathist in Small Compline** (Flowers Appreciated)

+++++ March 19, Saturday, **6 pm Vespers**

March 20, Palamas Sunday, **8:45 am Matins, 10 am Divine Liturgy**
National Antiochian Women Project Collection, 11:15 am Lenten Fellowship
11:45 am Parish Council Meeting

March 21, Monday, **7 pm Grand Compline & Canon**

March 23, Wednesday, **5:30 pm Pre-Sanctified Liturgy & Lenten Potluck**

March 24, Thursday, **6:30 pm Vigil for Annunciation (6:30 Vespers, 7:30 Matins)**

March 25, Friday, **5:30 pm Vesperal Liturgy, 6:30 pm Akathist** (Flowers Welcomed)

+++++ March 26, Saturday, **6 pm Vespers,**

March 27, Holy Cross Sunday, **8:45 am Matins, 10 am Divine Liturgy**
National Antiochian Women Project Collection, 11:15 am Lenten Fellowship

March 28, Monday, **7 pm Grand Compline & Canon**

March 30, Wednesday, **5:30 pm Pre-Sanctified Liturgy & Lenten Potluck**

April 1, Friday, **7 pm Akathist in Small Compline** (Flowers Appreciated)

+++++ April 2, Saturday, **10 am - 2 pm Retreat on Prayer Life, 6 pm Vespers,**

April 3, Climacus Sunday, **8:45 am Matins, 10 am Divine Liturgy,**
11:15 am Lenten Fellowship

April 4, Monday, **7 pm Compline & Canon**

April 6, Wednesday, **5:30 pm Pre-Sanctified Liturgy & Lenten Potluck**

April 8, Friday, **7 pm Akathist in Small Compline** (Flowers Appreciated)

+++++ April 9, Saturday, **6 pm Vespers,**

April 10, Holy Cross Sunday, **8:45 am Matins, 10 am Divine Liturgy,**
11:15 am Lenten Fellowship

April 11, Monday, **7 pm Grand Compline & Canon**

April 12, Tuesday, **6 pm Pan-Orthodox Akathist, Holy Trinity Cathedral, Chicago, IL**

April 13, Wednesday, **5:30 pm Pre-Sanctified Liturgy & Lenten Potluck**

April 15, Friday, **7 pm Lazarus Vespers & Canon**

April 16, Lazarus Saturday, **9 am Matins, 10 am Divine Liturgy**

BULLETIN PART TWO – WORSHIP

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

DOXASTICON FOR THE 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 GREAT DOXOLOGY AND TROPARION “Having Risen from the Dead”

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- The Hymns of the Day during the Divine Liturgy of Saint Basil the Great:

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THE GREAT LITANY & THE FIRST ANTIPHON:

Through the intercessions of the Theotokos, O Savior, save us. (*thrice*)

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THE LITTLE LITANY & THE SECOND ANTIPHON:

Save us, O Son of God, Who art risen from the dead; who sing to Thee. Alleluia. (*thrice*)

Verse: Glory to the Father... Both now and ever... O, only begotten Son and Word...

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THE LITTLE LITANY & THIRD ANTIPHON:

RESURRECTIONAL APOLYTIKION IN TONE SIX:

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

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THE EISODIKON (ENTRANCE HYMN) OF ORDINARY SUNDAY:

Priest: Come, let us worship and fall down before Christ. Save us, O Son of God,

Who art risen from the dead, who sing unto Thee, Alleluia.

All: Save us, O Son of God, Who art risen from the dead, who sing unto Thee, Alleluia.

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- After the Little Entrance (Eisodos), sing these Apolytikia in the following order.

RESURRECTIONAL APOLYTIKION IN TONE SIX:

When Mary stood at Thy grave, looking for Thy sacred body, angelic powers shone above Thy revered tomb; and the soldiers who were to keep guard became as dead men. Thou led Hades captive and wast not tempted thereby. Thou didst meet the Virgin and didst give life to the world, O Thou, Who art risen from the dead, O Lord, glory to Thee.

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, thou victory-clad George: Intercede with Christ God for the salvation of our souls.

KONTAKION FOR SUNDAYS IN GREAT LENT IN TONE EIGHT:

To thee, the Champion Leader, I thy city ascribe thank offerings of victory, for thou hast delivered me from terrors, O Theotokos; but as thou hast that power which is invincible, from all dangers set me free that I may cry out unto thee: Hail, O Bride without Bridegroom.

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PRAYER & THE TRISAGION HYMN

- *The Scripture of the day:*

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: The mouth of the righteous shall meditate wisdom,
and his tongue shall speak of judgment.

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.

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

Sing the following Hymns in Tone 8:

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.

THEN THE ORDINARY KOINONIKON (COMMUNION HYMN):

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

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COMMEMORATION: Saint Gregory Palamas, archbishop of Thessalonica; of the holy fathers slain at the monastery of Mar Sabbas; and New-martyr Myron of Crete.

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PRAYER LIST: Sarah, Wayne & Genie Sanders, Bill Miller III, George & Mona Kaleel, Mike Kasap, James Lee Farral, Mary Miller.

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Offering Schedule	Holy Bread & Food	Usher	Epistle Reader
Sunday, March 20	Nellie Jacobs Memorial	Patrice Nimee	Ruth Baum
Sunday, March 27	Kh Barbara Sahady	Patrice Nimee	Kh Barbara Sahady

The 48th Food for Hungry People & Charitable Outreach Campaign 2022. Let us embrace Lenten struggles responding to the needs of those around us & renew our faith!
Get Your Food For Hungry People Collection Boxes for Lent or make your own!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 "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.	21 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.	22 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.	23 For each pie or cake in your home, deposit .40. We should never "dessert" the hungry.	24 How many Apple products do you own? For every one deposit .35. Let's never "tune out" the hungry.	25 For every salt and pepper shaker, pay .25. Let's all "sprinkle" their lives with a little seasoning.	26 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.
27 How many computers do you own? Pay .30 for each. Let's take a "byte" out of hunger!	28 How many pictures do you have on your walls? Just "picture" yourself without food & deposit .15 for each picture.	29 Pay .30 for each pair of contacts or eyeglasses you have. This will help us "see" clearly the need of caring for the hungry.	30 Do you have musical instruments in your home? Pay .75 for each. This is a "key" to sharing and caring.	31 How many phone chargers can you find in your home? Pay .25 for each. You'll get a "charge" out of helping the hungry.	APRIL 1 Count your tea or coffee cups and deposit .10 each. Our "cup" runneth over, so let's fill theirs.	2 "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.
3 How many cars are in your family? You can't "Dodge" the hungry, but you can af"Ford" to pay .50 for each car.	4 "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.	5 How many cameras do you have? Pay .30 for each. This will help us make all "negatives" positives.	6 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!	7 Count the scissors you have in your home and pay .25 for each pair. Let's "cut-out" the hunger in hunger-y!	8 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!"	9 How many towels are in your home? If you pay .05 for each towel, this may help us "wipe out" hunger for all people.
10 "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.	11 How many heads of lettuce are in your refrigerator? Pay .30 for each. "Lettuce" show the hungry that we care.	12 Count the cans in your cupboard. Pay .05 for each. Don't let their cupboards be like "Old Mother Hubbard's!"	13 How many friends do you have on Facebook? Pay .05 for each friend. Let's be-"friend" those in need.	14 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."	15 How many chairs are in your home? Pay .15 per chair. We can't just "sit" around when so many people are hungry.	16 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.
17 How many eggs are you going to color for Pascha? Pay .05 for each. Let's help "color" their world with love!	18 "Brother can you spare a dime?" or maybe two? The FFHP program really depends on you. Put your dimes in the box.	19 How many songs are on your playlist? Pay .05 for each song. Let's make this a "record- breaking" year for FFHP!!!	20 How many songs have you listened to today? Pay .15 for each. Let's stay "in tune" with the hungry.	21 How many crosses do you have? Pay .15 each. Crosses remind us of Christ's suffering, let's not make the hungry suffer anymore.	22 "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!	23 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!"

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 "The amount we give is not judged by the largeness of our gifts, but by the largeness of our hearts." ~ *Saint John Chrysostom*

The second Sunday of Great Lent we remember St. Gregory Palamas, Archbishop of Thessalonica. Archbishop Gregory was an enlightened man and a remarkable theologian who had experience of the monastic life on Mount Athos. In his writings he defended the Divine Light of Tabor as a visible manifestation of Divine energy, of Divine grace. Why do we remember St. Gregory specifically during Great Lent? Because he reached his penetrating conclusions not on the basis of book learning, but on the basis of real spiritual experience – both his own and that of many other monks, anchorites on Mount Athos, who through fasting, solitude, and prayer overcame their passions and vices, thereby uncovering the path of Divine knowledge and becoming so imbued with the power of the Divine presence in their lives that it rested upon them visibly. Very many of these solitary Elders and ascetics indeed shone with light, as if repeating that which took place on Mount Tabor. This amazing spiritual phenomenon and struggle called Hesychasm is remembered during Great Lent to help us understand the meaning and fruit of fasting and prayer.

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Confession and the Forgiveness of Sins

Jesus Christ spoke twice of the Mystery (Sacrament) of Repentance. The first time He said to the Apostle Peter that He will give him the keys of the kingdom of heaven so that whatever he will bind on earth will be bound in heaven and whatever he will loose on earth will be loosed in heaven (Matthew 16:19). Sometime later He gave the authority to forgive and to retain sins to all the apostles. This was done in conjunction with their task to resolve problems among the members of the Church: "*Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven*" (Matthew 18:15-18). The Lord solemnly established the Sacrament of Confession soon after His Resurrection. He appeared to His disciples and said to them, "*Peace unto you! As the Father has sent Me, I also send you.*" And when He had said this, He breathed on them and said: "*Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained*" (John 20:21-23). The apostles transmitted this responsibility to absolve and to retain sins to their disciples — bishops and priests — who were to continue their task of saving human souls. However, the priest-confessor does not absolve sins by his own power, and there is nothing mechanical in the prayers of absolution. The priest-confessor is a witness of one's repentance and a mediator of Divine Grace. God appointed him to be an instrument of His mercy. Ultimately it is up to the repentant to make his soul receptive to the healing Grace. What is crucial here is to have sincere regret for committed sins and to decide to become a better Christian. Our Lord Jesus Christ said, "*I did not come to call the righteous, but sinners to repentance*" (Matthew 9:13). Confession is a mystery of the Church that confers grace, there is power within it, Divine power. When the priest lays his hand upon our head in Confession, **it is Christ who lays his hand upon us, Christ who forgives** and that is certainly the deepest and most profound reason why we should go to Confession. When such grace and healing is offered to us, why would we refuse to accept such an opportunity. **Prayer:** O Father, Lord of heaven and earth, I confess to Thee all the hidden and manifest sins of my heart and mind, which I have committed to this day. Therefore I beseech Thee, the righteous and compassionate Judge, grant me forgiveness and grace to sin no more.